

Red, White N' Blue Bulletin

Team USA Heads to Camp...

Our nearly 200 athletes and 89 coaches comprising Team USA headed to the mountains for a five-day training camp at Copper Mountain, Colorado on Dec. 1-5. Take a look at the highlights. For more photos and athletes feature stories, visit <http://www.specialolympicsteamusa.org>.

The camp offered a variety of coaches meetings and sport-specific training in snowboarding, snowshoe racing, alpine skiing, cross country skiing, floor hockey, figure skating and speed skating.

Featured events for the camp included a "Night of Nagano," unveiling Japanese language and culture to the Team USA delegation through food, clothing and décor.

The week was topped with a sponsor luncheon and uniform unveiling fashion show presenting the clothing the athletes will be seen wearing throughout their trip to Nagano.

Click photo to enlarge



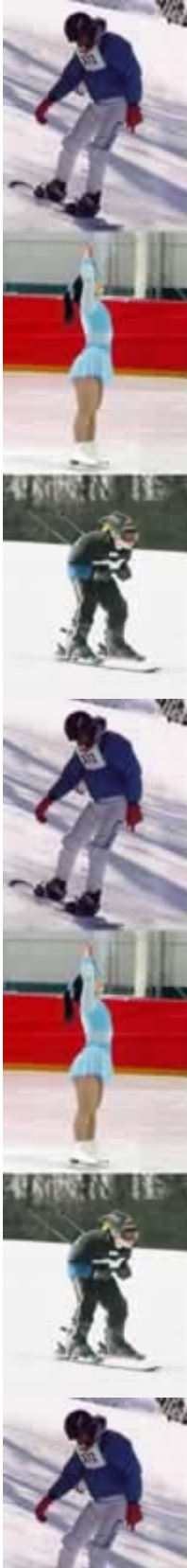
Copper Mountain Resort offered athletes and coaches a great snowy mountain view!



Local media featured our athletes the first day of camp.



A mix of athletes pose before they take their flights home.





Athletes experienced Japanese culture, with sumo wrestling outfits and all!

Team USA Decked Out From Head to Toe, Thanks to Columbia Sportswear

Since the 1997 World Games, Columbia Sportswear has supplied apparel to Special Olympics Team USA ... and the support continues.

Columbia has been named the official apparel sponsor of Special Olympics Team USA for the 2005 World Winter Games in Japan. All 200 Team USA athletes and 100 coaches will wear Columbia Sportswear from head to toe, including the latest from its performance Titanium apparel line – a highly technical collection dedicated specifically for outdoor aerobic activity. In addition, the athletes will be dressed in cold-weather footwear, matching hats and gloves as well as layering fleece units to keep them warm and dry for the extreme outdoor events. Additionally, Team USA will wear Columbia's Interchange 3-1 Bugaboo Parka as well as the Helvetia II Pant for men and the Frosty Ridge Pant for women.



Columbia Sportswear's Chair of the Board Gert Boyle and Team USA athletes

"We are very excited about our continued involvement with Special Olympics Team USA," said Gert Boyle, Columbia Sportswear's Chair of the Board. "The overflowing camaraderie and sportsmanship that dissipates at the World Games is so addicting that Columbia Sportswear is honored to partner with an organization like Special Olympics."

Founded in 1938 in Portland, Ore., Columbia Sportswear Company is a global leader in the design, sourcing, marketing and distribution of active outdoor apparel and footwear. As one of the largest outerwear brands in the world and the leading seller of skiwear in the United States, the Company has developed an international reputation for quality, performance, functionality and value. To learn more about Columbia Sportswear, link to www.columbia.com.

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New York Hockey Team Ranges in Age from 13 to 48 Athlete Shifts Dreams After Devastating Accident

The Northeast Westchester Special Recreation, Inc. works with a few hundred Special Olympics athletes, but 16 of them stand out as they train in Copper Mountain, Colorado for their first trip to a World Games. Even more impressive is the fact that they range in age from 13 to 48.

