

Special Olympics Area 5

SPRING 2009
NEWSLETTER

Josh Jerome at the World Games, Spring 2009



Summer Games Training Starts Tuesday, March 24, 2009

Swimming practices will be held every Tuesday and Thursday evening from 5:00 to 6:30 at the swimming pool at Grand Forks Central High School. Athletes should be dressed in their swim suit and ready to swim at 5:00.

Power Lifting practices will be held in the weight room at Grand Fork Central High School every Tuesday and Thursday. Athletes should be at the weight room by 5:30 in workout clothes to be ready to lift weights.

Track and Field practices will be from 6:30 to 8:00 every Tuesday and Thursday Evening. To start the year,

practices will be held at GF Central High School. Athletes are reminded to bring sweat pants and a sweat shirt to every practice. We are going to try to be outside any time that it is warm enough. Once the snow is removed from Cushman Field, we will move our practices outside permanently. Athletes competing in both Track & Field and Volleyball will be released at 7:30 on Tuesdays.

Volleyball practices will be held every Tuesday and Wednesday from 7:30 to 8:45 at South Middle School. At the beginning of the

year, there are a few cancelled practices due to scheduling conflicts with the South Middle School gym. Therefore, please be sure to review the calendar attached to this Newsletter to see what dates we are having Volleyball practice.

Key Dates to Remember:

Tuesday March 24, 2009 - All spring sports start

Saturday April 25, 2009 - District Event at Red River High School (All Sports Compete)

Friday & Saturday June 5&6, 2009 - State Summer Games in Fargo

In this issue:

Spotlight: Josh Jerome	2
Calendar of Events	3
Letter from Director's Desk	4



Special Olympics
North Dakota
Area 5

Area 5 is Going Green!

If you would like to receive future newsletters via email, send an email to: sond5@hotmail.com

KnightRider Swim-a-Thon

The Grand Forks KnightRider Swimming and Diving Team held a Swim-a-Thon on Saturday, February 21st to raise money and awareness for their team. As an added generosity, the team decided to donate 60% of their proceeds to Special Olympics Grand Forks.

From 9am- 9pm, swimmers collected sponsorships from friends, family, and community members for yards completed, number of hours swam, or just straight donations. For their tireless efforts, they were able to donate \$1046.76 to Special Olympics, Grand Forks.

Thank you, KnightRider Swim Team!



Josh Jerome Wins Two Gold Medals at 2009 Special Olympics World Games

Josh Jerome, an athlete who competes in Track & Field, Powerlifting, Soccer, Bowling, Alpine Skiing, and Basketball for Special Olympics Grand Forks traveled to Boise, Idaho February 7 – 13, to compete in the 2009 Special Olympics World Winter Games. Josh qualified for the World Games by competing in the 2007 Special Olympics North Dakota Winter Games in Alpine Skiing. By winning a medal at the state competition, he was eligible to compete in the World Winter Games. His local area (Special Olympics Grand Forks) nominated him to compete in the 2009 World Winter Games. All nominations were then sent to a selection committee and Josh was selected to compete in Alpine Skiing. Once Josh learned he was selected to represent Team USA at the World Winter Games, he began training extra to get ready for the games. He started running with a local group and would run up to five miles once every week. He also trained by lifting weights.

On February 5th, Josh left Grand Forks and flew to Boise, Idaho for the start of the World Games. Opening Ceremonies were held on February 7th. Athletes, parents, and fans filled the Idaho Center to cheer on athletes from over 100 countries competing in the games.

On February 8th, divisioning began for the competition. Josh was placed in division M6 for the Intermediate Super G and Giant Slalom which started the next day. Josh's first race (Super G) didn't go as well as planned. Josh fell during the race, but he did not give up. Josh got up and finished the race and received a 6th place award. He was disappointed in getting 6th place, but the next day he got up to prove he could do better. When you have a positive attitude and try your best, good things happen. In Josh's case, he turned around and took 1st place in the Giant Slalom. Josh wasn't done yet. For his last race (Slalom), Josh had to qualify again. This time, he was placed into division M5 which was a faster division. Josh rose to the challenge and won the gold medal again.

