

GUTS, GLORY ... beachwear

Swimsuit season just got longer! Put on your brave and don't forget your swimsuit! Greater Prince William athletes, friends, and family will again plunge to support Area 23. You can choose between the Atlantic Ocean on February 6th in Virginia Beach or Tim's Rivershore in Prince William on February 27. In order to plunge, you must raise a minimum of \$100.

VIRGINIA BEACH

Those who want to plunge at Virginia Beach can make plans to stay at a nearby hotel, if you want to stay over. Several people have already pledged to take the plunge. Why not consider joining the team? If you raise more than \$1,000, your hotel for Friday and Saturday night will be paid by Area 23. To join the team, go to www.polarplunge.com, register and join the Area 23 team for the Polar Plunge event. Want to do the 8K? Join the Area 23 team for that as well.

TIM'S RIVERSHORE

Rather stay close to home? You can plunge at Tim's Rivershore in Prince William near the Potomac River. It's a fun day with lots of good food to enjoy. Go to www.polarplunge.com,

register and join the Area 23 team. At check-in on plunge day, you need to make sure to indicate you are part of the Area 23 PWSO team.

WANT TO FORM A TEAM TO SUPPORT AREA 23?

If you are interested in forming a team with your co-workers or another organization for the Virginia Beach plunge to support Area 23, go to <http://www.polarplunge.com/>

The first person to register for the team will select "create a team" when asked then type in A23_ and your team name and name the team captain. The team captain will also be able to send emails to his team to pass information and rally his team. Continue with registration until you are asked what local area you are supporting then you will once again type in "Area 23". This will designate Prince William Special Olympics as the recipient of your fundraising. This will also help SOVA track and distribute funds once the plunge is over.

If you are interested in forming a team to plunge at Tim's Rivershore, please email AreaCoordinator@pwsova.org for more information.

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FALL CHAMPS

Our Fall Champs delegation arrived at Virginia Beach on November 7.

The weather was not cooperative for our soccer team on Saturday so, the preliminaries for soccer were cancelled on Saturday about a minute or two into the event. They were able to play on Sunday and along with the bowlers and bocce players got lots of gold and silver!

The Bowling teams received silver and gold. The Undefeated's team members were Ryan Adkins, Lyle Birchfield, Spencer Connell, and Lenny Codella while members of the Dominators 2 were John Ryczek, Royce Smith, Curtis Hiles and Ray Fogel.

For Bocce, we came home with a gold in the doubles with Sarah Narburgh and Tiffany Robinson and silver in the singles with Annice Leininger.

The Cavaliers, one of our soccer teams, won the gold medal. The team consisted of Tim Kennedy, Jerry Holy, Allan Epps, Rose Reeder, Alberto Dominquez, Travis Weisenberger, Abdul Khan, Erik Van Lowe, and Cory Funkhouser.

Everyone had a blast at opening ceremonies and all made it home safe. Pictures are available on our Facebook page.



A cool refreshing dip by a couple of Prince William Icicles in 2015 at Virginia Beach. Pictured are Lenny Codella, Alberto and Tito Dominguez, and Brian Zimmermann.



CALENDAR OF EVENTS: NOVEMBER 2015 - JUNE 2016

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. All events are subject to change. Other events may be scheduled after release of this newsletter.

November

- 8— Floor Hockey starts at GMU Freedom Aquatics and Fitness Center, 5 – 6:30 PM
- 15 – Woodbridge Bowling starts at Bowl America, Inc, Occoquan Road, 1:30 PM – 4 PM
- 18 – Basketball practice starts at Saunders Middle School, 7 – 8:30 AM
- 21—Basketball practice starts at GMU Freedom Aquatics and Fitness Center, 4—5:30 PM

December

- 12— Manassas Bowling starts at Bowl America, Inc., Mathis Avenue, 12:30 PM—3 PM

January

- 16-17 - State Bowling Championships (2 Person bowling) – Northern Virginia
- 22 – West Virginia Winter Games – Canaan Valley, WV
- 23 – Rappahannock Region Basketball Tournament – Chancellor High School
- TBD—Winter Dinner Dance—Woodbridge Moose Lodge. 6—9 PM
- TBD – Area 31 Basketball Tournament – Lee Davis High School

February

- 6 – Polar Plunge – Virginia Beach
- 8—Wintergreen Apline Skiing Invitational
- 11 – Swimming starts at Central Park Aquatics Center, 6:30– 8:00 PM
- 12 – Swimming Starts at Dale City Rec Center, 7 – 8 PM - Info Meeting
- 14—Basketball Tournament at Freedom HS and Godwin MS
- 27—Tim’s Rivershore Polar Plunge

