



S p o r t s T a l k

Fitness Challenge

Our first “Let’s Get Moving” Fitness Challenge was a success with 6 different agencies and 25 athletes participating. One other agency incorporated their own walking challenge and another agency manager incorporated the program into her social/adaptive class. As she said: it has been the greatest thing since sliced bread and an enormous hit! The class exercised together at school and at home and recorded their activities/time each morning. They integrated hygiene, healthy eating, personal safety, cooperation, sportsmanship and social skills into the exercise program. She was amazed at how motivated everyone was. **And so.... we are continuing with a Fitness Challenge II for the summer:**

- New guidelines have been sent to agency managers and most coaches
- Notify us if you need the information sent out again or any of the previous Healthy Habits information
- Challenge runs June 1 to August 31
- Notify us of athletes taking the challenge and their shirt sizes by August 1
- Notify us of any other special fitness challenge your agency might be doing
- New stretching/strengthening video on SOWI’s website under training:
<http://vimeo.com/11113856>
- New Healthy Athletes video:
http://www.specialolympicswisconsin.org/general_healthy_athletes.html

HEY—Let’s KEEP moving!



Dates to Remember

Softball, T-ball, Tennis, Golf & Bocce

June 5 Bocce Invitational Polk County (**Register by May 26**)

June 19 Softball & T-ball and Bocce Invitational (Whitehall) (**Register by June 4**)

June 23 Entry Deadline District Softball, T-Ball, Tennis, Bocce (**Entries due to Area 6**)

June 23 Entry Deadline District Golf (**to Area 5**)

July 1 **Medical Deadline Outdoor Sports**

July 10 District Softball, T-ball, Tennis, Bocce Tournament -Onalaska

July 11 District Golf Competition Green Bay

July 12 Entry Deadline State Outdoor (to Area 3)

Aug 6-8 S.O.WI State Outdoor Sports Tournament (Eau Claire)

Bowling & Volleyball

Sept. 15 Intent to **play team volleyball due**

Sept. TBA Entry Deadline Eau Claire Area Bowling Tournament

Sept. TBA Entry Deadline Duluth Area Bowling Tournament

Oct. 1 **Medical Deadline Fall Sports**

Oct. 16 Duluth Area Bowling Tournament

Oct. 23 Eau Claire Area Bowling Tournament

Oct. TBA Entry Deadline Regional Bowling

Oct. TBA Entry Deadline District Volleyball (**to Area 5**)

Nov. 13 Regional Bowling Tournament (Eau Claire)

Nov. TBA District Volleyball Tournament (Green Bay)

Nov. TBA Entry Deadline State Fall Sports Due to Area 3 office

Dec. 1 **Medical Schedule Deadline Winter Sports**

Dec. 4 S.O.WI State Fall Sports Tournament (Milwaukee & Wausau)

SPECIAL EVENTS

June 9 LETR Torch Run

July 18-23 National Games, Lincoln, Nebraska

Aug. 21 Breaking Bricks

Aug. 29 Aqua Golf, Menomonie

Aug. 31 ‘Lil BSR, Carson Park

Sept. 4 28th Annual Leader-Telegram Buckshot Run, Carson Park

“Fun” Raising



Thanks to all of you who did such a great job selling raffle tickets. Spooner sold the most (2,031 tickets) followed closely by Thorp and BTIAW. I thought you did an excellent job considering we'd had our raffle in October. Despite that, you were brave in the attempt, and for that, we are grateful!

2010 raffle winners

Robert Brown – Spooner - \$500
Cindy Truolg – Hixton - \$300
Kristi Hartman – River Falls \$100
Sally PicKard – Amery – Hotel and water park
Matt Rovnak – Minneapolis - \$100 gas
Irene Lindberg – Spooner – Packer football

Torch Run is Wednesday, June 9. PLEASE, PLEASE, PLEASE have athletes at starting points or finishing points. If you need info as to where they start, their route, and where they stop, email Patti as I will be on vacation until June 7. We will be having a 5 minute parade with many of law enforcement at 4:30 on the 9th leaving from Allen Park in Chippewa Falls, going up Bridge Street, and ending at Leinnie's Lodge. We would love to have lots of athletes walk with law enforcement (or they can ride bikes too).

Eau Claire will be joining the legs this year with bikers leaving the ECPD parking lot at 1:30 riding to the Mega Holiday station on Western Avenue. Runners will leave the same station at 1:30 running to Chippewa Falls. A group of walkers will leave Hallie Walmart at 2:30. It would be great to have athletes along business 53. They will turn on 124 to finish at the park in Chippewa Falls. These officers have raised a lot of money to show their support for SO, now it's our turn to support them. THANKS for your help.

