



**Special
Olympics**
Virginia
Greater Prince William

COVERING ALL BASES

Greater Prince William Special Olympics Newsletter

July 2014

Capitals Floor Hockey Goes to Pennsylvania

On the 28th of February, the Prince William Special Olympics Capital Floor Hockey Team traveled to State College, Pennsylvania for the 8th Annual Floor Hockey Tournament which took place at Bald Eagle High School on the 1st and 2nd of March. The team consisted of 14 athletes from Prince William County and Fairfax County, Head Coach Mike Dahlkamp, assistant coaches Rhoda Heller-Holy, Jim Fogarty and Ken Opiela and the Head of the Delegate, Alberto Dominguez.

The competition consisted of 23 teams from Pennsylvania, Virginia and New York plus over 75 athletes competing in the skills competition. This year, the team had two athletes in the skills competition; Brian Zimmermann and Erik Van Lowe. They both brought home Bronze Medals in their divisions. This is the first time we have ever entered into a skills competition for floor hockey, but we plan to enter in future years.

The regular competition was some of the best and our Capitals played like real pros; they came in 4th in their division. The Pennsylvania Special Olympics staff and volunteers were just fantastic. This was our first time participating in the Pennsylvania state championships. We also saw athletes we have not seen in several years and some from the New York Tournament we attended last year.

We are looking forward to next year's tournament and would love to be able to put two teams on the floor along with several skills athletes. Look for practice to start in November of this year. For more information, contact Mike Dahlkamp,

PLAY BALL!

Come out to G. Richard Pfitzner Stadium, 7 County Complex Court, Woodbridge, VA 22192 for a night of fun and family entertainment and support Prince William Special Olympics! Potomac Nationals will be playing the Frederick Keys.

The game is on **Saturday, August 23rd** starting at 6:35 PM. Grandstand seats will be purchased. Free admission for all PWSO athletes and \$8 for all others. For ticket information, please contact Peggy Van Lowe, Area-Coordinator@pwsova.org or 540-729-2915 by July 31 so we have enough tickets. Leave a message with your name and number of tickets. If you call, please provide a phone number where you can be reached.

Basketball, Another Great Season



Basketball season is over! We had another great season. We moved to two new sites this year, Freedom Center and Saunders Middle School which were great locations for our practices. Unfortunately, because of so many days of inclement weather, many of our practices and tournaments were canceled.

2014 State Championships held in Fredericksburg, included an exciting game between the Loudoun Special Olympics, All-Stars athlete team and Geico employee team. The All-Stars team had bragging rights for the win!

Our half court team, the Indians, (Tiffany Robinson, John Moses, CJ Dye and William Tesar) earned silver medals. This year we had two full court teams in the State Championship, the Gladiators (Justin Tibbs, Tim Kennedy, Jesse O'Brien, Jerry Holy, Sean Trinh, Travis Weisenberger, Alberto Dominguez, and Sarah Narburgh) and the Warriors (Sherri Murell, Sean O'Connor, Clara Bird, Erik Van Lowe, Cory Funkhouser and Rusty Graham) earned bronze metals. Our skills athletes Erin Arnold and Ishmael Jackson earned gold medals, Shatunja Brown earned a silver metal, and Joey Basile received a fourth place ribbon.

Spread the Word to End the Word Campaigns

On Sunday, March 30, Saint Francis of Assisi Parish in Triangle, Virginia hosted a Special Olympics Mash-Up Basketball Game. At this wonderful event, the athletes from Special Olympics and Saint Francis combine teams to spend an afternoon doing what they love – playing ball! The National Anthem was performed by our own athlete Lenny Codella. Special half-time events included Wizards Cheerleaders, games with prizes, and a message from our Special Olympics Global Messenger Jerry Holy.

To prepare for this event, the parish sponsored the Spread the Word to End the Word Campaign. Taylor Wells, a local high school student, and Jerry Holy and Sarah Narburgh, Global Messengers and athletes from Special Olympics, spoke with the 1200 students of Saint Francis of Assisi School and Religious Education about pledging their respect for those with intellectual disabilities through their words and actions. For more information about the Spread the Word to End the Word Campaign, visit www.R-word.org.

What makes this event unique is that the volunteers for this event are the middle school students from Saint Francis who are preparing for Confirmation. Making signs to cheer the athletes, running the clock, and making baked goods to sell to raise money for Special Olympics, this event was the work of the students of St. Francis of Assisi.

