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Special Olympics

**TEAM USA**

Official Newsletter of Special Olympics Team USA

## Team USA Newsletter

Page 1 • [2](#) • [3](#)

September 2007

### Team USA Delegation Salutes Vanderbilt University Following Top- Notch Training Camp

Nashville's Vanderbilt University has much to be proud of as they recently held a fabulous Special Olympics World Games training camp for Team USA's 400 athletes and 150 coaches in mid-July.

Coaches prepared their training regiments as, for some, the camp offered the first chance for them to meet their athletes for each of the sports. With training sites on and off the campus, athletes not only practiced their skills, but also had a chance to check out scenery around Nashville, including one evening at the Triple AAA league Nashville Sounds baseball game. The Team USA delegation also took in some Chinese culture and witnessed the Team USA fashion show, featuring athlete models showing off the competition and casual wear the delegation will be seen wearing in China during the Games.

With a live acoustic performance from Team USA spokesperson and country singer JoDee Messina and appearances throughout the camp by Olympic skater Scott Hamilton and Eunice Kennedy Shriver, the athletes were in the spotlight with media from the Nashville area as well as around the nation!

Check out photos from Training Camp at [www.specialolympicsteamusa.org](http://www.specialolympicsteamusa.org)!

### Athlete Looks Forward to Return Trip to China

By Athlete Rhily Simkin

*Editor's Note: Team USA athletics athlete Rhily Simpkin of Illinois continues in her role as a writer for the Team USA newsletter.*

I interviewed an athlete who is going to China this year to compete in bowling. The athlete's name is Isadore Silk – everybody calls her Izzy.

Izzy is 30 years old and lives in



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Pittsburgh, Pennsylvania. Izzy lives alone and is a cashier at Rite-Aid pharmacy and has been working there for 2½ years. Her hobbies are crafts, playing games and hanging out with friends and family.

She has been in Special Olympics for seven years. She has competed in tennis, soccer, basketball, track and bowling. Izzy says she likes bowling the most. Izzy's proudest moment is when she bowled a 211 during practice.

Izzy competed in the Pre-Games last year in China and she liked it very much

over there.

Last year, Izzy said when the whole team was together, they went to some schools. Then the bowlers got to go in a cab and got to see some statues and some monuments. She even got to see other athletes who were competing in the games too. Izzy said that if they get to do more sight-seeing, she would like to see different things than last year.

Izzy keeps in touch with one of her Pre-Games volunteer through e-mail. The name of her volunteer is Hebe (pronounced Hibby). She also keeps in touch with some athletes she has made friends with. Her coach Bea Webb helps anyone who has had a question about bowling.

I asked Izzy how she felt about more countries competing in the 2007 World Games and she said it would be more interesting and she will be able to make more friends from other countries. Izzy practices every other Saturday for the China games. She said that when she comes home, she looks forward to seeing her family since they will not be able to go to China.

I asked her about what she thought about the Chinese culture and she said that it was the best experience she has ever had.



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*Assistant Bowling Coach "Bea" Webb (center) stands with her athletes Isadore "Izzy" Silk, Jenna Schrack, Suzanne Rowley and Melanie Norris outside a bowling facility in Nashville, Tenn.*

## **Athlete Achievement Key for Bowling Assistant Coach 'Bea' Webb**

Berma "Bea" Webb has plenty of experience interacting with Special Olympics athletes – she has been a recreational therapist with Jackson County Parks & Recreation's special population services for 28 years and was a Special Olympics volunteer before that.

Plus, she is a member of the Special Olympics Missouri board of directors, is certified to coach 14 sports, volunteers and helps with fundraisers in the Kansas City metro area. Webb was a coach at the 1987 and 1999 World Games and attended the 2003 World Games in Ireland as a spectator.

Whether it be her special populations clients, her Special Olympics Unified sports teams or the World Games athletes, Webb wants them all to achieve their highest potential.

