

Special Olympics Area 5 Grand Forks

WWW.SPECIALOLYMPICSGF.ORG

SPRING 2011
NEWSLETTER

Basektball Season Wrap Up

Special Olympics Grand Forks had another exciting year of basketball! This year, the teams had tournaments in Devils Lake, East Grand Forks, and the State Tournament in Minot. We also had two halftime exhibition games at UND Men's and Women's basketball games. With so many competitions, it is safe to say that all athletes and coaches had a lot of fun.

Grand Forks brought four teams to the SOND State Basketball Tournament this year. Each team played hard and did their best. The highlight of the tournament was the GF Wolf Pack who won 1st place in Division 4. Members of the team include: Ron Anseth, Joe Dub, Tim Fontaine, Jason Hjelmstad, Mark Johnson, Joe Koemstad, Gerard Kuznia, Dave Miner, Stacy Olson, and Bryan Stoltman. Congratulations Wolf Pack!!

Also receiving medals were the GF Falcons, who took 2nd place in the Youth Division. Team members were: Dusty Adams, Michael Bauer, Trace Cluck, Chad Daucsavage, Jade Duscherer, Deion Hanson, Kris Mehling, Tom Mikkelson, Scottie Rosenberg, and Nick

Stouder. In addition, Dusty Adams was named honorable mention to the Youth Division All Tournament Team.

The GF Thunder competed in Division 1 and took fourth place. Team members include: David Dahlgren, Josh Jerome, Dusty Johnson, Todd Oksendahl, Ben Wahlstrand, and James Wolfgram. James Wolfgram received All Tournament Team honors.

The GF Lightning competed in Division 3 and took eighth place. Members of the team were: Kelsey Baird, Erin Baumann, BJ Cammack, Kassie Jacobson, Patty McGlynn, Karen Miller, Tina Monaghan, Angelique Monaghan, and Janel Sandburn. Patty McGlynn received All Tournament Team honors and Karen Miller was All Tournament Team Honorable Mention. **Congrats to all on a great season!**

**SPREAD THE WORD
TO END THE WORD**

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Summer Games Training Starts Monday, March 21

Track and Field practices will begin at 6:30 every Monday and Thursday evenings starting March 21, 2011. To start the year, practices will be held at GF Central High School. Athletes are reminded to bring sweat pants and a sweat shirt to every practice. We are going to try to be outside any time that the weather permits. Practices held at GF Central High School will end at 7:30pm.

Once the weather is nice enough, we will move our practices outside permanently. This year, Cushman Field is not available due to remodeling. So we are going to have our outdoor practices at EGF Senior High School. Coaches will let you know when we plan to move practices outside. Once we move outside practices will last until 8:00pm.

Power Lifting practices will be held in the weight room at Grand Fork Central High School every Tuesday and Thursday from 6:30 to 7:30. Athletes should be at the weight room by 6:30 in workout clothes to be ready to lift weights. When

track practices move to EGF, Power Lifting practices are going to move as well. Power Lifting practice at EGF will be held on Monday and Thursdays from 5:30 to 6:30. Coaches will let you know when we plan to move practices to EGF.

Swimming practices will be held every Monday and Thursday evening from 5:00 to 6:00 at the swimming pool at Grand Forks Central High School. Athletes should be dressed in their swim suit and ready to swim at 5:00.

Volleyball will have practices at South Middle School on Tuesday and Thursday from 6:30 to 8:00. Athletes are expected to be dressed and ready to play at 6:30.

With the expected flood coming this year, please keep in mind that coaches may have to make several changes to the practice calendar. The most recent version of the calendar can be found online at www.specialolympicsgf.org. You can also call the Special Olympics GF hotline at 732-0101 where you can hear that week's schedule or changes.

District Tournament Schedule

Swimming:
Thursday, April 28

Power Lifting:
Thursday April 28

Track and Field:
Saturday, April 30

Volleyball:
Tuesday, April 26

Note: There will be NO Track Practice on Thursday, April 28th so that athletes can compete in Swimming and Power Lifting Districts.

