



**Special
Olympics**
Virginia
Greater Prince William

NEWS FROM PWSO

Greater Prince William Special Olympics Newsletter

August 2015

NEW ATHLETE MEDICAL FORM

Special Olympics International has released a new Athlete Medical Form for all Special Olympics programs. This new form is quite extensive and will provide a broad range of information about each athlete.

To make the transition process as easy as possible, Special Olympics Virginia will continue to accept the "old" Application and Release forms until December 1st. After December 1st the new form is required and we will not accept any "old" forms. The main change will be that ALL athletes regardless of current and past health history, will be required to obtain a doctor's signature every 3 years. ALL athletes will also be required to have a new Release Form signed every three years.

You will be notified when your medical expires and you have to use the new form. At this time the Medical Chair is sending out letter for athletes who need to complete the existing form prior to their expiration date.

If your medical form expired within the next 7 months, you will receive a letter from the Medical chair with the current medical form which you can still complete and sign as long as it is submitted by December 1. After December 1, the new form must be used., no exceptions. You may review the new form at

http://specialolympicsva.org/share/Athlete_medical_and_Release_Form1.pdf

The form is designed so that you can type it. It might make it easier for the medical provider to type the examiner section as well. Again, as of December 1, 2015, no other forms will be accepted but the new forms.

We understand that these forms require additional paperwork but they will aid our coaches in being more aware of potential medical concerns, restrictions, or limitations. If you have questions about completing the forms, please contact Jean Zimmermann at medical@pwsova.org or 703-680-5489.

SUMMER GAMES AND TORCH RUN

We had a record number of athletes attend the Torch Run at the Gar-field police station on June 11, the day before the delegation headed down to Richmond. In addition to the run, the athletes enjoyed hot dogs and hamburgers and other treats.

Everyone had a great time at Summer Games at the University of Richmond on June 12-14. Our delegation included 47 selected athletes and 19 chaperones, coaches and head of delegation.

Our delegation also included our Global Messenger Jerry Holy who spoke to the Volunteers participating in the free dental program. His speech was well received! Missions of Mercy's (MOM) Special Smiles is a full dental services program that partnered with Special Olympics to provide care to athletes. Any one in attendance at Summer

Games could also use these services for dental work ranging from a cleaning, extractions and fillings.

Competitive events were held in bocce, bowling, tennis, track and field, and swimming. This year, for the first time, we participated in Bocce during summer games. It marks the end of a season of practices for our spring sports and recognizes the hard work and dedication by our athletes and volunteers. Many of our athletes brought home gold, silver, and/or bronze medals.

Powerlifters competed in the Amateur Athletics Union (AAU) event held on June 6 in Richmond and brought home 3 gold and 1 silver medals from the AAU It is truly an inclusive event!

For pictures of our athletes during the Torch Run and Summer Games, go to the Greater Prince William Special Olympics Facebook page.

TAKE ME OUT TO THE BALL GAME

On July 18, Prince William Special Olympics athletes and family members watched the Potomac Nationals play the Myrtle Beach Pelicans. We had 63 athletes, friends and family support Special Olympics at the G. Richard Pfitzner Stadium.

Although the Nationals lost to the Pelicans, the fans enjoyed watching the Washington Nationals players Anthony Rendon and Jayson Werth who were on rehab assignment with the Potomac Nationals. Anthony Rendon was playing third base. Jayson Werth was the designated hitter.

SAVE THE DATES!

Ever wanted to play tug-of-war with a plane? On September 19, 2015, the [Dulles Day Festival & Plane Pull®](#), our "heaviest" fundraiser, pits teams of 25 against one another to see who can pull a 164,000+ pound Airbus 12 feet the fastest. Teams raise a minimum of \$1500 to participate – that's just \$60 per person – and all proceeds help us provide year-round training and athletic competition to Special Olympics athletes of all ages, all over Virginia! A team of athletes pull first in this event.

The Polar Plunge! It's the coolest thing you'll do in February 2016. Whether you go for gold in Virginia Beach or Northern Virginia, we'll help you take "cool" up a degree or two at either Polar Plunge® Winter Fests! These are our biggest fundraiser of the year. Last year, we had an equal number of participants in Northern Virginia and Virginia Beach. Everyone had a blast! Consider supporting Prince William Special Olympics in a real cool way.

If you are interested in participating in either event contact Peggy Van Lowe at AreaCoordinator@pwsova.org.

