

If this e-mail does not display properly, please visit http://www.specialolympicswisconsin.org/team_usa/2007/0207p1.html



Special Olympics

TEAM USA

Official Newsletter of Special Olympics Team USA

Team USA Newsletter

Page 1 • [2](#) • [3](#) • [4](#) Issue 3 of 4 February 2007

Is There a Doctor in the House?

This Team USA Doctor Worked On and Off the Court

He's been involved in the past coaching and officiating Special Olympics for about five years, but Dr. Jim Christensen feels the desire to get involved again...this time as a doctor.

"Joining Team USA's medical staff sounded interesting, so I accepted the offer to apply and managed to get chosen," said Dr. Christensen, an OB-GYN who has been practicing for eight years. Even though he coached and officiated basketball for Special Olympics North Dakota's State Games, his involvement as medical staff will offer him a whole new approach to the Team USA experience. His wife also serves on the Board of Directors for North Dakota, so their devotion to Special Olympics crosses a wide array.



Dr. Jim Christensen

"I'm hoping we have no hitches and are prepared as much as we can be for the athlete's experience," he said. "I really look forward to working with the athletes and seeing China at the same time." He has never been to China before, but he shared that his only anxiety is directed towards preparing ahead of time to ensure the athletes will have a safe and healthy trip for the World Games.

Dr. Christensen has been an OB-GYN physician in Detroit Lakes, MN for eight years, and before then, spent most of his life in North Dakota until 1995 when he moved to Grand Rapids, MI, then Detroit Lakes. He has two children, Thad, age 31, and Mike, age 22.


Athlete Profile

Texas Athlete Takes Sports to Higher Level

Marcus Gary will be competing in soccer at the 2007 World Games in China. He is a well-rounded Special Olympics athlete who also



The [Team USA Web site](#) now features updates, biographies and photos of our Team USA delegation!

 [Click here to download a printable PDF of this newsletter.](#)

Team USA Sponsors



competes in aquatics, basketball, bowling, bocce, cycling, tennis and volleyball. His interest in sports has led Marcus to take some to the next level.

It was the prospect of a high adventure trip to the Bahamas with the Boy Scouts two years ago that prompted Marcus, of Huston, TX, to take his swimming skills to the next level. To participate in the trip, he needed to be certified in SCUBA, so Marcus signed up for a class.

"It was amazing, he just did it instantly," said his mother, Dana. She said Marcus was already a good swimmer and confident in the water, so it wasn't too difficult for him to get his certification. Plus, he received a 100 on the written test. "He's never stop trying on anything he's tried," she said.

In fact, Marcus' success spurred the rest of his family to get their SCUBA certifications too and the entire family spent a vacation in the Caman Islands.

Marcus earned his Eagle Scout designation in November 2006 by collecting school supplies for an outreach center his church sponsors. "It's one of those things that if someone would have told me 'Your son will be an Eagle Scout' I would have thought they were being mean," Dana said. "But, he actually did it."

Marcus began cycling through Special Olympics last year after riding in the MS 150, a two-day charity bike tour from Houston to Austin, Texas. Marcus' parents and his sister, Meredith, also took the challenge. "I didn't know if he could ride the bike that far, but he went off and left me," said his mother.

"We do a lot of cycling as a family," said Dana, who explained that they ride almost every day and take longer rides of several hours on the weekends.

As for his trip to China, Marcus looks forward to traveling and seeing the sites of China, including the Great Wall and pandas. His parents, sister and grandfather are planning on going to watch him compete. He will begin practicing in February with the Texas soccer team going to the Games, and enjoys playing any position but goalie.



Marcus Gary's favorite sport is basketball but he is thrilled to be going to 2007 World Games to compete in soccer.

[Next Page >>](#)



If this e-mail does not display properly, please visit
http://www.specialolympicswisconsin.org/team_usa/2007/0207p1.html



Special Olympics

TEAM USA

Official Newsletter of Special Olympics Team USA

Team USA Newsletter

Page [1](#) • [2](#) • [3](#) • [4](#) Issue 3 of 4 February 2007

Coach Profile

Cycling Coach Hopes Athletes Put Pedal to the Medals

Cycling Head Coach Cindi Hart of Indianapolis, Indiana, loves to ride her bike.