Athletes and their families are invited to the **Ski Sprites water ski show on Sunday, June 27 at 6:00 p.m.** This is at Lake Altoona County Park. You'll get in for free, have pop corn for free, but will be charged \$3 per car to park (county rules not Ski Sprites). They are doing this in honor of Special Olympics so I hope we can have a good showing.

Five students from **Globe University are looking for six athletes willing to learn how to ride and groom a horse.** This is free fun! The date is June 6 from noon to 4:00 p.m. Call Ray at 915-637-6389 or Jo at 715-271-2813 if interested. Also let us know at the office. We have waivers that need to be signed which we can send to you.

Hopefully your athletes are enjoying their pedometers – and actually using them. We haven't heard if they liked them or not, but we were proud to be able to do this as part of our Healthy Habits for Athletes movement. By the way, Area 3 is the only Area doing this! We want our athletes to learn healthy habits, and we'll do whatever we can to help them.

Have a good summer. We'll see some of you at State Games. Thanks for all you do for our athletes. Area 3 would not exist without you.

Andrea



BENCH TALK

- In 2011 we return to the **12-person roster** for basketball.
Families can now check **medical expiration dates online:**
www.specialolympicswisconsin.org/family_athlete_lookup.aspx. Type in athlete's last name and date of birth.
- **Blank medical and release forms** can now be emailed. Email requests to Samantha at svedepo@specialolympicswisconsin.org. Filled out forms must still be mailed back to Madison.
- People volunteering for an agency do NOT check in at volunteer registration at events and do NOT sign up online as event volunteers unless they intend to help exclusively for the event and not with the agency.
- Our online Protective Behaviors does not support the gold chrome browser.
- **Remember State Outdoor is now August 6-8**
- **Remember to read correspondence from us during the summer.**

Kubb Fun Day

Saturday, July 31, 2010

See attached memo and registration. We have people really interested in working with our athletes—let's have a good showing!

OFFICE CLOSINGS

**Monday, May 31
June 9-11 (Torch Run)**

**OUT OF OFFICE
Andrea, June 1-June 4
Patti, June 15-16**

**ATTACHMENTS
Kubb Registration**

Young Athletes Summer Programs

- CESA 11 Head Start, Chippewa Falls
Wednesdays July 7-August 25
9:30-10:30 am
Call River Source Family Center, 715-720-1841 for more information
- Demmler Park, Eau Claire
Tuesday & Thursdays, August 3-August 26
9:30-10:30 am
Call Family Resource Center, 715-833-1735 for more information
- Participants and volunteers needed

Do you know someone or community group such as YMCA, Head Start, Early Childhood, etc., that might be interested in starting a Young Athletes Program in your area? Please have them contact Krysten Kirsch at 800-924-5202 or kkirsch@specialolympicswisconsin.org. We're looking to expand to more locations.

SAVE THE DATE

Annual Agency Manager Conference

Saturday, September 18, 2010



Special Olympics

Wisconsin
Indianhead Area

Andrea Sullivan—Regional Director Development

Email: asullivan@specialolympicswisconsin.org

Patti Knez—Regional Director Sports

Email: pknez@specialolympicswisconsin.org

2023 Fairfax Street — Eau Claire, WI 54701

Phone: 715-833-0833 or 800-833-5851

Fax: 715-833-0507

Web Site: www.specialolympicswisconsin.org

CONGRATULATIONS
2009 Indianhead Area Awards

Male Athlete of the Year

Brandan Drinkman, Eau Claire

Female Athlete of the Year

Rachel McNally, Eau Claire

Volunteer of the Year

Jorgiann Gierok, Independence

Family of the Year

Johnson Family, Hayward
(Eugene, Pattie, Connery, Ryan)

Coaches of the Year

Voelker Family Siblings, Thorp

Agency Manager of the Year

Kathy Spence, Spring Valley

Organization of the Year

Kado & Associates, Menomonie

Media Support of the Year

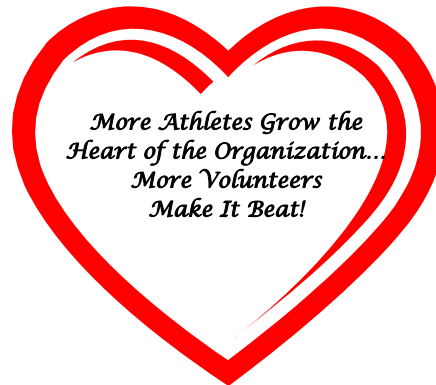
Sawyer County Record, Hayward

Award of Excellence

Jerry Smith, Eau Claire

LEER Person of the Year

Pam Wallace, Chippewa Correctional



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Kwik Trip-- Law Enforcement Torch Run

To Someone Special:

