

# Covering All the Bases



## YOUNG ATHLETES EVENT

Young Athletes training day will be held at Independent Hill on **October 17** from **8:45-11:30**. A parent must be present and actively involved. Note that there is limited space, 20-25 participants. Call 703-497-2146 to reserve a space by October 3.

There will be age appropriate activities involving music, eye/hand coordination, balance and jumping skills, and interactive play through games. We are really excited about this new program and hope to have a good turnout and a wonderful time with the children.

Please complete the Young Athlete Registration and Release form found on our web site at [www.pwsova.org](http://www.pwsova.org) and click on "Be an athlete". Forms will also be available on the training day.

A medical examination is not required for Young Athlete participants and children with Down's syndrome are not required to get a

cervical spine X-ray prior to participating in Young Athlete activities.

## VOLUNTEER ORIENTATION

On Monday, August 24, at Bull Run Regional Library and Tuesday, August 25, at Chinn Regional Park Library, Special Olympics hosted an Orientation for those interested in volunteering for various jobs such as: coaching, program planning, and recruitment of athletes.

This orientation was informative for all, whether you're currently a volunteer or aspiring to be one for Special Olympics. For more information on volunteering in any area, email [i-want-to-volunteer@pwsova.org](mailto:i-want-to-volunteer@pwsova.org) or call the office at 703-680-6661 and leave a message with your name, contact information (phone and email address) and interests. You may also complete the volunteer interest form on the State Web Site at [www.specialolympicsva.org](http://www.specialolympicsva.org).

### Inside this issue:

<i>Volunteer of the Year</i>	2
<i>Making a Donation</i>	2
<i>Fall and Winter Training Programs</i>	2
<i>Calendar of Events</i>	3
<i>Council Members</i>	4

## FLOOR HOCKEY



Does the idea of cross checking or slamming against the boards bring exciting images of hockey to mind? If you enjoy hockey, then you have found the right sport. The Prince William Capitals is getting ready to start another exciting season of floor hockey. We are always

looking for players who want to participate in new and exciting sports. Special Olympics Floor Hockey is that sport. We provide all the special equipment, all you have to do is show up for practice and be willing to work hard and we do mean HARD!

Practice starts at 5 PM on the 8th of November at the Freedom Center, Manassas, VA. Come on out and watch us and decide if you want to play.

Floor hockey is open to all athletes ages 8 and up...male and female...my girls love to mess it up with the best...So if you want to play, come on out.

For more information, give me a call or email Mike Dahlkamp at (540) 220-6711 or email [mike.dahlkamp@gmail.com](mailto:mike.dahlkamp@gmail.com).

### Special Points of Interest:

- Young Athlete Training Day (page 1)
- Volunteer Orientation (page 1)
- Floor Hockey (page 1)
- Volunteer of the Year for Area 23 (page 2)
- Making a Donation (page 2)
- Start up of Summer and Fall training programs (page 2).
- Calendar of Events (page 3)
- Council members (page 4)

## Volunteer of the Year

Everett Willis was recognized as Special Olympic Volunteer of the year for area 23. This is an annual award given by Farm Bureau Insurance Company. Over the last ten years, Everett has been involved with Special Olympics as a coach for basketball, soccer, and swimming. He has also served as a chap-eron and most recently as the Chair of the Council. He works tirelessly for Special Olympics. His inspiration, grandson Timothy

Kennedy, has also been an athlete with Special Olympics for ten years. Please congratulate Everett on this well-deserved award.

### DONATIONS

It's that time of the year when most employers will be offering you an opportunity to contribute through United Way and Combined Charitable Campaigns.

Please consider writing in Prince William Special Olympics (PWSO) for either a

one-time or payroll deduction contribution.

You can also make a donations directly to PWSO. If you are interested in supporting PWSO, please write checks to PWSO and mail to:

Prince William Special Olympics  
P.O. Box 1073  
Woodbridge, VA 22195

We also accept in-kind donations such as sports equipment and uniforms in good condition. If you have any questions about making a cash donation or in-kind donation, please call the office at 703-680-6661.

## Fall and Winter Training Programs

Many thanks to the coaches and other volunteers who have made all of these programs possible. See Calendar of Events for tentative dates and times. Please check our web site for up-to-date information on the sports training programs.

### AQUATICS PROGRAMS

Our two swimming programs are currently training in Manassas and Dale City. The athletes will practice every week starting in February. We also offer skills training which focuses on the athlete becoming comfortable in the water environment.

Many of these volunteers are on swim teams themselves and provide an invaluable resource in helping to train the athletes while fulfilling their community service hours. Please call 703-680-6661 to register.

### BASKETBALL

Basketball starts in November. The location is to be determined. Woodbridge Middle School *is tentative*. We offer skills, half- and full-court teams. Please call 703-680-6661 or email secretary@pwsova.org if you are interested in participating.

### BOWLING

The Youth and Adult Training programs meet in Dale City and Manassas. If you are interested, please call the office and leave a message.

### FLOOR HOCKEY

Floor Hockey meets at GMU Aquatics and Fitness Center starting in November, contact Mike Dahlkamp at 540-220-6711, email: mike.dahlkamp@gmail.com or call the Special Olympics Office at 703-680-6661 and leave your name, telephone number, if you are interested in the floor hockey program.

