

Special Olympics Area 5 Grand Forks

FALL/WINTER 2009
NEWSLETTER

Special Olympics Grand Forks is on the web!

Check out the all new look of Special Olympics Grand Forks! We're on the web at www.specialolympicsgf.com. You can also find us on facebook! Go to www.facebook.com/SpecialOlympicsND and follow the latest events, fundraisers, activities, and more!

Stay up to date on practice times and locations, start dates, travel plans, newsletters, and more! As we build the site, it will also include links to new athlete information, new volunteer requirements, and more.

Check us out frequently to stay in the loop!

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SPECIAL OLYMPICS GRAND FORKS

Let me win. If I cannot win, let me be brave in the attempt.

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Special Olympics Grand Forks Introduces Information Hotline

Special Olympics Grand Forks is rolling out a new hotline phone number. The phone number is **(701)732-0101**.

This is a local phone number if called from Grand Forks/EGF. It will have a recording of all upcoming events and let you know of cancelled events or practices. Program this number into your phone and stay in the loop!



Practice for Winter Games begins November 30

Winter Games season begins November 30, 2009 and includes the sports of handball, skiing and snowshoeing. This year, our gym schedule changes from week to week. This is different from previous years, so please make sure to check the calendar and make sure you come at the right time and on the right day. All practices will be at South Middle School on 47th Avenue in Grand Forks.

Practice times are as follows:

Monday November 30 – 6:30 to 8:00pm
Monday December 7 – 6:30 to 8:00pm
Thursday December 10 – 6:30 to 8:00pm
Monday December 14 – 7:30 to 9:00pm
Thursday December 17 – 7:30 to 9:00pm
Monday December 21 – 7:30 to 9:00pm

Basketball Practice

Basketball practice is scheduled to start the week of January 4, 2009. South Middle School has not yet given us the days and time the gym is available yet. Please check the website (specialolympicsgf.com) or call the new hotline (701)732-0101 for updates when we receive our schedule.

Be sure to check the new website (www.specialolympicsgf.com), or call the new hotline number (701)732-0101 for January (and other) practice schedules.

Happy Thanksgiving!

Help us help you!

Athletes, Parents, Legal Guardians, and caregivers of Basketball Players, please join the Basketball Coaches for Athlete Registration on the 1st day of practice (tentatively January 4th).

We have noticed over the years that various messages are not clearly communicated to everyone. This year, we would like to take a proactive approach by setting up a meeting strictly for informational purposes. This meeting will be held at the beginning of the year to go over information you should know for the season.

We will also go over schedules, rules, and expectations for the season. This is also a good time to ask questions and give us feedback on expectations you have of us.

Tentatively, this meeting is scheduled for January 4th during our Athlete Registration /1st Practice. Please check our website: www.specialolympicsgf.com, to make sure you always have the most up to date information. We will also record all important dates on the new hotline (701)732-0101.

November	December
26 Thursday HAPPY THANKSGIVING!	3 Thursday Area 5 Banquet Holy Family Church 6:00pm - 9:00pm
30 Monday Winter Games begins at South Middle School. 6:30 to 8pm	7/10 Monday/Thursday Practice 6:30 to 8pm
	14/17/21 Monday/Thursday/ Monday Practice 7:30 to 9pm

2009 Banquet set for 12-3-09

Our Special Olympics Area 5 Banquet will be held on Thursday, December 3rd from 6:00pm - 9:00 pm at Holy Family Church, 1018 18th Avenue South.

Dinner will be served at around 6pm and cost per person is \$8.00 including athletes, guardians, and staff.

A special guest speaker will join us at 7:30pm. Come and visit with your friends, enjoy a great meal, and win a great door prize! See you there!