A majority of the team has been together for 10 years, with a few as "newbies" to the team, but their coaches admit the team has bonded like no other.

"Me and the other coaches work as recreational therapists and I've even done non-Special Olympics coaching," said the team's head coach Joe Bellini, "but working with these athletes pulled us out of regular sports coaching." Bellini admitted he quit coaching high school sports and moved to Special Olympics which focused on the athletes' self improvement and having fun, rather than pure competitiveness. "It's now about the game, not about the athlete making himself stand out in the spotlight."

The coaches have seen constant improvement in the team as they prepare for the trip to Nagano, Japan this upcoming February.

"We work with our athletes doing cooking, dancing, music, etc ..., but it's sports that really gains their attention and motivates them to improve," says Bellini.

One such athlete, Anne Marie O'Sullivan, age 38, is a unique member of the team. She is known for setting three records that still stand at her high school in track & field. Her family and coaches knew she was well on her way to Olympic dreams. This was before her Special Olympics years and before the devastating car accident that changed O'Sullivan's life at age 17 with a severe head trauma that put her in a coma for seven months.

"I was right handed, and now I'm left handed," says O'Sullivan, who was driving to school that very day with her younger sister and was hit by another vehicle. She started in a wheelchair, and wasn't given much hope to improve. But soon, the wheelchair switched to a walker, and then a cane, which her high school principal razzed her about for not using it as much as she should. Soon she began walking to the surprise of many.

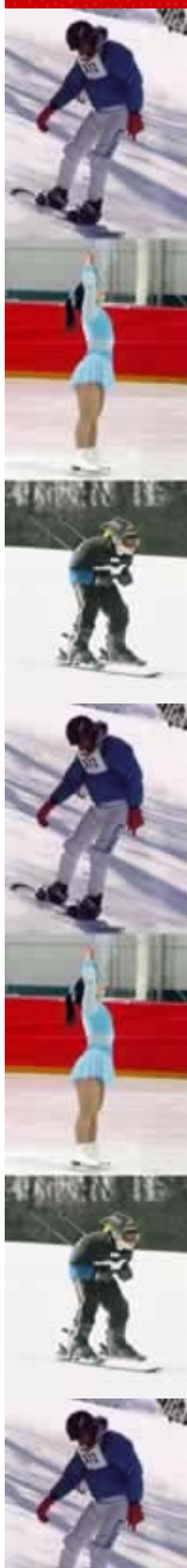
"I missed sports and Special Olympics became my new focus," she said. "I love the coaches, the many sports, and the fact that we can just keep trying to do our best."

O'Sullivan moved from her past dreams of track & field medals in the Olympics to floor hockey medals for Special Olympics World Games...a dream in the same. When she's not training, she's working at two part-time jobs for the Center of the Arts and at the Frame Shop, doing cleaning at both places.

"I hate cleaning rugs and polishing furniture, but I love cleaning otherwise," she admits. On the side, she enjoys reading romance novels and says she'll be involved in Special Olympics for a long, long time.



Head Coach Joe Bellini gets a hug from athlete Anne Marie O'Sullivan and poses with coach Janet Riley.



Team members include: Anne marie O'Sullivan, Mike Danko, Will Smith, Mousy Lewis, Anna Charitou, Rick Dammann, Paul Ryder, Greg Di Roma, Nicole Waag, Ricky Hunt, Frank Ragusa, Max Maksimyadis, Troy Ackerly, Andrew Stawicki, Rich Bouman, Keith Caminiti
Coaches include: Head Coach - Joe Bellini, Janet Riley, Nancy Troiano. Pete Lawrence

Coach Truly Demonstrates the Courage of Special Olympics

Skill, determination, courage ... it is what we see Special Olympics athletes exemplify every day on the playing field. Cindi Hart, the Head Speed Skating Coach for Team USA, leads by example and utilizes these principals in Special Olympics as well as in her daily life.