This year for the first time, Prince William County Public Schools sponsored a Spread the Word to End the Word Campaign in all of their schools! The goal of the campaign is to promote and advocate respectful and inclusive language for the dignity and humanity of people with intellectual disabilities. Our initial objective was to raise the consciousness of students and faculty at the high school level in the 2014 school year. The administration was so enthusiastic, we agreed to do the campaign in all school levels. Students and faculty in the school system, specifically those affiliated with the Our Healthy Communities Healthy Youth (HCHY) Council and the Student L.E.A.D. team took the lead on this initiative. At the high school and middle school levels, students were

able to sign the pledge during their lunch period in the cafeteria. Those at the elementary level could sign the pledge during their physical education class.

We are very grateful to the generous grant from the Staples Foundation. Through this gift, we were able to provide stickers, posters, and banners to each schools. At the high school level, the first 100 students to sign the pledge were also given a wrist band.

Below are two pictures taken at the high schools with all the signatures collected.



Second Annual Fun Field Day

On April 5th, A Fun Field Day was held at Quantico's Butler Stadium.

We had over 65 participants ranging from 4 to 40 forming 8 "teams" based on age. Activities for the day included: 25 meter run, 50 meter run, bean bag shuttle run, obstacle course, triple hula hoop jump, standing long jump, bean bag/shot put toss and soccer kick!

During Opening Ceremonies, Fairfax Special Olympics cheerleaders performed to an enthusiastic crowd. We had over 180 volunteers staffing this event including a solo for the National Anthem and color guard from the Quantico JROTC. To top it all off, Quantico secured a DJ who provided peppy and upbeat music.

There was an Olympic town and warm-ups before the events and plenty of room for friends and family to cheer on the participants.

Pictures from the event are on Facebook under Special Olympics Virginia—Greater Prince William. At the end of the event, we were able to snap a picture of a few Area 23 athletes who attended the event.



Summer Games and USA Games

A good time was had by all during Summer Games at the University of Richmond on June 6—7. Our delegation included 43 selected athletes and 18 chaperones, coaches and head of delegation. Our delegation also included two Healthy Athlete participants and our Global Messenger Sarah Narburgh who spoke to volunteers who came to participate in Volunteer to Cheer.

Competitive events were held in bowling, powerlifting, tennis, track and field, and swimming. 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 brought home gold, silver, and bronze medals.

Powerlifters competed in the Amateur Athletics Union (AAU) event and brought home medals from both AAU and Special Olympics! By making this part of summer games, it is truly an inclusive event!

This year, we had three athletes who went to USA (national) Games: Lenny Codella and James Thomas for track and field and Robert Harris for powerlifting.

They headed to Richmond on June 13 for last minute preparations in Richmond, then headed to New Jersey for week long events. According to at least one athlete and parent, it was a lifetime experience. They met people from all over the country and participated in some exciting events. All three of our athletes placed and brought home medals.

For pictures of our athletes, go the SOVA's Facebook page at Special Olympics 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
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Fundraising Coordinator	Jean Arnold	fundraising@pwsova.org
Secretary	Jean Zimmermann	secretary@pwsova.org
Athlete representatives	Chantal Sicot Sarah Narburgh	AthleteRep@pwsova.org 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

August

- 3 Bowling starts at AMF Dale City Lanes
- 9 Bowling starts at Bowl America, Mathis Ave, Manassas
- 20 Soccer practice starts at Kid's Choice
- 21 Bocce practice starts at Kid's Choice
- 23 Ball game social at Potomac Nationals
- 24 Soccer practice starts at Hellwig Memorial Park

September

- TBD Beginning Season Dinner Dance
- 28 Bowling Tournament—AMF Dale City Lanes

October

- 4 Caroline County Soccer Tournament
- 16 Powerlifting starts at Potomac High School
- 18 Chancellor Soccer Tournament

November

- 8-9 Fall Championships, Virginia Beach

Sports Training Practices

- Sat Bowling, 1—3 PM, Bowl America, Mathis Ave,
- Wed Soccer Practice—6:30—8 PM, Kid's Choice, Woodbridge
- Thurs Powerlifting practice 7– 8:30 PM, Potomac HS
Bocce practice 6:30—8 PM, Kid's Choice
- Sun Bowling, 2—4 PM, AMF DC Lanes,
Soccer, 5—6:30 PM, Hellwig Memorial Park

COACHES/ CONTACTS FOR FALL SPORTS PROGRAMS

Bocce

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Bowling

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Powerlifting

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Soccer

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