2009 Sponsor a Bowler Fundraiser

Last year our bowlers reached an all time high of over \$11,400. This year, we decided to set our starting goal at \$8000 with the idea that if we made that much, we would take charter buses to Bismarck for state bowling, and have a pizza party after the dance. We were doubtful if we would even make our goal, but wouldn't you know, we reached our goal with a whole week left to go! What a GREAT group of fundraisers we have! But why stop there? After we surpassed the \$8000 mark, Tim suggested that we

might even have a chance to reach \$10,000. Though some were still skeptical, the athletes continued to fundraise and we were able to raise a total of **\$10,432!** What an accomplishment!! You guys are amazing! Needless to say we all enjoyed the charter buses and we have reserved a charter bus to Minot for state basketball, too. Congratulations to all who participated to raise this amazing amount. Top fundraisers: Erin Baumann: \$2061 & Sharon Daucsavage: \$1070.

Athlete Expectations

- Be dressed and ready for practice on time.
- Remember to listen to the coaches and volunteers.
- Have appropriate dress for practice—tennis shoes, sweat pants or shorts (no jeans), and no jewelry.
- NO PROFANITY (SWEARING) will be allowed.
- No pop or liquids in the gym areas.
- Do your best and work hard.
- You will be assigned to a team according to ability level by the coaches.
- Have a good time!

Athlete Oath

Let me win
But if I cannot win
Let me be brave in
the attempt.

Did you know...

You can donate to Special Olympics North Dakota just by using the web!

Instead of Google or Yahoo, use www.goodsearch.com as your search engine. Yahoo has teamed up with www.GoodSearch.com to donate a penny to SOND every time you search the Web. This is totally free to you as the money comes from advertisers. At the site, type "Special Olympics North Dakota" in the bottom box on the page and click the verify button. Then type your search request and you will donate one cent to SOND.

If you shop online, use www.goodshop.com to have a portion of your purchase donated to SOND. Also, GoodSearch's sister site, www.GoodShop.com, has joined forces with more than 700 of the top Internet retailers and travel sites (e.g., Amazon, eBay, Target, Apple, Kohls, Expedia) to donate part of every purchase to SOND at no additional cost to you! Simply go to www.GoodShop.com select SOND as your charity, click through to your favorite store, and then shop as usual. You can also access this shopping component from the www.GoodSearch.com homepage.

Coke Points Help Special Olympics Grand Forks

When you purchase Coca-Cola products, look for the MyCokeRewards code and save it for Special Olympics Grand Forks. Codes can be found on 20oz bottles caps, 2L bottle caps, and inside the box of 12 packs and 24 packs of soda. In Summer 2009, the Special Olympics Grand Forks Soccer athletes were all able to receive one pair of soccer socks from the redemption of MyCokeRewards codes. Help us continue to acquire supplies through this program. Bring points to Tim or Meredith Baumann or Josh Parrill.

Hockey Parking:

Special Olympics was, again, given the great opportunity to use Bank Forward's parking lot as a way to raise funds during some of the men's home hockey games. Here are the remaining dates for this season. Please join in the fun by helping, or tell your friends and family to support SOND by parking there during the games!

November 27-28, Dec 12, Dec 19, Jan 8-9, March 5-6

Thank you, Bank Forward!

From the Director's Desk

This newsletter brings in the holiday season, but also reminds us that our winter sports seasons are about to begin! The Monday after Thanksgiving is the start to our team handball, skiing and snowshoe season. Team handball is a unified sport meaning partners play with Athletes. It has been several years since Grand Forks has had more than one team. This season, it is my goal to have 2 teams. In skiing, we have had 2 people participate in past seasons. Let's double that this year! In snowshoeing I would also like to see 4 athletes participate. If you'd like to learn more about either sport, I am happy to answer any questions.

Tim and I are so proud of the Grand Forks program. We did very well in the soccer/bocce season bringing home many medals and ribbons as well as some all tournament team selections. Then in bowling, we also had a successful season and tournament. In bowling, our Athletes worked very hard in sponsor a bowler and surpassed our goal of \$8000 reaching a total of \$10,000+. Wow! You guys are great!

Another area we had success in was in the number of new athletes who joined our program this fall in soccer, bocce and bowling. The goal set by SOND is to recruit more school age athletes and we have done very well with that. Welcome to all

the new athletes and their families/care providers who are reading this newsletter for the first time.

Grand Forks is again home to the male 'Athlete of the Year' with that award going to Josh Jerome at the state awards banquet in Fargo this past October. Also winning the state "Outstanding Area Volunteer" is Josh Parrill. Congratulate both of these men for this honor when you see them!