When asked what his favorite part of the 2009 World Winter Games, Josh said "I liked making new friends with my teammates on Team USA." Josh has three new good friends who were on his ski team: Steve from Oklahoma, Victor from Pennsylvania, and Sal from New Jersey. Josh's next goal for Special Olympics is to compete in a World Summer Games. Josh competes in Power Lifting, Track & Field, Basketball and Soccer, which are all summer sports. Josh would love to compete in any of these sports at the World Summer Games in 2011.

March	April	Other Events
24 - Tuesday Swimming - 5:00pm Powerlifting - 5:30pm Track - 6:30pm Volleyball - 7:30pm	7/14/21/28 Swimming - 5:00pm Powerlifting - 5:30pm Track - 6:30pm Volleyball - 7:30pm	Area Games April 17-May 4
26 - Thursday Swimming - 5:00pm Powerlifting - 5:30pm Track - 6:30pm	8/15/22/29 Volleyball - 7:30pm	District Games April 25th Red River HS & Cushman Field
31 - Tuesday Swimming - 5:00pm Powerlifting - 5:30pm Track - 6:30pm Volleyball - 7:30pm	2/9/16/23/30 Swimming - 5:00pm Powerlifting - 5:30pm Track - 6:30pm	State Games June 5-June 6

Special Olympics Car Wash Dates Set for Summer 2009

Special Olympics Area 5 once again has the privilege of using the parking lot of Starbucks on 32nd Avenue to hold their car wash fundraisers. The 2009 dates are set and we need your help and/or your dirty cars! All car washes are held from 11am to 3pm. Come dressed to help wash cars, or bring your car in to get washed by our volunteers for a free will donation. For more information about the car washes, please email area5sond@hotmail.com.

Mark your calendars for these 2009 car wash dates:

- Saturday, May 30
- Saturday, June 20
- Saturday, July 25
- Saturday, August 29

Summer Games Start March 23!

Summer Games include:

Unified Volleyball, Aquatics, Gymnastics, Power lifting, Bocce, and Track & Field.

Starting Date:	March 23
10 - Week Training Period:	March 23 - June 4
Training School Target Dates:	March 6 - April 6
Area Games:	April 17 - May 4
District Games:	May 2 - 11
Entry Deadline:	May 13 or 20
State Games: FARGO	June 5-6

Area 5 has merchandise for sale. We have t shirts (\$10) in a variety of sizes and colors, cinch bags (\$10) and duffle bags (\$15). Consider buying one for yourself or as a gift. We also have greeting cards available in 4-packs designed by Karen Miller, Area 5 Athlete. All items are available by calling Meredith or Tim.

Fundraising

Mark your calendars for the Buddy Walk on July 30th, 2009!

A one-mile fundraising walk to promote awareness and inclusion of people with Down syndrome. The event will take place on July 30th at Lincoln Park in conjunction with the Inter-Agency Picnic. The event will feature a picnic meal, games & activities and a DJ. Prizes will be awarded to the top fundraisers. Special Olympic athletes, coaches and supporters are encouraged to participate in this fun way to raise funds to support people with disabilities. Pledge packets will be available beginning June 1, 2009. For more information, call Pam at 772-3148.

Pie and Ice Cream Social Fundraiser

On Sunday, May 3rd, come to Holy Family Church (1018 18th Avenue S) Pie and Ice Cream will be served after the 7:30 a.m., 9:00 a.m., and 11:00 a.m. masses (services)!