But, she also loves to speed skate. In fact, she can't pick a favorite sport, instead asking "If you had two children, could you say which was your favorite?" So, she does both. When it's winter, she loves to skate. And when it's summer, she loves to ride.

To Hart, cycling and speed skating are "perfect complimentary sports. They use the same muscles, same mentality and same strategies," she said. "One actually helps the other; they are symbiotic."

Hart will be returning to the World Games arena as a coach for cycling in China. She was Head Coach for speed skating at the 2005 World Winter Games in Nagano, Japan.

In China, cycling will take place outdoors on an island, Hart said. There will be time trials and road races of varying distances taking place in the streets.

She is looking forward to "the magic that happens when the team comes together. Even though it's an individual sport, to witness the athletes bond is an amazing process," she said.

She's also looking forward to watching the athletes progress from awe at being in a new location to celebrating their achievements. "To see that pride and to have the family there to see that, that's what it's all about and that's what I'm most looking forward to," she said.



Cycling Head Coach Cindi Hart is shown with former Indiana athlete Mandy Hoopengardner at the 2006 Special Olympics Indiana Summer Games. Mandy was coached by Hart in speed skating at the 2005 World Games in Nagano, Japan.



The [Team USA Web site](#) now features updates, biographies and photos of our Team USA delegation!



[Click here to download a printable PDF of this newsletter.](#)

Team USA Sponsors

FedEx

Bank of America

Columbia Sportswear Company

Hart was named Coach of the Year by the U.S. Olympic Committee in 2005 and the National Council on Youth Sports named her Coach of the Year in 2006.

Hart's husband, Ken, will be attending the World Games as an assistant coach for the cycling team.

Introducing...Two Leaders Preparing to Make Life for Team USA "Easier" in China.

A letter from Lynn (Tian)

I'm Tian Yi Fang, a Delegation Assistant Leader (DAL) for 2007 Special Olympics World Games in Shanghai. I'm very glad to be a DAL for Team USA. The period from Oct. 14-18 with Team USA is a really good memory to me. As a government official working in the Shanghai Municipal Food and Drug Administration, I am doing International Cooperation work with Multinational Food or Pharmaceutical Companies and other countries' government departments. My double major is in Law and English, with a bachelor's degree from Shanghai International Studies University, a very good university ranked 21st in China.



Tian Yi Fang poses with Flordia CEO Monty Sastevans at the Pre-World Games.

I enjoy jogging, badminton and other sports. Making friends always makes me excited. I hope everybody in the world can live a happy life and hold the opportunity to feel love of others. To support Special Olympics makes me proud. Although I have no specific training and only some knowledge about Special Olympics, I will practice from now on and do my best work for the 2007 Special Olympics World Games.

A letter from Vivian Gu

My name is Gu Ying Dan. My English name is Vivian. I am from Shanghai, China and currently working for Shanghai Municipal Bureau of Labor and Social Security, International Cooperation Department. We receive a lot of delegations from foreign government departments visiting the Bureau, carrying out international exchange and cooperation activities.

It's almost three months since the big event. The memory is still fresh to me and those happy moments we spent together often flash in my mind. It was really a wonderful experience for me to meet all of you. To be a DAL for you was really exciting and inspiring. I gained a lot of experience and learned a lot from you in that week. I look forward to next year's event and feel so excited to be able to meet you again.

I graduated from Shanghai International Studies University in 2005,

which is one of the most prestigious universities in China. My major was Teaching Chinese as a Foreign Language, B.A.. I enjoy playing table tennis, badminton and jogging, etc. I am a people person as meeting and making new friends always make me feel happy. I love to be a volunteer and feel proud of being one. I have done volunteer jobs twice during my university time, for two international conferences held in Shanghai in 2004. I worked at the Secretariat Department and gained a lot of experience there. I am honored to be a volunteer as DAL for U.S. Head of Delegation this time. I will practice a lot and do my best work for the 2007 Special Olympics in Shanghai. I am looking forward to this big event.

