



S p o r t s T a l k

Outdoor Sports Tournament Theme

Grab your baseball cap, jersey, and step up to the plate to join us for dancing and bingo at a baseball-themed Opening Ceremony on Saturday, August 7th from 7pm-9pm at the Eau Claire Indoor Sports Center!

Bowling

- Most important to remember to have your coaches review the rules and have the correct paperwork. If they are new, please help them fill out the paperwork.
- Regional Bowling is in Eau Claire and will continue to be now that we'll have a Northern State Bowling Tournament in Wausau! Yeah!
- Check the attached calendar for all the bowling dates. These are firm.
- Bowling coaches trainings are in the works.
- **HEADS UP: The state office is moving on August 26.** You will receive the new address soon. Be VERY aware of this when mailing in medicals and make everyone in your agency aware. Do NOT mail to the new address before August 26 but be sure to after August 26 so medicals don't get caught being forwarded!

Fitness Challenge

- Our Fitness Challenge II runs from June 1 to August 31. Work out at least 3 times a week, 30-45 minutes a day, minimum of 8 weeks for participant prize.
- **Please let us know by August 9 of athlete names that will complete the 8 weeks and their shirt sizes.** We hope previous athletes who participated are still exercising but they will not be eligible for another shirt.
- We welcome hearing about success stories about this fitness challenge or other changes athletes have had regarding new, healthier habits.

HEY—Let's KEEP moving!

Annual Agency Manager Conference

Saturday, September 18, 2010

- It's that time of year for our mandatory conference. It will be held again at Westgate Sportsman Club in Eau Claire from 10am-2:30pm (includes lunch.)
- It is preferred that the agency manager attend. Feel free to bring a co-manager or coach along. If the agency manager cannot attend, each agency must send a substitute who is familiar with their agency, can answer questions about the agency and take pertinent information back to the agency manager.
- Please plan to stay the whole time. We'll try to end as early as possible.
- **Let us know by August 11 the number you need** of Agency Handbooks (hardcopy or CD), Forms (such as medicals, releases, Class A volunteer, etc.), Calendar cards for families, Area brochure.
- **Please notify us by September 2 the names of people attending.**
- More information and agenda will be sent out later.

Dates to Remember

Dates, Dates—lots of dates to be aware of. A new 2010/2011 is attached. Please note, not all dates have been definitely confirmed. An updated calendar will be handed out at the time of the annual conference—**NOTE big changes** in basketball date/place.

“Fun” Raising



I hope you are enjoying the summer and getting a chance to relax and rest up! Even though things slow down a bit in July, we still have lots of things on our plates so Patti and I continue to roll along.

First of all, are you continuing to remind your athletes to eat healthy, exercise on a regular basis, and adopt the healthy habits we've been working on? Please do so. We haven't heard anything about how the athletes liked the pedometers they were given at the track & field and aquatics meet. We hope they liked them. Feedback would be appreciated. Remind them to record their "miles" so that they can receive a t-shirt at bowling in October. We have a few pedometers left in the office if anyone would like to give them to athletes. First come, first served.

We are gearing up for the 28th annual **Leader-Telegram Buckshot Run** on Saturday, September 4 at Carson Park in Eau Claire. For more information, go to the Special Olympics Wisconsin website. Please encourage athletes and their families to take part. Our goal is 2,010 participants this year. It's a 5 or 2 mile run/walk and really quite the family affair. We do need lots of extra help at our packet pickup Friday, September 3 at the Plaza Hotel. Shifts are 2-5 and 5-7 p.m. If you are interested, please let me know. The process will be very different this year so the more people we have helping, the smoother it will go.

Other fundraising events coming up:

Breaking Bricks for Bucks – put on by One Tree Martial Arts, Saturday, August 21 at Festival Foods from noon until? Buy a brick for \$5, and they will break it for you karate style! Lots of food and demonstrations by students of One Tree.

Warden's Golf Tournament – Friday, Sept 17, 9:00 a.m. at Whispering Pines Golf Course in Cadott. Eighteen hole, 4- person scramble. Contact Warden Pam Wallace at 715-225-9152 or guardacon@yahoo.com. This is a great tournament with wonderful food and lots of prizes.

Remember, if you are having a fundraising event, you will need to fill out the fundraising form in the handbook and send a copy to me. I sign it and send it on to Madison. It's no big deal, but you do need to fill out the paper work.

As always, thank you for your hard work. Think of the impact what you do for your athletes has had not only on them, but their community. Take a bow – you deserve it.

Andrea



BENCH TALK

- **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. They can also be **downloaded from the website under Agency Management**. Filled out forms must still be mailed back to Madison.
- **Time Out Newsletter**, Calendar and Event Pictures are always posted on the website under Contact Us/Area 3.
- **Check Athlete Medical Expirations and Class A volunteer roster** on the website under Agency Management. Agency Managers, Do you know the ID & password?
- Encourage your athletes to apply for the Convoy Athlete Marshal—nomination form attached.

Kubb Fun

Kubb team members from Eau Claire will be demonstrating this lawn game at Outdoor Sports on Saturday, August 7, at Bollinger fields from 11am to 2 pm. Come watch and athletes are encouraged to join in to get instructions and play. Any athletes welcome. They do not have to be participating in the State Games. Check out the web site at www.wisconsinkubb.com.

Congrats National Games Athletes What an Outstanding Job our Area 3 Athletes did!

- Basketball Team, Bronze medal with Bryan Herrman (Barron County), and Don Sobolewski & Dan Spiegel from Eau Claire with Brad Nelson from Barron County as one of the coaches
- Brandan Drinkman, Eau Claire, Silver medals for shotput, 1500m & 4x400 relay, Bronze medal for 800m
- Crystalynn Fougner, Polk County, Gold medals for 100m, shotput & 4x100 relay, Silver medal for 200m

“Re-Tirement”

There have been lots of rumors—now here are the facts! In 2011 both Andrea and Patti will retire from Special Olympics. Both will be “re-tiring,” finding “new treads” in part-time jobs. Patti is looking to leave in February and Andrea in June. Definite dates have not yet been set.

Both feel it's time to move on but with very mixed emotions. Patti has been around for 10 years and Andrea for 14.

Agency News

- We welcome new agency 3-20 Ventures Athletics, adult agency in Hayward with Tom Sweeney as agency manager and Chris Mayo as co-manager. You can reach Tom at tom@venturesunlimited.org or 715-934-3035.
- Congratulations to Heidi Bragger (3-37 BTIAW) who was married July 17 and is now Heidi Kadinger.
- Congratulations Bette & Gib Voelker (3-18 Thorp) on 50 years of marriage.

OFFICE CLOSINGS

August 3-4
September 6

OUT OF OFFICE

Andrea, July 20-Aug. 1
Patti, August 16-20

ATTACHMENTS

Calendar – Convoy Athlete Nomination



Special Olympics

Wisconsin
Indianhead Area

Andrea Sullivan—Regional Director Development

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Patti Knez—Regional Director Sports

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