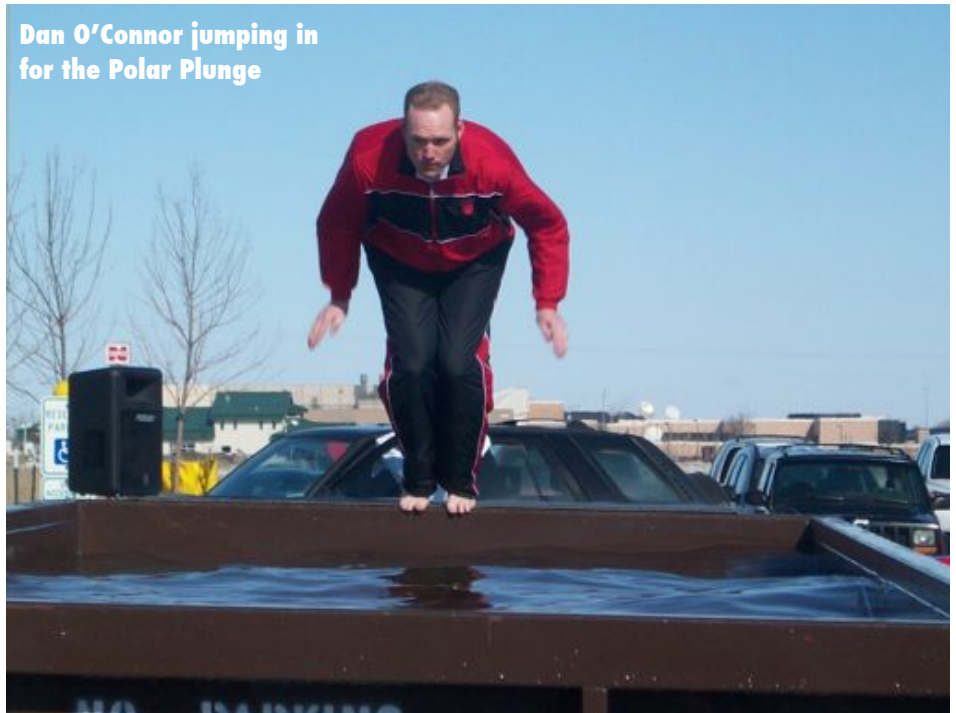
We need your help! We are looking for volunteers to donate pies. Bake them yourself, buy them already made, or if you know someone who is willing to bake, let us know. We will also need day-of volunteers to help with set-up, serving, clean-up, etc.

If you are willing to donate a pie or help out May 3rd, please contact: Joan Schultheis at (218) 230-4150 or 780-7711 or Meredith and Tim Baumann at 772-8626.

Did You Know?

Our budget for Area 5 is around \$20,000 each year. We do various fund raisers to meet that goal. We do not get money from United Way or from Special Olympics- either North Dakota or National. Upcoming fund raisers include the pie social at Holy Family Catholic Church on May 3rd, and our monthly summer car washes at Starbucks on 32nd Ave South.

Dan O'Connor jumping in for the Polar Plunge



A Whole New Meaning to "Dumpster Diving"

The Inaugural Grand Forks Polar Plunge was held at the Canad Inn on Saturday, March 7th. Around 80 participants jumped into a huge dumpster filled with 42 degree water in an effort to raise money for Special Olympics North Dakota. Jumpers were asked to raise a minimum of \$50 in donations in order to jump. Over \$10,000 was raised during the event (approximate number).

State Basketball Tournament a Success for Grand Forks

Special Olympics Grand Forks sent four teams to the 2009 Special Olympics North Dakota State Basketball Tournament on March 13 & 14 in Minot, ND. Grand Forks was extremely successful in the tournament. The GF Coyotes competed in Division 5. The Coyotes took 1st place in the Division. Mike Vandenberg and Larry Skinner were named to the All-Tournament Team. The GF Wolf Pack and GF Lightning were both placed in Division 4. The two teams both won their first two games and squared off in the championship game. The Wolf Pack came out on top and won 1st place and the Lightning took 2nd place. Patty McGlynn and Karen Miller of the Lightning won All-Tournament honors. Tommy Mikkelson of the Wolf Pack was All-Tournament Honorable Mention. The GF Thunder played in Division 1. The Thunder placed 4th against very tough competition.

Valuable Volunteers

Volunteers make our program so great. Let your friends know of the variety of volunteer opportunities with Special Olympics North Dakota Area 5. To register, go online to www.SpecialOlympicsNorthDakota.org and follow the links to the proper forms. Once the forms are completed, come to a practice and speak to Meredith or Tim.

