



Special Olympics
Virginia

March, 2008

Program Memo

Softball Helmets with Chin Straps Required in 2008

Remember that all softball batters and base runners must wear helmets and chin straps. This rule was introduced over a year ago and Area program were given a year's grace period to acquire new equipment. **This rule will be enforced at the 2008 Bedford Softball Tournament and the 2008 Summer Games!**

Dixie Sporting Goods has helmets with chin straps in blue, black, navy or scarlet for \$15.99. Helmets with a chin strap and cage (not required) are \$23.99 each. If your helmets already have chin strap snaps, you can buy chin straps for \$2.00 each. You can also install grommets on existing helmets for around \$3.50 in order to attach chin straps.

Contact the closest Dixie Sporting Goods representative below to place an order.

Richmond	Rick Irvin	(804) 353-4943
Chesapeake	Matt Tonelson	(757) 548-3391
Springfield	Mark Mackey	(703) 440-8670
Chantilly	Mark Mackey	(703) 679-1091
Roanoke	Ben Ziccardy	(540) 387-9707
Bristol	Reggie Pope	(276) 591-4821

Track and Field Changes for Summer Games

In an effort to increase the speed of the event and not hold athletes in staging for long periods of time, most field events will be held on Friday, June 6 starting at 2 PM. High jump and wheelchair softball and tennis throw will be held on Saturday.

The first three pentathlon events (shot put, 100M, long jump) will also be held on Friday with the 100M run probably starting at 2 PM. Also on Friday will be the 1500M run, which will probably be run around 4 PM, and the relay races following the 1500M run. The exact starting times will be determined after registration packets are received and the number of entrants for each event is determined. The track meet is scheduled from 2 – 6 PM on Friday.

Running long jump athletes and coaches may mark their take-off points on Friday from 12 – 12:45 PM. High jump athletes and coaches may mark their take-off points for the high jump at 7:30 AM on Saturday.

Saturday will feature most running events except the 100M run for pentathletes, the 1500M run and relay races as previously mentioned. All wheelchair events will occur on Saturday as well as high jump.

Awards will be presented to athletes as they finish their events on the inside of the track facing the stands. After receiving their awards, athletes will be escorted to a holding area outside of the track where awards have traditionally been held. Coaches will need to meet their athletes at this holding area.

The track entry form for Summer Games is attached. Categories will continue to be used with some slight modifications made for 2008. Athletes registered in categories 1 and 2 may enter two events. Athletes registered in Categories 1 and 2 are not eligible to run in a relay. Athletes registered in Categories 3 – 5 may enter two events plus one relay. Note that there are some time restrictions for certain races.

Please contact Brook Maloy at 804-726-1606 or bmaloy@specialolympicsva.org if you have any questions.

Swimming Reminders for Summer Games

Swimmers may enter two individual races and one relay event at Summer Games. Swimming skills will be held on Friday starting at 12:30 PM. Relay races will be held on Friday starting at 3 PM. Individual races of 25M and longer will be held on Saturday.

Coaches will not be allowed on the pool deck. If you have athletes with special needs that require a coach's assistance, please complete the Athlete Special Privileges Form and submit with your registration packet. Coaches will be asked to write a letter on each athlete's hand indicating whether they should start in the water (W), on the deck (D) or from the block (B).

Summer Games Deadlines

Refer to Attachment 2 for a list of Summer Games deadlines. Remember, registration packets are due on Friday, May 2 at 5 PM. Areas that submit packets after this deadline will be charged a \$250 late fee. Packets will not be accepted after Friday, May 9 at 5 PM.

USAPL Meet Offers Special Olympics Division

Special Olympics powerlifters are invited to participate in a USA powerlifting and bench press championship on April 5 in Richmond. The registration deadline is March 14. Contact Brooke Maloy for additional registration materials.

Golf Competitions

The state golf championship event that is normally held in October at First Tee of Chesterfield will be eliminated from the schedule. It will be replaced with a season kick-off event to be held in late July or August. The new event will include Level 1 skills assessment testing and a captain's choice tournament for athletes. Remember, all players must post a minimum Level 1 score before

advancing to Levels 2 – 5. More information will be available in late spring/early summer.

The 2008 NIT will be held October 3 – 6 in Port St. Lucie, FL. SOVA will receive a small quota for this event and Areas may choose to fund and nominate athletes to participate in this event. A random draw will be used to select the participants from all eligible SOVA athletes. More information will be available in late summer.