Visit polarplunge.com for more information and to

END OF SEASON DINNER DANCE

On June 20, we had our end of season summer dinner dance at the Woodbridge Moose Lodge. In spite of the weather, we had a good turnout of about 80 athletes, friends and family who ate, danced and just had a great time.

The DJ was on fire and the dinner main dish was spaghetti and meatballs! Most everyone enjoyed that meal. This year, we decided to have the event after Summer Games and this seems to be a time to remember. Lots of folks were winding down for the summer and it was a nice way to see everybody before the break. A big thanks to Jean Arnold, Rhoda Heller-Holy, and Sandra and Everett Willis for making this happen.

UNIFIED RELAYS AND WORLD GAMES

On May 28, Jerry Holy had the honor of running Route 1 outside of Arlington Cemetery in the first leg of the Unified Relay Across America in Virginia. The Unified Relay Across America was composed of three routes that cross the continental United States and Alaska and Hawaii. This relay led up to the 2015 Special Olympics World Summer Games in Los Angeles.

The Flame of Hope was handed off to Jerry from WJLA-ABC7 Anchor/Reporter Jummy Olabanji. He raised \$1,635.00, 45% of which will be given to Area 23.

The 2015 Special Olympics World Games offer an international stage for our athletes to demonstrate their courage, determination and spirit of sportsmanship. Team Virginia includes eight athletes. There were live results as well as broadcasts on ESPN and other stations.

Special Olympics Virginia also posted photos and stories on the Facebook page, <http://specialolympicsva.org/who-we-are/news/2015-world-games-live-results>

You can read more about the members of Team Virginia on the Special Olympics Virginia web page <http://specialolympicsva.org/who-we-are/news/2015-world-summer-games-meet-team-virginia>

COUNCIL MEMBERS

Chairman	Everett Willis	Chairman@pwsova.org
Area Coordinator	Peggy Van Lowe	AreaCoordinator@pwsova.org
Treasurer	Rhoda Heller-Holy	treasurer@pwsova.org
Training Coordinator	Lenny Codella	training@pwsova.org
Medical Coordinator	Jean Zimmermann	medical@pwsova.org
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Fundraising Coordinator	Jean Arnold	fundraising@pwsova.org
Secretary	Jude Gillespie	secretary@pwsova.org
Athlete representatives	Chantal Sicot	AthleteRep@pwsova.org
Global Messenger	Sarah Narburgh	globalmessenger@pwsova.org
Public Relations	Alberto Dominguez	PublicRelations@pwsova.org

Contact Us

For more information
about our programs
or events

Visit us on the web at
www.pwsova.org

OR

Facebook at
[www.facebook.com/
SOVAGreaterPWArea](http://www.facebook.com/SOVAGreaterPWArea)

Special Olympics—Inclusion, Respect, Unity

CALENDAR OF EVENTS

Click Calendar at www.pwsova.org for more information and updates on our sports training schedule.

NOTE: New location for soccer practice: Andrew Leitch Park, 5301 Dale Blvd, Dale City VA 2193

August

- 1 Flag Football at Claude Moore Rec Ctr
- 8 Bowling Fundraiser, Mathis Ave Bowl America, 7 PM
- 15 Bowling starts at Bowl America, 1—3 PM
- 16 Bowling starts at AMF Dale City Lanes, 2—4 PM
- TBD Bocce starts at Woodbridge MS,
- 23 Soccer practice starts at Andrew Leitch Park (Sunday)
- 26 Soccer practice starts at Andrew Leitch Park (Wednesday)

September

- 19 Dulles Day Festival and Plane Pull

October

- 4 Bowling Tournament—Bowl America in Woodbridge
- 15 Powerlifting starts at Potomac HS, 7:30—8:30 PM

November

- 8 Floor Hockey starts at GMU Freedom Center
- 18 Basketball practice starts at Saunders Middle School
(tentative)

Sports Training Practices

- Sat Bowling, 1—3 PM, Bowl America, Mathis Ave, Manassas
- Tues Boccer, 6:30—8 PM, Location TBD
- Wed Soccer practice, 6:30—8 PM, Andrew Leitch Park, Dale City
- Thurs Powerlifting, 7:30—9 PM, Potomac HS, Woodbridge
- Sun Bowling, 2—4 PM, AMF Dale City Lanes
- Soccer practice, 5—6:30 PM, Andrew Leitch Park, Dale City
- Floor Hockey, 5—6:30 PM, GMU Freedom Center, Manassas

Bocce

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Bowling

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Floor Hockey

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Powerlifting

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