[<< Previous Page](#) | [Next Page >>](#)



Let Me Win.
But if I cannot win,
let me be brave
in the attempt.

Athlete Oath

If this e-mail does not display properly, please visit
http://www.specialolympicswisconsin.org/team_usa/2007/0207p1.html



Special Olympics

TEAM USA

Official Newsletter of Special Olympics Team USA

Team USA Newsletter

Page [1](#) • [2](#) • [3](#) • [4](#) Issue 3 of 4 February 2007

Athlete Profile

Chicago Games Experience Forever Changed Vermont Athlete

Jean Mangieri of Vermont is excited about going to China to compete in bocce and "see everything there."

She has become somewhat of a seasoned traveler, according to her sister and mother, however it wasn't always like that.

Jeannie was just 16 years old when she was selected to compete at the 1970 Special Olympics Games in Chicago and she wasn't so excited to travel. "We practically had to throw her out of the house to make her go," said her mother, Mafabla Mangieri.



Jeannie Mangieri of Vermont with her friend Henry Fredericks at a Special Olympics golf event in Manchester, Vt. Henry also is going to Shanghai to play bocce.

But Jean had a great time at the Chicago games. "She went out like one girl and she came back as an entirely different person – all smiles," said Mrs. Mangieri. "It was the best thing in the world for her. It was just a wonderful experience."


Jean's sister, Dale Gray, remembers the family getting the news in Vermont telling them that Jean had won a gold medal in swimming. "It was very exciting for the family." While no family members attended the Chicago games in 1970, some family members are looking into attending the World Games in China.

Since those 1970 games, Jean has been more open to trying new things, said her sister. She has traveled around the United States and visits another sister in Florida.

Now, Jean is looking forward to China. "To hear her, you'd think she was only going around the corner instead of going to Shanghai," said Mrs. Mangieri. "I think that's good in itself."



The [Team USA Web site](#) now features updates, biographies and photos of our Team USA delegation!

 [Click here to download a printable PDF of this newsletter.](#)

Team USA Sponsors

FedEx®

Bank of America

Columbia
Sportswear Company

During her 38 years in Special Olympics, Jean has seen a lot of changes. "There are more sports and more people involved," she said. Now, when she's not actively training for a specific sport, Jean keeps in shape by going to the gym and walking.

With a flight longer than a ½ day, fight against China's Jet Lag

Jet lag occurs when you cross three or more time zones quickly, causing the delicate timing system of our body's biological clock to be disrupted. Many of our vital processes are programmed to operate at times during the day or night that will most benefit the entire body and due to jet lag, it takes time for our bodies and our psyches to reorient to a new day-night cycle.

A specialist in aviation medicine recommends the following methods of lessening the effects of jet lag:

1. Wear loose-fitting clothing and comfortable shoes so that your circulation will not be restricted.

2. Drink a glass of water, club soda or orange juice every hour you are in the air in order to combat dehydration. Avoid drinking coffee, tea, cola or alcohol, as these contribute to dehydration.

3. Eat as little as possible to reduce your body's metabolic rate. Your system will already be working hard to adapt to the time change....don't make it work any harder than it has to.

4. Exercise in flight to fight muscle fatigue. While sitting, rotate your head, shoulders and ankles; contract and relax your abdominal muscles. Stand occasionally and stretch, and balance on your toes. More than an occasional frequent flier spends time jogging in place.



After arrival:

5. Take one or two aspirins for any muscle aches and pains you might experience.

6. Go for a walk or jog once you get your land bearings.

7. Continue to drink plenty of water. Your body will continue to fight the dehydration effects of air travel.

Don't let jet lag ruin your first few days of your World Games experience!