The spring/summer training season is set to start on Tuesday, March 24 and we are looking for a number of volunteers. Our swimming program, coached by Jennifer Westman, is looking for volunteer life guards and individuals who are willing to be in the pool for individual training. Power lifting, coached by Will Kusler, needs 4 or 5 volunteer coaches to assist with athletes who plan to compete and those who would like to train for strength. Track & Field, coached by Josh Parrill, is looking for volunteer coaches who can assist athletes in running events, softball throw, long jump, and high jump. Volleyball is our unified sport where athletes are partnered with volunteers to form a volleyball team. Coaches Dave and Joan Schultheis plan to field at least 4 or 5 teams, so we need volunteer coaches as well as partners to play the game.

Area 5 Management Team

Meredith Baumann Area Director	Will Kusler	Jolene Mikkelson
Tim Baumann	Cindy Dahlgren Kristin O'Connor	Joan Schulthesis
Emily Parrill	Deb Leier	David Dahlgren
Josh Parrill	Francine Davis	Patty McGlynn
Stacy Kusler	Sue Schaumberg	

A Very Special Thanks to...

Bank Forward for our partnership with them for the parking lot fundraiser for half of the UND home hockey games.

Lon Ellingson and EGF Central Middle School for the gym space for our district basketball tournament and for donating basketballs to our program.

Brian Loer for conducting our basketball coaches training twice this season.

Grand Forks South Middle School for the gym space to train for team handball, basketball and cheerleading.

KnightRider boys swim team for their monetary donation from the Swim-a-Thon.

Community Bank of the Red River Valley for their monetary donation to help defray the costs for our spring games tournament.

Red River Runners –GF for organizing the Frozen Feat 5k to benefit our program.

UND volunteers from the groups WASHED and Tau Sigma Honor Society for their help during our district basketball tournament.

UND men's basketball players and coaches for spending time with our athletes at a UND practice.

Valley Eldercare Center for preparation of our food for the district basketball tournament.

Ron Hjelmsstad for donating water for our State Basketball tournament.

Pie and Ice Cream Social Fundraiser

If you like pie and ice cream, you won't want to miss the Pie and Ice Cream Social on May 3rd to raise money for Special Olympics Area 5!

On Sunday, May 3rd, come to Holy Family Church located at 1018 18th Avenue South. Pie and Ice Cream will be served after the 7:30 a.m., 9:00 a.m., and 11:00 a.m. masses (services)! We hope you can come out and visit with your friends and support our Area 5!

To make this fundraiser a success we need your help! We are looking for volunteers to donate pies. You can bake them yourself, buy them already made, or if you know someone who is willing to bake, let us know. We will also need volunteers to help the day of with set-up, serving, clean-up, etc.

If you are willing to donate a pie or help out May 3rd, please contact: Joan Schulthesis at (218) 230-4150 or 780-7711 or Meredith and Tim at 772-8626.

From the Director's Desk

Growth ~ friendships ~ laughter ~ new experiences ~ skill development ~ inspiration

Those words meld with Special Olympics for me. We offer so much more than just sports training. Our movement provides time for friendships to develop among athletes as well as coaches and partners. Each season, I see the skills that improve with each athlete no matter the team they are on.

Erin Baumann and David Dahlgren spoke to a couple of UND classes this winter with Josh Parrill. This type of experience is great for both our Athletes and for those in the audience they speak to.

We all can bask in the warmth of Josh Jerome's smile at a UND women's basketball game when he received acknowledgement (a standing ovation!) for his gold medals from the 2009 Special Olympics World Games.

Over the year, I have witnessed an increase in our volunteer base with coaches and with those willing to help with the day of the event duties. We could not be as successful as we are without all of you helping to make Area 5 so great!

Thank you!

Meredith Baumann, Area 5 Director

Contribute to Next SOND Area 5 Newsletter

To contribute a story or photo to be featured in our next newsletter, please send it to area5sond@hotmail.com.