Sports Training Guides Available on SOI's Website

The following coaches' quick start guides are available on SOI's website at http://www.specialolympics.org/Special+Olympic+s+Public+Website/English/Coach/Coaching_Guides/default.htm.

Summer: Aquatics, Athletics, Bocce, Bowling, Football (soccer), Golf and Tennis.

Winter: Alpine Skiing, Figure Skating, Floor Hockey and Snowshoeing.

Additional Resources: Basics of Coaching, MATP and Unified Sports.

2009 Special Olympics World Winter Games

The 2009 Special Olympics World Winter Games will be held in Boise, Idaho. SOVA received a quota of one male figure skater, one female figure skater, two male speed skaters, two female speed skaters, one male alpine skier and one female alpine skier. A random draw from among gold medal winners at the 2008 Alpine Skiing Championships and the 2008 Winter Championships will be used to select the SOVA athletes that will attend the 2009 World Winter Games.

Unfortunately, the figure skating and speed skating components of the test event scheduled in February, 2008 were cancelled.

Athlete & Volunteer Reports

Don't wait until the Summer Games registration deadline to check the eligibility of your athletes and volunteers! You may request an up-to-date athlete and/or volunteer eligibility list at any time from your Section Director. All eligibility requirements for Summer Games must be met by Wednesday, May 21.

Special Olympics **Souvenir/Uniform Supplier**

Area and local programs can take advantage of the great prices SOVA receives from Smith & Associates for t-shirts and other souvenir merchandise. Call Robert Smith at 804-794-1009 to discuss your needs and to get a price quote.

Special Olympics, Inc. Launches **Young Athlete Program**

Young Athletes is an innovative sports play program for children with intellectual disabilities, designed to introduce them to the world of sports prior to Special Olympics eligibility at age 8. The Young Athletes program strengthens physical development and self-esteem for children ages 2 through 7 by building skills for future sports participation and socialization. Family members and caregivers are encouraged to become involved as the child learns success through physical activity.

A pilot program was started in the Richmond area in cooperation with The Little Gym. 15 children ages 2 – 4 are participating in the program. The parents are raving about the program and the children are having a great time.

Three other programs will start soon. A program in Warrenton will service 15 children, two school based programs will start in the Richmond area this spring and American Family will host a program for fifteen 5 – 7 year-olds in Richmond on Saturday mornings.

Young Athletes appears to be popular and a great way to expose very young children to Special Olympics. Contact your Section Director for additional information.

2008 Volunteer Conference

The 2008 volunteer conference will focus on leadership issues. All area coordinators, area chairs and local coordinators are strongly encouraged to attend. Areas will have the opportunity to invite council volunteers with other titles who serve in leadership roles.

The conference will be held this summer most likely in the central part of the state. More information will be available later this spring.

Contact Val Reinford to suggest topics for discussion. vreinford@specialolympicsva.org or 804-726-3036 or 800-932-4653 ext. 3036.

Polar Plunge

Once again, the Polar Plunge set new records for number of plungers and gross receipts. 3,522 people plunged into the icy Atlantic on a gorgeous February day. \$850,000 gross was raised and over \$100,000 of these funds will be distributed to Area programs.

As you can imagine, it will take a while to do all of the paperwork for the 3,522 plungers. Area plungers are being inputted first with the goal of getting checks mailed to Areas as quickly as possible.

Mark your calendar for next year's plunge on February 7, 2009. For more information contact Debbie Apperson at 877-874-7462 or dapperson@specialolympicsva.org.

SOVA Award Winners

Thank you to all of the Areas that submitted nominations for SOVA's annual awards! There were a lot of strong athletes and volunteers nominated in each category, which made the selection process difficult. If the person your Area nominated this year was not selected, please consider nominating that person in the future.

Congratulations to the 2008 awards recipients:

Karen Dickerson, Area 26, Athlete of the Year
Billy Brock, Area 2, Coach of the Year

Billy McKinney, SOVA, Program Volunteer of the Year
Tim Hartle, Area 26, Area Volunteer of the Year
The Ruleys, Area 5, Family of the Year
Grace Anne Braxton, Area 11, Virginia H. Foster Spirit Award

Volunteers selected as their Area's Farm Bureau Helping You Is What We Do Best Area Volunteer of the Year will be recognized at Farm Bureau regional meetings in June.