[<< Previous Page](#) | [Next Page >>](#)



If this e-mail does not display properly, please visit
http://www.specialolympicswisconsin.org/team_usa/2007/0207p1.html



Special Olympics

TEAM USA

Official Newsletter of Special Olympics Team USA

Team USA Newsletter

Page [1](#) • [2](#) • [3](#) • [4](#) Issue 3 of 4 February 2007

Is your family traveling to China for the World Games?

Congratulations on your athlete being selected to represent Special Olympics Team USA at the 2007 Special Olympics World Summer Games in Shanghai, China. Team USA has begun laying plans for families as they begin making plans to travel overseas:

1. Information regarding registration to the World Games (anticipated in March)
2. Information pertaining to travel documents needed for family members
3. Travel packages for families traveling to the World Games

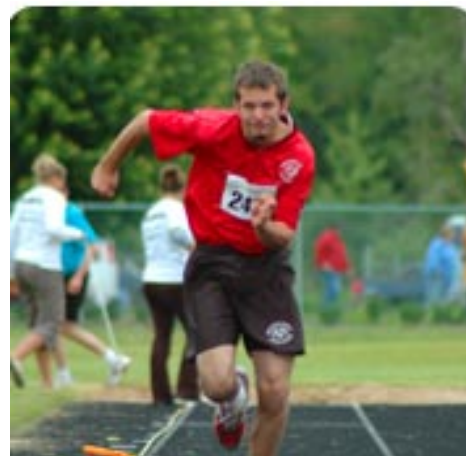
Team USA will be partnering with Maupin Travel, the official travel agency of Team USA, to provide families with information and opportunities to travel to the World Games. We ask that families do not contact Maupin Travel directly but direct all questions and inquiries to their Special Olympics US State Program office contact. Please note that Team USA and Maupin Travel will not be responsible for the following support for families:

1. Obtaining passports, visas or any other travel documents needed to travel to China. We will provide information to help you expedite these processes.
2. Assuming any costs associated with any portion of the trip.
3. Setting up individual trips not associated with the package that will be provided.


Team USA personally looks forward to working with all of you as we prepare for what will prove to be an opportunity of a lifetime!

Does your family, coach or athlete have a story to share for this newsletter?

We cannot possibly know all the interesting things about the lives our entire Team USA delegation, so it's your turn to brag! Has your athlete and his/her World Games coach worked together for years? Has your athlete overcome an overwhelming struggle with health or taken part in a unique training regiment for the upcoming trip to China? What about your family doing an awesome local fundraiser for your athlete or state's delegation to travel to World Games?



The [Team USA Web site](#) now features updates, biographies and photos of our Team USA delegation!

 [Click here to download a printable PDF of this newsletter.](#)

Team USA Sponsors

FedEx®

Bank of America

Columbia
Sportswear Company

Any story, big or small, happy or awe-inspiring, can be featured, so contact kkloeping@specialolympicswisconsin.org and we'll feature you in our upcoming issues of the Team USA eNewsletter!

Passports & VISAs

In order to travel outside the United States, you must have a passport and, in some circumstances, a VISA as well. Team USA delegation members should have already applied for their passports in order to meet the March Games registration deadline. If you have not applied for your passport, please contact your US Program state office to seek assistance.



A VISA simply indicates that your VISA application has been reviewed by a Chinese consular officer at the Chinese consulate and that the officer has determined you are eligible to enter China for the 2007 World Games. A VISA application will be coming to you in the near future from your U.S. State Program contact with specific instructions on how to complete the application. The completed and signed application along with your passport will be submitted to Team USA and Team USA will in turn pay for and process all materials to the Chinese Consulate. You will receive your passport

back within 4-6 weeks of the training camp and your passport will have the approved VISA paperwork attached on the inside.

Thought of the Day: Make a copy of the face page of your passport, which contains your passport number and photo, and keep in a safe place outside of your luggage in case the passport is lost. Also, give a copy to your family back home.

[<< Previous Page](#)



Let Me Win.
But if I cannot win,
let me be brave
in the attempt.

Athlete Oath