

Covering All the Bases



Special Olympics

Save the Date—Tim's Riverboal Polar Plunge

Tim's River Shore in Prince William County will be hosting another Polar Plunge on February 27, 2010. This past February, Area 23 had a few teams representing and was able to raise some money. This year, let's try to get more teams!

The plunger who raises the most money wins a pair of roundtrip tickets on Jet Blue Airways!

FREEZIN' FOR A REASON!

1. **GO to www.firstgiving.com/sova** and build your fundraising page for the Tim's Rivershore Polar Plunge (in Prince William County). Please indicate that you are with Area 23.
2. **Raise at least \$100** to participate, or more to win awesome prizes!
3. **Show up at Tim's Rivershore on February 27th** dressed in your bathing suit or costume (don't forget protective footwear).

Registration is from 10 am-2 pm, plunge at

2:30 pm – prizes and post plunge party afterwards.

Checkout www.polarplunge.com (Tim's– Rivershore– option) for details and directions, or call– 703-359-4301 for more information.

VOLUNTEERS NEEDED!

We are seeking enthusiastic, fun-loving people with positive outlooks interested in coaching and volunteering for Special Olympics training programs. Currently, we have a need for council members, coaches and assistant coaches in all sports but specifically we would welcome more volunteers for upcoming spring training programs, such as: tennis and swimming. In addition, the State's upcoming Volunteer Conference in July 2010 will offer many opportunities to find out more about Special Olympics. If you or someone you know is interested in this rewarding experience, please have them contact Barbara De Lisa at 703-490-4365.

YOUNG ATHLETE PROGRAM



Special Olympics
young athletes

The Young Athletes Program is an innovative sports play program for children ages 2-7 with intellectual disabilities and their peers, designed to introduce them into the world of sports. The benefits to this program have been proven worldwide. First and foremost, these activities will help the children improve physically, cognitively, and socially. This program will also raise awareness of the Special Olympics program in Prince William County and serve as an introduction to families, agencies, and schools.

On Sunday, February 21, 2010 at 10:00am, the Rappahannock Region will be hosting a one-day Young Athletes event at Saunders Middle school in Manassas. The activities will consist of foundational skills, walking & running, balance, and jumping, trapping & catching, throwing, striking, kicking and advanced skills. Parent involvement is highly encouraged, and required for children who need individual support in order to participate. For more information about the Young Athletes event and to register, please contact Danielle Pokusa, Rappahannock

Region Director at 540-479-6918 or dpkusa@specialolympicsva.org

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Thank You Friends of Special Olympics

Thanks to all the generous donations from individuals and organizations, we are able to provide the sports programs to athletes involved in Special Olympics. It is through gifts such as these that we are able to 'Inspire Greatness' in our talented athletes who benefit.

These programs depend upon the many volunteers who dedicate time and talents to coach our athletes. No one is paid at our local level, and no one is charged for the equipment or training.

In addition to the Prince William Park Authority, the generosity of two organizations provided the much needed funds to purchase new equipment and uniforms for many of our sports training programs: Azalea Charities, Inc. and I.J & Hilda Breeden Foundation

We also want to recognize others or groups who have supported Special Olympics Prince William in 2009:
Andrew Brletic
Barbara De Lisa
Beth Finzel and family
Glen Luedke
Noodles and Company

Old Bridge United Methodist Church

We are also taking this opportunity to thank all those who helped through in-kind donations and their time to make Prince William Special Olympics such a success. We would also like to recognize any other contributors who wished to remain anonymous.

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

Winter and Spring 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 will be 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 meets at Woodbridge Middle School starting in November. 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.

TENNIS

If you are interested in tennis, please call the office and leave a message.

TRACK & FIELD

Track and Field Practice is on Wednesdays at Woodbridge Middle School from 6:30 to 8 pm. If you are interested, please call the office and leave a message.

POWER LIFTING

Power lifting is a program for athletes over 16 years of age. The team trains on Thursday nights. Three lifting competitions are the Squat, Deadlift, and Bench Press. The most important part of these exercises is safety. We must work as a team and rely on one another so no one gets hurt. This sport requires strict concentration and attention to details. Strength is really secondary as you can be strong, but if you do the lift wrong, it will not matter how much you can

lift. Please call Jerry Stanphill at 202-375-9260 or 703-897-8595, if you have any questions.

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. Training started in mid-November.

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 event coming up on February 21 at Saunders Middle School for Young Athletes in Greater Prince William County, Fairfax, Stafford and Fredericksburg. Those interested in participating, please contact Danielle Pokusa at 540-479-6918.

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: JANUARY 2010 TO JUNE 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. We try to return calls within 48 hours. All events are subject to change. Other events may be scheduled after release of this newsletter.

January

- 23** Area II Invitational Basketball Tournament
- 25-26** Alpine Skiing Championships (Wintergreen)
- 28-29** Winter Championships (Northern Virginia)

February

- 6** Polar Plunge, Virginia Beach
- 18** Swimming starts in Manassas, GMU Freedom Center , 7—8:30 PM
- 20** Potomac/Rappahannock Full Court Basketball Regional—Area 26
- 21** Regional Young Athlete Event, Saunders Middle School—Area 23
- 21** Swimming starts in Woodbridge 5-6 PM, Dale City Recreation
- 27** Tim's Rivershore Polar Plunge
- 27** Bowling starts in Manassas, 1—3 PM, Bowl America, Mathis Ave
- 28** Bowling starts in Dale City, 2—4 PM, Dale City Lanes

March

- 13** Area II 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 II track & field competition (Chancellor HS)

May

- TBD** Area II 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

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Fax: 703-680-9936

Inspire Greatness



Special Olympics

Check out our web
site at:
www.pwsova.org

Area 23 Council Members

Chairman	Everett Willis	Chairman@pwsova.org
Area Coordinator	Barb De Lisa	AreaCoordinator@pwsova.org
Treasurer	Leonard Van Lowe	treasurer@pwsova.org
Training Coordinator	vacant	training@pwsova.org
Medical Coordinator	Mary Baclich	medical@pwsova.org
Public Relations	vacant	PublicRelations@pwsova.org
Volunteer Coordinator	vacant	volunteer@pwsova.org
Fundraising Coordinator	Jean Arnold	fundraising@pwsova.org
Secretary	Peggy Van Lowe	secretary@pwsova.org
Athlete representative	Chantal Sicot	AthleteRep@pwsova.org
At Large		
Advisory Committee	M. Allen, K. Carney, V. Lonergan	

Prince William Special Olympics athletes are grateful for the support given by the Prince William Park Authority and the I. J. and Hilda M. Breeden Foundation

Special Olympics
Prince William
PO Box 1073
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Special Olympics



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