"R" Word Campaign



If you're a fan of Special Olympics, you're no fan of the "R" word, retard. Help change local mindsets and vocabularies by pledging to eliminate the "R" word. Follow the lead of state and local businesses like Macy's, Kroger and American Family by supporting any of these upcoming Summer Games countdown initiatives:

**Glory Days' "R" word photo contest,
March – June**
**Hokies vs. Hoos online "R" word challenge,
April – July**
**Kroger "R" word coin collection campaign,
June - August**

"R" word materials, including a flyer, customized Area logo and an "R" word PSA, are available for your use. For more information on how to use the "R" word campaign in your Area, contact Holly Claytor at hclaytor@specialolympicsva.org or 804-726-3025.

Grocery Shopping Can Boost Local and Area Fundraising Efforts!

Supermarkets like Kroger and Ukrop's are great examples of businesses who support Special Olympics Virginia's mission by employing our athletes, providing corporate volunteers at local and state events and awarding annual financial support for our statewide programs. Now, Local and Area programs can benefit even more from these corporate partnerships thanks to two innovative grassroots fund-raising programs: Kroger Cares and Ukrop's Golden Gift. Some basic information on both initiatives is outlined below. **For more detailed information on how to successfully register your Area for either of these programs, please contact Katie Botha, Director of Corporate Development, at kbotha@specialolympicsva.org or 804-726-3024.**

Kroger Cares Program Information and Benefits



Everyone needs groceries, so why not let a percentage of that grocery bill benefit your Special Olympics Virginia Area program? With a Kroger Cares Card, local fundraising is as easy as going to Kroger to shop for groceries and gas.

- There is no extra cost associated with the program—a \$5 gift card is sold for \$5 and is redeemable for \$5.
- The public knows and trusts Kroger.
- Anyone who purchases groceries or gas is a potential supporter for your Area!

Once you have successfully applied for this program your Area will be eligible to pre-purchase rechargeable gift cards from the Kroger Gift Services Department in Roanoke. Areas must register using their Special Olympics Virginia Area number (2-28) to ensure proper tracking. Request an application today by emailing kbotha@specialolympicsva.org.

North Central Office Contact Information

Danielle Pokusa now has a toll-free number for the North Central Office in Fredericksburg. 888-479-6918.

Note: The numbers on the cards you pre-purchase will be linked to your Area and any money reloaded on those cards will be credited to your Area's Kroger Cares account. When original card purchases and local "reloads" to your account reach \$5,000 or above, your Area will receive a 5% check of your total balance.

Program Timeline: Registration for this program is rolling (you can apply anytime throughout the year) and you can participate in the program as long as you wish.

Ukrop's Golden Gift Program Information & Benefits

Your Area program can register at ukrops.com or in-store using new Easy PC kiosks through March 29. Areas must register using their Special Olympics Virginia area number (2-28) to ensure proper tracking.

Any customer that has a valid Ukrop's Valued Customer Card can participate. Every time participants shop at Ukrop's and use their UVC card between February 4 and March 29, 2008 they will earn one Golden Gift Point for every \$1 spent. Points are automatically calculated and tracked on purchase receipts. At the end of the program period, a Golden Gift Certificate that details each UVC household's points will be mailed to participants in May. Areas have until June 14 to submit all Golden Gift Certificates. So make sure your local supporters donate their Golden Gift Certificates to your Area!

Note: Non-profits can earn up to 2% of the total \$400,000 payout based on the number of Golden Gift points contributed by Ukrop's Valued Customers. Households must spend at least \$100 during the program period (an average of \$12.50 per week over eight weeks) in order to receive a Golden Gift Certificate. Golden Gift points for all household members whose UVC Cards are linked will be tallied together.

FORM C4 - ATHLETICS - ATHLETE REGISTRATION

(Please PRINT in ink using block letters or TYPE)

ATHLETE or ALTERNATE ATHLETE Day Participant

Delegation:

Name: Family

First

MI

Date of Birth:
 Month Day Year

Gender: Male Female

Wheelchair: YES NO

Additional Disabilities: (list) _____

Dietary Restrictions: (list) _____

All events must be within the same category. You may register for 2 events and 1 relay within a category.

CATEGORY 3

Check Event Event Name
 50M RUN (Qual. Time under 15 seconds)
 100M RUN
 200M RUN
 4 X 100M RELAY

STANDING LONG JUMP
 SOFTBALL THROW
 RUNNING LONG JUMP
 SHOTPUT MEN 4 KG
 SHOTPUT WOMEN 2.72KG
 SHOTPUT MEN 2.72KG
 SHOTPUT WOMEN 1.8 KG

Qualification Time/Score

min	sec	hrd
	:	.
	:	.
	:	.
	:	.