When Bowling Head Coach Dennis Story returned from the Pre-Games event last year, he turned to Webb to work with some of the athletes, including Pennsylvania athlete Isadore "Izzy" Silk (see her story in this newsletter.)

The two women began a long-distance relationship that eventually brought them together in person at Special Olympics Oklahoma's state bowling tournament in January and again at Pennsylvania's Summer Games in June.

The four female bowlers under Webb's charge "got along well" at training camp in Nashville and did everything together. Webb feels that friendship and unity they developed at training camp will help them all get along during the two weeks in China.

She added that she wants the athletes in her charge to have every opportunity available to them.

"I am a firm believer in experiencing everything that is offered," said Webb. "My athletes in Missouri go to Healthy Athletes, the dances and everything at our events. At training camp, we did everything offered like the dance, softball game and shopping in addition to training so that they get used to being busy all the time and learn to work together as a team."

It is Webb's experience paired with Izzy's own determination that made this relationship a success. "I just offered Izzy a lot of encouragement and support. She has a true need to please and she has done well," Webb said. "I don't give up on people."

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[Next Page >>](#)



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

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## Team USA Newsletter

Page [1](#) • [2](#) • [3](#)

September 2007

### China Bound

By Dr. Pat Moore

As we get ready to leave the good old USA for the Special Olympics World Summer Games in China, the Medical Team thought it would be a good idea to remind you of a couple important points.

The flights over to China and back to the USA will be very long flights. It will be important to get up and move around the plane regularly to avoid problems with swelling in the legs and to avoid developing blood clots in the legs. We encourage everyone who is able, to take an aspirin before traveling to help thin the blood and possibly prevent blood clot formation in the legs. Everyone should also be drinking plenty of water while on the plane. The air is very dry and may cause irritation to individuals who have underlying lung problems

The air conditions in Beijing and Shanghai may be very different than what you are used to. With all the vehicles in China, we may run into air pollution problems. Those of you who have and periodically use inhalers, should be sure to bring them along and then make sure you carry them with you in the event that you start to have breathing problems.

The "regular" respiratory flu still remains much more of a concern than the Avian Flu. There has not been any significant increase in the number of cases of Avian Flu. We should still try to avoid contact with live ducks and chickens while we are there. If at all possible, we do encourage getting your flu shot before we leave the country. While we are there, good hand washing is very important in stopping the spread of disease, whether it be respiratory or intestinal. Please keep your hand sanitizer handy and use it frequently.


Also we encourage drinking plenty of bottled water and avoiding beverages with caffeine in them. The caffeine actually causes you to lose more water, and is not helpful in getting you rehydrated after training or competition.

### Team USA Athletes, Coaches Take Part in Torch Run Event at White House



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*Special Olympics Chairman Tim Shriver, Team USA basketball coach Mike Cohen and members of the basketball team from Florida are shown before the Law Enforcement Torch Run ceremony at the White House on July 26.*

On July 26, President Bush welcomed the 2007 World Games Flame of Hope to the White House. Washington was the fourth stop of the flame's 22,000-mile journey around the world in the Global Law Enforcement Torch Run.

About 30 members of Team USA were in Rose Garden to witness the historic event. The athletes and coaches from 13 states traveled to the nation's capital along with Special Olympics chairman Tim Shriver, founder Eunice Kennedy Shriver and officials from China.

President Bush honored the Special Olympics movement, saying "Over four decades, Special Olympics has changed the lives of millions of people across the world. ... Today we look proudly on the Flame of Hope which symbolizes the dreams of millions."

Members of the Law Enforcement Torch Run lit the torch from a miner's lamp after the ceremony and began a run throughout Washington, D.C., stopping at the U.S. Capitol Building, Department of Health and Human Services and National Law Enforcement Officers Memorials before ending at the Chinese Embassy. Team USA members were on hand during the run to cheer the Torch Runners along through the extreme heat and humidity.

Team USA athletics athlete Brittany Painter of Oregon took to the streets with the runners. Also on hand was Mike Cohen, head basketball coach for the team from Florida. Cohen, a member of the Florida Law Enforcement Torch Run, brought several of his athletes with him for the event.