Hart began skating when she was a small child on the ponds in the Midwest. As she got older and graduated from high school, she turned to the sport of cycling and began participating in races across the country. Hart was picked up by a cycling team in Michigan, where the coach told her to improve her biking by learning to speed skate. So he gave her a pair of skates and her speed skating career took off.

Within the next year, Hart was living and training at the U.S. Olympic Education Center in Marquette, Michigan. She lived as an athlete and coach with the Olympic short track speed skating teams for the 1988 and 1992 Olympic Games. While in training there, she placed 12th in the 1992 Olympic long track trials and 7th in the World University Games Trials in 1990.

Hart's first exposure to Special Olympics came while she was training in Marquette. She served as a volunteer for a snowshoe competition.

"I was hooked," explained Hart. "So much pride and joy in their accomplishments. I realized this was a very good thing," she continued. She and her husband Ken, who she met through cycling, moved to Indianapolis and started a speed skating club. While she was coaching at her club, she was invited to coach Special Olympics athletes for the Indiana State Games.

"When we started coaching Special Olympics athletes, we invited them to join us at our normal practices as well as Special Olympics practices," stated Hart. Speed skating events integrate special needs as a category along with elite categories at events and Hart entered her athletes in these events. "The Special Olympics athletes have not only been successfully integrated into the team, but they have been embraced as a part of the team," continued Hart.

Hart has excelled in the sports of speed skating and cycling and has developed an impressive resume. This summer she and her husband completed a clinic to upgrade their certifications to become Level 3 U.S. speed skating coaches. There are currently only five certified Level 3 speed skating coaches in the United States. It was her courage, however, which helped her through a difficult time this past year. She was diagnosed with breast cancer in May and underwent a bilateral mastectomy in September after several rounds of chemotherapy. She channeled all of her energy into beating this disease and found a way through sports to overcome the effects of cancer and the treatment.

While undergoing treatment and facing surgery, Hart trained to compete on the national level capturing the two cycling championships at the American Bicycling Racing National Track Cycling Championships and the Indiana State Championships Track Cycling Championships. She resumed cycling only a month after undergoing surgery.

When she makes the trip to Japan, Hart is expected to be fully recuperated and in tip-top shape to coach the speed skating athletes at the 2005 World Games. Hart and her husband have a nine year-old daughter who also loves to skate and cycle.



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A Medical Minute on High-Altitude Sickness

What is high-altitude or mountain sickness?

Sometimes people get sick at high altitudes such as in the mountains. This is called mountain sickness or high-altitude sickness. Symptoms usually begin within 48 hours of arriving at high altitude. The higher the altitude, the greater the effects. People can notice effects when they go to an altitude of 7,000 to 8,000 feet. If you have heart disease (such as heart failure) or lung disease (such as emphysema), you may have symptoms at lower altitudes. Fortunately for most healthy individuals rarely does this represent a serious problem under 9,000 to 10,000 feet.

What causes this problem?

Lack of oxygen causes high-altitude sickness. As altitude increases, the air becomes "thinner," which means less oxygen is in the atmosphere. You get less oxygen in your lungs with each breath, so the amount of oxygen in your blood declines. All people can experience mountain sickness, but it may be more severe in people who have heart or lung problems.

What are the symptoms?

- Headaches, breathlessness, fatigue
- Nausea or vomiting
- Inability to sleep
- Swelling of the face, hands and feet
- Both heart rate and breathing rate increase as the body tries to send more oxygen to its tissues. At very high altitudes, body fluid can leak into the brain (called brain or cerebral edema) or into the lungs (pulmonary edema). Both these conditions can be serious or even life-threatening.

The best way to avoid or lessen the effects of mountain sickness is to increase altitude slowly. Travelers can take more than one day to reach 8,000 feet, and then another day for each 1,000 to 2,000 higher feet. Although this may not be an option for people who travel to a high altitude destination, most people can adjust or "acclimatize" to the high altitude within a few days. Here are some tips: Avoid strenuous activity for the first day or two; drink extra fluid; and be careful of drinking alcohol. Its effect is magnified at high altitude.