Holy Family Church is a Blessing for Area 5

Holy Family Catholic Church, located in Grand Forks, has been a great help to the Special Olympics Grand Fork organization in a variety of ways. Their parishioners and members support us as coaches, unified partners, volunteers at fundraising events, volunteers at local and state tournaments, and by participating on the Area Management Team. One thing, for sure, is that ALL of them are appreciated.

For the past 4 years, Holy Family Church has allowed our program to use the Social Hall for its annual Awards Banquet. We have also used it for our annual Pie & Ice Cream Social. Gene Dub, Custodian at Holy Family, has been a great help in setting up both events with just the right number of tables, etc. and we appreciate it!



The Knights of Columbus also volunteer their time working at both of these events in addition to donating

numerous hours to our program.

Father Phil Ackerman, Pastor of the Church has always taken time to attend these events and has had some memorable conversations with our athletes. "I enjoy hosting Special Olympic functions, especially the annual banquet" Father Phil said. "This is a great honor and privilege to have such fun and dedicated athletes in our presence." Father Phil enjoys supporting our athletes and looks forward to our upcoming Pie & Ice Cream Social on March 27th.

On behalf of the athletes of the Grand Forks Special Olympic Area 5 program, we thank the parishioners of Holy Family, Father Phil Ackerman, the Knights of Columbus, and Gene Dub for their continued support of our Grand Forks Area 5 Special Olympics program.

2011 State Summer Games Set for June 3-4

This year, Grand Forks will be taking two bus rides down to Fargo for the State Summer Games. On Friday, June 3rd, all Swimmers, Power Lifters, and Volleyball Players can board the bus at 6:45am at the State Office. The players will remain in Fargo throughout the day, attend the evening meal and dance, and then return back to Grand Forks. On Saturday, June 4th; all Track and Field Athletes may board the bus at 7:45am to travel down to Fargo for the State Track Meet. The bus will return again on Saturday evening after the Track Meet is complete.

Special Olympics

Grand Forks Hotline:

701-732-0101

Attention Spring Multi-Sport Athletes!

If you participate in a combination of Volleyball & Track OR Powerlifting & Track, you will have a time conflict on Thursday evenings as both practices are held at the same time. What we would like you to do is alternate Thursdays so that the first Thursday of the month, you attend Volleyball/Power Lifting; the second Thursday, attend track; the third Thursday, attend Volleyball/Power Lifting; and the fourth Thursday, attend track practices. This will allow you to divide training time evenly. Thank you!

Pie and Ice Cream Social Set for March 27, 2011

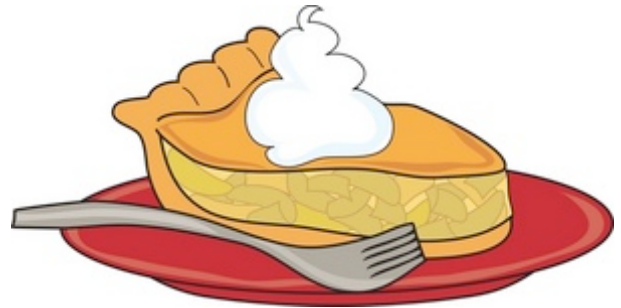
If you like pie and ice cream, you won't want to miss the Pie and Ice Cream Social on Sunday, March 27th at Holy Family Catholic Church!

This fundraiser benefits our Area Special Olympics Program. To make this fundraiser a success we need your help! We are looking for volunteers to donate pies. You can bake them yourself, buy them already made, or find someone who is willing to bake. We will also need volunteers to help the day of with set-up, serving, and clean-up.

If you are willing to donate a pie or help out for this event, please contact:

Joan Schultheis at (218) 230-4150 or 780-7711 or Meredith and Tim Baumann at 772-8626.

The event will be located at Holy Family Church located at 1018 18th Avenue South and will take place on Sunday, March 27th after the 7:30 a.m., 9:00 a.m., and 11:00 a.m. services. We hope you can come out and visit with your friends and support our Area 5!



Check out the latest news/photos/calendar at:
www.SpecialOlympicsGF.com

Area 5 Car Washes Set for Summer

The 2011 dates are set for the Area 5 Car Washes. Every summer, Area 5 hosts one car wash per month from May



through August. This is an especially "fun" fundraiser and you can help by washing cars with us, or by bringing your car to be washed

for a free-will donation. All car washes are held from **11am to 3pm** in the Starbucks parking lot on 32nd Ave. We welcome volunteers to just show up ready to help. No need to pre-register. For more info, be sure to check out www.SpecialOlympicsGF.com.

2010 car wash dates:

Saturday, May 28 / Saturday, June 18
Saturday, July 23 / Saturday, Aug. 20

Area 5 Spotlight:

Team Polar Bear



Every one of the 61 jumpers had their reasons for taking part in this year's Polar Plunge on March 5th at the Holiday Inn Express in Grand Forks. For this annual fundraiser for Special Olympics of North Dakota, some jumped for the pure thrill-seeking nature of plunging into water that was just a hair above freezing. Some jumped because they were dared to. Some jumped because, hey, what else is there to do on a Saturday in mid-winter in Grand Forks? And, some jumped for a special reason....a very special reason.

Team "Polar Bear" was a group of 14 jumpers from the Grand Forks area who jumped in honor of Andrew Bakke, our very special Special Olympian who passed away at the end of January 2011. Andrew touched hundreds of hearts during his short life and "Team Polar Bear" wanted to honor him in a way that would make Andrew smile. And so they jumped,

wearing water wings, orange face-paint, and t-shirts donned with Andrew's photo and the slogan "The Only True Polar Bear". Andrew loved his home town team, the Larimore Polar Bears, and so it was only fitting to use that name for the Polar Plunge team. "Team Polar Bear" raised nearly \$2000 in just a few short days so they could jump, dive, roll, karate kick, and belly-flop into the freezing pool. Jumpers included (back row, L to R) Josh Parrill, Will Kusler, Nathan Boll (Middle row, L to R) Pat Anderson, Alisha Samp, Emily Parrill, Stacy Kusler, Tori Lee, Bailey Bryant (Front Row, L to R) Megan Olson, Kimberly Spivack (Not Pictured) Pricilla Lundgren, Kindra Bloms, and Ty Ward. For their efforts, the team won "most original jump", clinched by team captain, Pat Anderson, for the most amazing belly flop the world has ever seen.

Thanks Plungers!

Spread the Word to End the Word



March 2, 2011 marked the third annual "Spread the Word to End the Word" day. This movement was started by young people, both with and without intellectual disabilities, involved in Special Olympics. The goal of the movement is to educate people about the derogatory use of the word "retard" or otherwise known as the r-word.

Several of the youth volunteers, athletes and their parents from Area 5 met in February to make some tentative plans for the Spread the Word campaign. This group came up with several ideas that the schools could do to help "Spread the Word". Kristin O'Connor shared these ideas with teachers in the Grand Forks Public Schools. Members of this group include Tommy Mikkelson, Kyle Rassmussen, Sarah Sand, Deion Hansen, Lauri Hansen, Jolene Mikkelson, Laura Bakken, and Kristin O'Connor

Kristin O'Connor and Erin Baumann joined a group of special education teachers in the Grand Forks Public Schools in talking to the principals of elementary, middle, and high schools. They were very impressed with and excited about the movement and pledged their support. Associate Superintendent, Jody Thompson, assured the committee that all Grand Forks Public Schools would do something to take part in the Spread the Word movement.