M	CM
	.
	.
	.
	.
	.

Qualifying Time has to be under 15 seconds in this category

TEAM NAME: _____

CATEGORY 4

Check Event Event Name
 100M RUN (Qual. Time under 20 seconds)
 200M RUN (Qual. Time under 40 seconds)
 400M RUN
 4 X 100M RELAY

RUNNING LONG JUMP
 SHOTPUT MEN 4 KG
 SHOTPUT WOMEN 2.72KG
 SHOTPUT MEN 2.72KG
 SHOTPUT WOMEN 1.8 KG

Qualification Time

min	sec	hrd
	:	.
	:	.
	:	.
	:	.

M	CM
	.
	.
	.
	.
	.

Qualifying Time has to be under 20 seconds in this category

Qualifying Time has to be under 40 seconds in this category

TEAM NAME: _____

CATEGORY 5

Check Event Event Name
 400M RUN (Qual Time under 1:30)
 800M RUN
 1500M RUN
 3000M RUN
 4 X 100M RELAY

HIGH JUMP
 RUNNING LONG JUMP
 SHOTPUT MEN 4 KG
 SHOTPUT WOMEN 2.72KG
 SHOTPUT MEN 2.72KG
 SHOTPUT WOMEN 1.8 KG

Qualification Time

min	sec	hrd
	:	.
	:	.
	:	.
	:	.

M	CM
	.
	.
	.
	.
	.

Qualifying Time must be under 1min 30sec in this category

TEAM NAME: _____

CATEGORY 6

Check Event Event Name
 PENTATHLON
 4 X 100M RELAY

Qualification Time

min	sec	hrd
	:	.
	:	.

ASSIGNED COACH: _____

TEAM NAME: _____

HEAD COACH: _____

ASSISTANT COACH: _____

FORM C4 - ATHLETICS - ATHLETE REGISTRATION

(Please PRINT in ink using block letters or TYPE)

ATHLETE or ALTERNATE ATHLETE Day Participant

Delegation:

Name: Family

First

MI

Date of Birth:
Month Day Year

Month Day

Year

Gender: Male Female

Wheelchair: YES NO

Additional Disabilities: (list) _____

Dietary Restrictions: (list) _____

All events must be within the same category. You may register for 2 events only within a category.

You may not register to compete in the 4 X 100 M relay if you are competing in these 2 categories

CATEGORY 1

Check Event Event Name

10M WHEELCHAIR RACE
 25M WHEELCHAIR RACE
 30M WHEELCHAIR RACE
 100M WHEELCHAIR RACE
 25M OBSTACLE RACE
 30M MOTORIZED SLALOM
 50M MOTORIZED SLALOM

WHEELCHAIR TENNIS BALL THROW
 WHEELCHAIR SOFTBALL THROW

Qualification Time/Score

min	sec	hrd
	:	.
	:	.
	:	.
	:	.
	:	.
	:	.
	:	.
	:	.

M CM

CATEGORY 2

Check Event Event Name

10M ASSISTED WALK
 100M WALK
 400M WALK
 800M WALK
 50M RUN

TENNIS BALL THROW
 SOFTBALL THROW
 STANDING LONG JUMP
 SHOTPUT MEN 4 KG
 SHOTPUT WOMEN 2.72KG
 SHOTPUT MEN 2.72KG
 SHPOTPUT WOMEN 1.8 KG

Qualification Time

min	sec	hrd
	:	.
	:	.
	:	.
	:	.
	:	.

M CM

HEAD COACH: _____

ASSISTANT COACH: _____



Special Olympics
Virginia

Deadlines for Summer Games

Summer Games

April 7 - Original Quota and Summer Games Registration Packet sent to Areas

April 16 - Quota Requests / Releases for Summer Games due by 5:00 pm

April 21- Quota Redistribution for Summer Games

May 2 - Summer Games Registration Deadline due by 5:00 pm to Richmond office; \$250.00 registration fee assessed after 5:00 pm

May 9 - Last date to turn in Summer Games Registration Packet in order to participate in event; due to Richmond office by 5:00 pm. No packets accepted after 5:00 pm.

May 21 - Medicals/Partner Forms due for Summer Games by 5:00 pm to Harrisonburg Office.

May 21 - Class A Volunteer Forms due for Summer Games by 5:00 pm to Richmond Office

May 21 - Deadline for all Class A Volunteers registered for Summer Games to complete Protective Behaviors Training.

June 6 - 8 - Summer Games