Usually no treatment is required as any symptoms clear up in a day or two. If the individual starts becoming worse however treatment options include diuretics (a type of "water pill" called Diamox), use of oxygen or going down to a lower altitude. Even a few hundred feet can sometimes make a difference.



Dr. Cupp



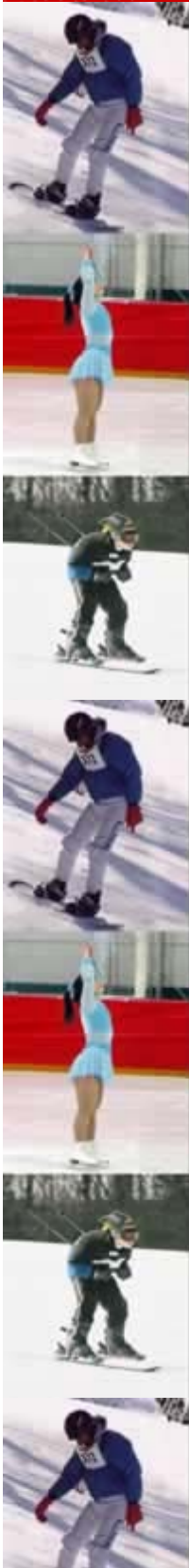
Dr. Moore



Dr. Zembles

Team USA Hosted by Five Japan Cities for Host Town Program

Special Olympics Team USA is looking forward to visiting the following Japan cities for the 2005 Special Olympics World Winter Games Host Town Program. Due to the size of Team USA, our delegation had to



be divided between 5 different Host Towns centered around Matsumoto City and Chino City.

- 1. Matsumoto City: Floor Hockey and Speed Skating teams**
Located in central Nagano Prefecture, Matsumoto City, the second major city in Nagano Prefecture, is surrounded by the Northern Japanese Alps. Matsumoto City is located about one hour's drive from Nagano City. It has a sister city relationship with Salt Lake City. Highly thriving in Matsumoto City is cultural and international exchange, including an annual world-class music festival. The city is also the center of education and culture in Nagano Prefecture.
Matsumoto: http://www.city.matsumoto.nagano.jp/www_cbox/
- 2. Chino City: Snowboarding and Snowshoeing teams**
Located in middle-eastern Nagano Prefecture, Chino City, a highland region, lies at the base of the Yatsugatake Mountains. Chino City is located about one and a half hour's drive from Nagano City. It has a sister city relationship with Longmont, Colorado and often holds exchanges, such as student exchange and host family programs with the U.S.A. With a ski field nearby, Chino City is conveniently located for snow sports training.
Chino: <http://www.city.chino.nagano.jp/index.html>
Japanese language only
- 3. Yamanouchi Town: Alpine Skiing team**
Located in northern Nagano Prefecture, Yamanouchi Town is a popular destination for skiing and tourism and has the site for Alpine skiing events of the upcoming SO World Games as well as the 1998 Nagano Olympic Games. Yamanouchi Town is located about one hour's drive from Nagano City. It has a sister city relationship with Sun Valley. There is a course named Sun Valley in the Shiga Kogen Ski Ground which is the largest ski field in Japan. The town is the site for Alpine Skiing events of the 2005 Games, providing an ideal environment for training.
Yamanouchi: <http://www.town.yamanouchi.nagano.jp/>
Japanese language only
- 4. Karuizawa Town: Figure Skating team**
Located in eastern Nagano Prefecture, Karuizawa Town is one of the highland resorts representing Japan and had the Curling venue of the 1998 Games. Karuizawa Town is located about 75-minute's drive from Nagano City. It has several indoor skate rinks, providing the best environment for ice sports training.
Karuizawa: website currently unavailable
Japanese language only
- 5. Miasa Village: Cross Country Skiing team**
Located in the middle-western Nagano Prefecture, Miasa Village lies between Nagano City and Hakuba Village which is the site for Cross Country events of the 1998 Winter Olympic Games and the 2005 SO Games. It takes you less than 15 minutes to get to Snow Harp, the site for Cross Country Skiing events. The village has a sister city relationship with Mendocino, California. It provides an outstanding environment for training of cross country skiing. Many Americans have stayed in local homes in Miasa Village.
Miasa: <http://www.vill.miasa.nagano.jp/>