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*Management Team Directors Adrian DeWendt and Mark Musso present a poster of Team USA delegation photos to MTM Inc.'s Roger Mashore, President, and Donna Lamprecht, Director of Communications, for their sponsorship of Team USA.*



*SOMO staff members Susan Shaffer and Amy Rush, in addition to many other Oklahoma volunteers, listen intently to packing instructions before shipping out the uniforms to all the states.*



*Hats off to Team USA sponsor FedEx for sponsoring the cost of all shipping related to uniforms and luggage tags.*

**Team USA to look Spiffy in China...  
Much Thanks to the following...**

Midwest Trophy staff; Special Olympics Oklahoma, Missouri and

Kansas staff; and many other volunteers worked major overtime sorting and organizing uniforms before shipping them to each U.S. Program office.

The Midwest Trophy warehouse employees, embroidery and screening folks, and the shipping staff made this process known as one of the most organized and efficient operations ever seen, with a hats off to FedEx for sponsoring the cost of all shipping related to uniforms and luggage tags.

Team USA will definitely stand out in China!

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



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Page [1](#) • [2](#) • [3](#)

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### Tidbits on China as We Prepare to Leave

Shanghai has a population of about 12 million, so visitors are urged not to drive! Traffic is an adventure and drivers are very aggressive. All signs are in Chinese.



In the major business areas, cabs are plentiful and cheap, by American standards. You can get most anywhere for the equivalent of a couple of dollars. Most drivers do not speak English. Cabs are small and can handle three passengers fairly comfortably, with four being a squeeze.

Everyone should get a card from the hotel desk that has its address in Chinese. You just show this to a cab driver and he will get you back to your hotel. It's a good idea to get hotel personnel to write where you want to go in Chinese for the cab driver.

Street vendors are getting more prevalent and some can be rather aggressive in trying to make a sale. Generally you can walk the streets, day or night, with no problems.

Visitors are also reminded that crime rates are very low in comparison to the United States and hotel security is generally very good. Finding an English speaker in hotels is fairly easy. It gets significantly more difficult to do so once you leave the hotel.

It won't be long now...

### Become an expert...

English	Mandarin spelling (pinyin)	pronunciation
Hello	Ni Hao	nee how
Good-bye	Zaijian	dsi-jee-n
Thank you	Xiexie ni	shi shi ni
Your welcome	Bu Xie	bu shi



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I'm sorry or Excuse me	Duibuqi	debuchee
I understand	Wo dong	woo dong
I don't understand	Wo bu dong	wo bu dong
I would like ...	Wo xiang yao	wo sheeang yao
Water	Shui	shwey
Please...	Qing	cheeng
Go	Qu	choo
Stop	Ting zhi	ting jur
One	Yi	ee
Two	Er	r
Three	San	san
I like it	Wo xi huan	Wah shee hooahn
I don't like it	Wo bu xi huan	Wah boo shee hooahn
Delicious	Haochi	How chee
Good	Hao	how
Very Good	Hen hao	hun how
Wonderful	Fei chung hao	fey chung how
I'm hungry	Wo e le	Wah ou luh
I'm thirsty	Wo ke le	Wah kou luh
My name is...	Wo jiao	Wah jeeow
Friend	Pengyou	pungyo
Very nice to meet you	Hen gao xing jien dao ni	huhn gow sheeng je-en dow nee
Congratulations!	Gongxi	gongshee
Police	jingcha	jeeng chah
How much?	Duo shao qian	dough show cheen
Cheaper	Ti quela	tie quela
I don't want, thank you	Bu yao xiexie	booyao sheshe
Please take me to	Xing dai wa chu	cheeng di wa chew
Hotel	Fandian/Bingwan	fawndian/bingwan
Ladies restroom	Lu xi shou jian	lew shee show je-een
Mens restroom	Nan cesuo	nahn suh-shooa



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[<< Last Page](#)