Our family committee (Cindy Dahlgren, Jolene Mikkelson and Veronica Whitehead) are working hard on establishing a good family address list so that we may keep in touch with our families in a more consistent manner. Veronica is compiling the list of mailing addresses, phone numbers and email addresses. If you have not sent Veronica your information, you can do so by emailing WHITEHEAD@RRV.NET.

We have been fortunate to have so many great volunteers work with us over the years and this fall, the UND baseball team participated with our bowling program by being lane volunteers for several practices and for our district tournament. These young men have all voiced what a great experience they had and are looking for more opportunities to volunteer for us. Welcome baseball team to our volunteer family!



Our Area Management Team meets the fourth Monday of each month at the State office from 5:30 pm to about 7 pm. If you are interested in joining the team, let me know. We always need people to serve on committees to keep our area strong.

Upcoming dates to remember:

November 30 –
first night for team handball,
skiing and snowshoeing

December 3 –
Grand Forks Area 5 banquet
at Holy Family Church
6pm to 9pm

Meredith Baumann
Area 5 Director
area5sond@hotmail.com

Athlete Spotlight:

Andrew Bakke

Right: Andrew (left) with his family at State Soccer in September '09.



“Quiet and shy” were words that described Andrew before joining Special Olympics. Now, “full of surprises”.

Andrew Bakke is one of Area 5’s newest athletes. What the coaches and athletes soon found out, though, was that he also was one of the most surprising, too. Andrew starting coming to Special Olympics practices in the Spring of 2008. Starting with swimming, and later joining track and field, Andrew was as shy as they come. Rarely making eye contact, and hardly making a sound, it was hard to tell what he thought of the whole “practice” thing. As time went on, though, and practices passed, the coaches and volunteers starting noticing changes in Andrew. They were

small changes at first; a weak smile when someone said something funny, answering “yes” to a question rather than just nodding. Then, bigger changes started happening. Will Kusler, a Special Olympics volunteer, caught on that Andrew was a big fan of the Larimore Polar Bears. This became a subject that was discussed frequently between the two. The football team was Andrew’s favorite Polar Bears sport, and his face would light up when asked if the Polar Bears were going to be good this year. He always answered with a big smile and a vigorous nod that almost made his glasses fall off. As time went on and a new season of swimming/track and field season rolled around, Andrew’s surprises were popping

up all the time. He cheered out-loud for his teammates during track events, and he even surprised his own mother by cheering loudly at a swim meet in Fargo last year. Someone recalled her saying that she had to look to see who was cheering so loud because she had never heard him do that before! Andrew’s first two years in Special Olympics were a huge success. He’s even added soccer to his agenda, where his brother Paul, and sister Sara participate with him by volunteering. He has captured medals and ribbons in each of his sports and continues to cheer his teammates on to victory. Look for Andrew where you least expect him. Because that is where he shines.



Top left: Corey, Ian, and EJ at state soccer

Top right: Jade having fun at bowling

Middle left: Bowlers with volunteers from the
UND Baseball team

Bottom left: Kim getting ready for a strike!

Bottom right: Josh and Tommy at state soccer

Area Management	Josh Parrill Training	Joan Schultheis Secretary	Kristin O'Connor Outreach
Team Members	Emily Parrill Volunteers	Sue Schaumburg Fundraising	Cindy Dahlgren Families
Meredith Baumann Area Director	Will Kusler Competition	Jolene Mikkelson Fundraising	Patty McGlynn Athlete Representative
Tim Baumann Assistant Director	Stacy Kusler Public Relations	Francine Davis Fund Raising	David Dahlgren Athlete Representative



Special Olympics
North Dakota
Area 5

The Area Management Team meets the 4th Monday of each month at the Special Olympics State Office (2616 South 26th Street). If you have an agenda item that you'd like discussed, contact Meredith before the next meeting. There are also a number of committees that you can volunteer for. Just look up the committees above and ask that person how you can help. You can help us to make our organization better by being involved!

Special Olympics

Special Olympics North Dakota Area 5
2616 South 26th Street
Grand Forks, ND 58201

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