In consideration of the need for athletes to recover from jet lag in preparation for competition, flexible schedules will allow for plenty of rest and free time. There will also be opportunities for team members to interact with local citizens and experience Japanese culture. Because of the language barrier, the Games Organizing Committee will generally serve as intermediary for communication between Host Towns and delegations. Kathy Meagher, Team USA Director, is the primary communication link for Host Town and she will keep everyone updated on plans as we move closer to Games time.

The Games Organizing Committee has commissioned university professors to create bilingual picture booklets in Japanese and each delegation's official language to support communication between athletes and their host families. We're sure their efforts will result in better communication and an enjoyable stay for all the athletes. For more information about Nagano Prefecture and the surrounding area, visit <http://www.pref.nagano.jp/>

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What Will You Experience With Japanese Culture?

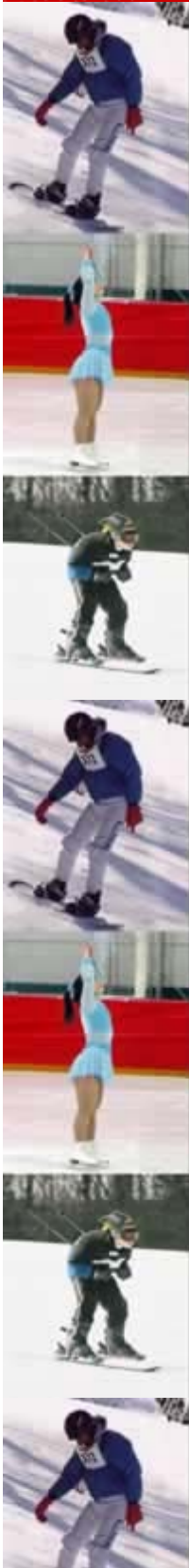
Daily Life in Japan ...

If you stay in a Japanese-style room you'll remove your street shoes either at the entrance to the building or at the entrance to the room, depending on the hotel. The floors of Japanese-style rooms are covered in rush mats called *tatami* that each measure about one meter by two meters. Room sizes are indicated by the number of *tatami* covering the floor so there are four-mat, six-mat and eight-mat rooms. Japanese-style hotel rooms typically have a small *tokonoma* alcove, sliding *fusuma* papered doors and *shoji* window screens, zabuton floor cushions and a mirrored dressing table. Japanese-style rooms are used for various functions throughout the day, transforming flexibly into dining room, living room or bedroom as needed.

Some delegations will be housed in Japanese-style Inns with *futon* bedding instead of beds. Unlike Western-style beds, traditional Japanese *futon* bedding is kept folded up in the closet during the day and spread out over the *tatami* mats at bedtime. The *shiki-buton* mattress goes down first and is covered with a sheet, on top of which is spread a *kake-buton* duvet. You sleep between the sheet and the duvet. On cold nights, you add extra blankets as needed to stay warm while you sleep.



Toilets can take on a little bit different look in Japan. They are generally Western-style although some locations may have traditional Japanese squat-style toilets.





Some of the hotels where delegations will stay during the Games have large, shared Japanese-style bathing facilities instead of private showers or baths in each room. The public bath is separated for male and female, each with separate areas for soaking and washing. The tub is for warming and relaxing the body, not for scrubbing, which should be done in the washing area next to it. The water in the tub is heated to about 40°C and because it is not drained after each use, everyone is careful to keep it clean. Common baths are shared with other hotel guests so it is important to respect the rules. Bath water is either filtered or replenished constantly so sanitation is not a concern.



Standard procedure at a Japanese bath is to rinse off in the washing area first and then get into the tub for a relaxing soak. After warming up in the tub, get out and clean up in the washing area using soap and shampoo. After rinsing away all the soap you can either get back in the tub to warm up again or leave as you choose. **Important:** Don't touch the spigot in the bath (it can be quite hot), don't use soap in the tub, and be sure to wash your body only in the washing area outside the tub.