March

- 4—6 — Pennsylvania State Floor Hockey Tournament, State College, PA
- 12 – Ice Breaker Classic Powerlifting Competition – Chancellor High School (Tentative)
- 18-19 – State Basketball Championships – Stafford
- 28 — Track & Field starts at Marstellar Middle School, 10—11:30 AM

April

- 2 – Tennis practice starts at Woodbridge HS, 10 AM
- 5 —Bocce practice begins at Heritage Hunt, Gainesville, 6 - 7:30 PM
- 6 – Track & Field practice starts at Woodbridge MS, 6:30 – 8 PM
- 9— Bowling Tournament, Bowl America Lanes, Manassas (Tentative)
- 16 – Fun Field Day at Quantico (tentative)
- TBD – Swimming Time Trials – Claude Moore Recreation Center, Sterling
- TBD– Area 27 Track and Field Meet – Fauquier High School
- TBD – Woodberry Forest Sports Festival – Woodberry Forest School, Orange

May

- TBD – Area 11 Track and Field Meet – Chancellor High School (tentative)
- 21 – Area 23 Track and Field Meet – Hylton High School
- TBD – Rappahannock Regional Swim Meet – Warrenton Aquatic and Recreation Facility (WARF)

June

- 11—13 – SOVA Summer Games

Winter and Spring Training Programs

Many thanks to coaches and other volunteers who have made all of these programs possible. See Calendar of Events for dates and times of practices and events. Please call the office at **703-680-6661** or email training@pwsova.org to register unless otherwise noted. Also, check our web site for up-to-date information on the sports training programs.

We welcome new athletes. If you are interested in participating as an athlete, either leave a message at the office or go to specialolympicsva.org or pwsova.org to download the application.

AQUATICS PROGRAMS

Our two swimming programs train 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. Please contact Everett Willis at 703-919-1379 or email chairman@pwsova.org for information.

BASKETBALL

Basketball starts in November and it's not too late to join in the fun. The locations are Saunders Middle School, and GMU Freedom Aquatics and Fitness Center where we offer skills, half- and full-court teams. Please register your athlete by going to the link at <http://www.pwsova.org/Register>.

BOCCE

This program will start in April at Heritage Hunt in Gainesville. If you are interested in learning how to play and participate in bocce, please contact Robert Pourciau at pourciau.robert@gmail.com

BOWLING

The bowling training programs meet in Dale City and Manassas. If you are interested, please contact Lenny Codella 571-643-4159 or lenny.codella@msn.com for the Manassas program and Rhoda Heller-Holy at prwms@comcast.net for the Woodbridge Program.

FLOOR HOCKEY

Floor Hockey will start at GMU's Freedom Aquatics and Fitness Center in November. Contact Mike Dahlkamp at 540-220-6711 or email him at mike.dahlkamp@gmail.com if you are interested in the floor hockey program.

GOLF

We are interested in starting a golf program in the Manassas area. If you are interested, please contact Peggy Van Lowe at AreaCoordinator@pwsova.org or call the office and leave a message.

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 contact Jerry Stanphill at 202-493-5423 or email Jerry.Stanphill@faa.gov 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.

TRACK & FIELD

Starting in the spring, we have two locations; Woodbridge Middle School and Marsteller Middle School. If you are interested in the

Woodbridge program please contact Mike Dahlkamp at Mike.dahlkamp@gmail.com or 540-220-6711. For the Gainesville program, contact Lenny Codella at training@pwsova.org or 571-643-4159.

TENNIS

Tennis will start up in April. If you are interested in participating or volunteering please contact Mike Thorpe at 703-580-4924 or mtthorpe@comcast.net

YOUNG ATHLETES

Interested in your 2 - 7 year old participating in Special Olympics? Young Athlete Program (YAP) is a recreational program for children ages 2-7 with an intellectual disability.

We are looking to start a program in the Woodbridge area. If you are interested in volunteering, know of a great location, or have a prospective Young Athlete who would benefit from the program, please contact the Area Coordinator at AreaCoordinator@pwsova.org.

NEW PROGRAMS

Check out our web site at www.pwsova.org to find out about programs within Area 23.

To stay current about events and programs sponsored by Special Olympics, please make sure we have a valid email for you and your athlete.

WE



OUR VOLUNTEERS

**Prince William Special Olympics
Area 23**

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Inspire Greatness



Check out our web site
at: www.pwsova.org
And Facebook page at:
[SOVAGreaterPWArea](https://www.facebook.com/SOVAGreaterPWArea)

Area 23 Council Members

Chairman	Everett Willis	Chairman@pwsova.org
Area Coordinator	Peggy Van Lowe	AreaCoordinator@pwsova.org
Treasurer	Rhoda Heller-Holy	treasurer@pwsova.org
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