### POWER LIFTING

Power lifting is a program for athletes over 16 years of age. Athletes must be able to stay focused and endure intense workouts. The team trains on Thursday nights. Please call Jerry Stanphill at 703-897-8595 for more information.

### SKIING

Call the office at 703-680-6661 and leave a message with your name, interest in skiing and phone number where you can be reached.

### SOCCER

Soccer will meet at Hylton High School's athletic field. On Wednesdays and Sundays from 6 to 7:30 PM. We offer both skills and 5-man teams. If you are interested in participating, please call 703-680-6661 to register.

### YOUNG ATHLETE PROGRAM

Any eligible 2 to 7 year old may participate in this program. Please click on athlete on our website and download the form. We have an activity planned in October at Independent Hill.

### NEW PROGRAMS

Check out our web site at [www.pwsova.org](http://www.pwsova.org) to find out about programs within Area 23 or opportunities to participate in sports training programs in other Areas that are not offered in Area 23.

### NOTE:

*Special Olympics volunteers or Council members are not responsible for ensuring that athletes are transported to and from training sessions and practices.*

## CALENDAR OF EVENTS: SEPTEMBER 2009 TO MAY 2010

*For more information about any of these programs or events, please call the office at 703-680-6661 and leave a message or check our web site at [www.pwsova.org](http://www.pwsova.org). We try to return calls within 48 hours. All events are subject to change. Other events may be scheduled after release of this newsletter.*

### August

**19** Soccer begins at Hylton High School at 6:30—8:00 PM

### September

**19** Golf Level 1 Tournament (Chesterfield)

**27** Soccer Tournament (John Paul the Great High School, Dumfries, VA)

### October

**3** Dulles Day Family Festival featuring the 15th Annual Plane Pull

**4** Area 23 Bowling Tournament, Dale City Lanes

**10** Caroline County Soccer Challenge (Caroline County)

**14** Power lifting starts at Potomac High School

**TBD** Bowling continues in Manassas at 1 - 3 PM (tentative)

**TBD** Bowling starts in Dale City Lanes at 2—4 PM (tentative)

**24** Area 11 Invitational Soccer Tournament

### November

**7—8** Fall Championships, Virginia Beach

**8** Floor Hockey begins at GMU Freedom Center, 5:00—6:30 PM

**25** Basketball starts (may not be at Woodbridge Middle School—location tentative)

### December

**TBD** Holiday Dinner Dance

**TBD** Bowling Tournament (TBA)

### January

**23** Area 11 Invitational Basketball Tournament

**25-26** Alpine Skiing Championships (Wintergreen)

**28-29** Winter Championships (Northern Virginia)

### February

**6** Polar Plunge, Virginia Beach

**7** Floor Hockey Tournament in Waldorf, Maryland (tentative)

**TBD** Swimming starts in Manassas, GMU Freedom Center

**TBD** Swimming starts in Woodbridge 5-6, Dale City Recreation

**20** Potomac/Rappahannock Full Court Basketball Regional—Area 26

**21** Potomac/ Rappahannock Half Court and Skills Regional—Area 23

**27** Tim's Rivershore Polar Plunge

### March

**13** Area 11 Ice Breaker Classic Powerlifting competition (Tentative)

**19 - 20** State Basketball Championships (Stafford)

**21** Picnic and softball game (tentative)

**27** Potomac/Rappahannock Aquatic time trials (Claude Moore pool)

### April

**18** Potomac/ Rappahannock Aquatics Regional

**24** Area 11 track & field competition (Chancellor HS)

**TBD** Tennis

### May

**TBD** Area 11 Aquatics Invitational (Spotsylvania YMCA)

**15** Rappahannock Track & Field Regional—Area 23 (Hylton High School)

**TBD** Bowling Tournament

### June

**11-13** Summer Games (Richmond)

**Prince William Special Olympics  
Area 23**

P.O. Box 1073  
Woodbridge, VA 22195-1073

Phone: 703-680-6661  
Fax: 1-886-558-8780

**Inspire Greatness**



**Special Olympics**

Check out our web  
site at:  
[www.pwsova.org](http://www.pwsova.org)

## Area 23 Council Members

Chairman	Everett Willis	Chairman@pwsova.org
Area Coordinator	Barbara De Lisa	AreaCoordinator@pwsova.org
Treasurer	Leonard Van Lowe	treasurer@pwsova.org
Training Coordinator	<i>vacant</i>	training@pwsova.org
Medical Coordinator	Mary Baclich	medical@pwsova.org
Public Relations	Paula Kilday	PublicRelations@pwsova.org
Volunteer Coordinator	Crystal Jackson	volunteer@pwsova.org
Fundraising Coordinator	Jean Arnold	fundraising@pwsova.org
Secretary	Peggy Van Lowe	secretary@pwsova.org
Athlete representative	Chantal Sicot	AthleteRep@pwsova.org

Advisory Committee      K. Carney, M. Allen, V. Lonergan

**Prince William Special Olympics athletes are  
grateful for the support given by the  
Prince William Park Authority and**

Special Olympics  
Prince William  
PO Box 1073  
Woodbridge, VA 22195-1073



**Special Olympics**



**Name  
Street Address 1  
Street Address 2  
City, ST ZIP Code**