A typical Japanese Tea Ceremony

Food - Japanese enjoy not only Japanese food but also food using ingredients from all over the world. Breakfast is generally served in an American or continental style. Please let your Host Towns know in advance if there are specific foods your athletes cannot eat.

Laundry - If you are in a home-stay, you can use the host family's washing machine. If you are staying in a hotel, the facility may or may not have washing machines. If it does not, we will provide an alternative to ensure you can do laundry.

Shopping - There are many supermarkets in Japan and almost any everyday item should be available in your Host Town. Time for shopping will be built into the program.

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(608) 222-1324, ext. 217

kklopping@specialolympicswisconsin.org

Attention Families!

Special Olympics Team USA is excited to share that we have 362 family members heading to Nagano to cheer on our athletes. At this point, registration is closed for families wanting to register as family members for World Games. If you would like to schedule a trip on your own, you may do so through Maupin Travel, Team USA travel agency, or through your local travel agent. Maupin Travel can be contacted at (800) 341-7440 on Monday through Friday from 8:30 a.m. to 5:30 p.m. EST.

It's that Time of year ... Cookies, Candy and Fruitcake

In America, it begins with Thanksgiving and doesn't stop until after New Years Day. What is it? It's the holidays...and a larger appetite for holiday goodies!



Foods such as the traditional turkey dinner on Thanksgiving, pumpkin pie and candy canes are among the favorites in our home. It is easy to get carried away with special foods and eat until your stomach hurts on Thanksgiving Day!



Many people expect to gain 5-10 pounds during the holiday season. Athletes-in-training know that is not a good idea. Taking time out to gain weight during the holidays means taking a step backward in their training and ability. But don't worry! You can have fun during the holidays, enjoy all the good food, and not gain any weight. Here are some ways to keep holiday weight gain down:

Focus on the people you will see at the party or gathering. Make a list of all the people you know will be at the party and think about what you want to talk to

them about.

- Remember you are an "athlete-in-training" for the World Games. Ask one of those special people to go on a walk or practice your sport with you. They could use the exercise, too!
- Drink 2 big glasses of water or a bottle of water a half hour before you go to a party. This will help fill up your stomach so you won't eat as much food.
- Do not skip a meal to "make room" for a special meal. Skipping meals is a bad idea. You get grumpy because you are hungry and you will eat more than the two meals combined! Eat smaller meals the day or two before Thanksgiving or another big gathering.
- When serving yourself, take half the amount your eyes want. Our eyes usually want more than our body needs.
- Wait 15 minutes before taking seconds. It takes your brain 15 minutes to talk to your stomach. If you are still hungry in 15 minutes, ask yourself if your stomach is hungry or your eyes. Then decide if you want to take a small second helping.
- If you are 21 and drink alcohol, have only one drink or none at all. Your body uses alcohol like a fat. Drinking too many alcoholic beverages is like eating a stick of margarine.
- If people give you food as a gift, give it to a food shelter. There are many people who will go

hungry during the holidays and will be very thankful for your gift.

- Remember to schedule your workouts for the week! World-class athletes stay on their training schedule even during the holidays. You'll be glad you did.

Most important, take some time to think about why the holidays are special to you besides the fun foods. Go for a walk and look at the lights and other decorations. Volunteer to help at a party in your community. Give something back to the people you see every day by doing one nice thing for them each day. And remember: another very special event for you is two months away! Stay focused, stay healthy, and enjoy every moment of getting ready to compete!



TRIVIA

Which of the following is not affected by wind chill?

- a. person
- b. dog
- c. car radiator
- d. bird

Answer: c.

Wind chill is the combination of wind and temperature and is based on the rate of heat loss from exposed skin such as that of a person or animal. As the wind increases, heat is carried away from the body at an accelerated rate, driving the body temperature down. Wind chill has no effect on cars or other objects.

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