Several schools in the area participated in the Spread the Word campaign this year. This movement has grown from one or two schools participating the first year to at least 9 this year! Area 5 had a big hand in helping make people more aware of the r-word. Erin Baumann spoke to 6 different schools including UND. She gave her speech to over 2,400 people! Tommy Mikkelson joined Erin in speaking to several classes at Red River High School. Together the two of them spoke to over 670 students! Josh Jerome spoke at the Grand Forks Air Force Base to over 150 people! Thank you to these wonderful athletes! Many people around our community were very moved and inspired by you and your speeches! A big thank you goes out to Pat Anderson for working with Erin with the classes at UND and Dave Schultheis for working with Josh with speaking at the Air Force Base. Kristin O'Connor arranged for Erin to speak at South Middle School, Valley Middle School, Red River High School, Central High School, and Century Elementary School. She also worked with Red River to arrange Tommy to speak with Erin. Community High School also showed a video of Erin's speech.

Kristin has heard many, many positive comments about all of our great speakers! Erin, Tommy, and Josh all did a FABULOUS job! Some of the Red River students wanted to thank Erin and Tommy. They signed a Thank You card and below are a couple of the comments they received. It seems safe to say they had a huge impact on those that saw them speak.

"I almost started to cry when you started talking and just so you know I will never use the R-word again!" – Red River Student

"Thank you for speaking about the R-word. We appreciate the words you spoke to us. You really touched my heart thank you!" – Red River Student

From the Director's Desk

I think it goes without saying that we are all ready for spring, and here it comes. We are finishing our basketball sports season and it was a successful season for all Athletes involved. We were able to have our practice for youth at Valley Middle School and the adults at South Middle School. This worked out very well for all involved and will be something we will continue to do in the future.

Over the last couple of weeks, we had the privilege to share the message about the R-Word campaign with so many youth in Grand Forks. This cooperative venture with the Grand Forks school district is one that we hope will also continue. We are all

messengers in this campaign whenever one of us is in a public environment. Remember to spread the message of respect!

This year, we lost two of our Athletes. Andrew Bakke passed away in January after a brief illness, and Michael Borth passed away in February. We will miss them and will remember their friendship with a smile.

All Athletes are needed to help with our fundraising efforts for Area 5/Grand Forks. There are a variety of opportunities starting with the pie and ice cream social at Holy Family on Sunday, March 27. Please call or email me if you can bake a pie for the social. We also have our car washes coming up this summer. Whether you can join us for an hour or for the whole day, we welcome your help. The more volunteers we get, the easier the job is for everyone! As always, you can help out with our cartridge recycling by saving your home computer ink cartridges and bringing them to a practice for Tim to send in to the recycling center.

Thank you to all the volunteers who have helped us this year. Without the many people who volunteer their time with us, our program would not be the success it is. Tim and I marvel at the willingness of so many to spend their time with us. Thank you!

Athletes – I am always so proud of you. I see the improvements each sports season and I see how much you love sports! Thank you for always inspiring me!

Meredith Baumann
Area 5 Director
area5sond@hotmail.com

Get decked out with the latest Special Olympics Grand Forks gear! Show your spirit and support Area 5 by purchasing any of the following items:

Water bottle.....\$5
Blue tie dye t-shirt....\$15
(S, M, L, XL, XXL)
Cinch bags.....\$10
Can Coozies.....\$1

Items will be available at most Area 5 events.



Area Management	Emily Parrill Volunteers	Jolene Mikkelson Fundraising	Sara Sand Youth Council
Team Members	Will Kusler Competition	Francine Davis Fund Raising	Laura Bakken Youth Advisory Council
Meredith Baumann Area Director	Stacy Kusler Public Relations	Dr. Pat Moore Medical	Patty McGlynn Athlete Representative
Tim Baumann Assistant Director	Joan Schultheis Secretary	Kristin O'Connor Outreach	David Dahlgren Athlete Representative
Josh Parrill Training	Sue Schaumburg Fundraising	Cindy Dahlgren Families	Tommy Mikkelson Athlete Representative



Special Olympics
North Dakota
Area 5

The Area Management Team meets the 4th Monday of each month at the Special Olympics State Office (2616 South 26th Street). If you have an agenda item that you'd like discussed, contact Meredith before the next meeting. There are also a number of committees that you can volunteer for. Just look up the committees above and ask that person how you can help. You can help us to make our organization better by being involved!

Special Olympics

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