

Special Olympics Area 5 Grand Forks



Soccer/ Bocce Practices Begin July 11!

Registration for Soccer/Bocce will be on Monday, July 11 at Lions Park located next to Century Elementary School in Grand Forks. After verifying that everyone is up to date on forms, we will begin our first soccer practice. Practices will be held every Monday and Thursday from 6:30 to 8:00pm. Please be dressed and ready to practice at 6:30pm sharp. The hotline will be updated any time there is a cancellation due to weather.

Proper Clothing for Soccer:

- 1.) Athletes must wear a t-shirt to practice.
- 2.) Athletic shorts should be worn for soccer practice. Athletic pants are allowed as well.
- 3.) Athletic shoes or rubber soccer cleats are allowed
- 4.) Shinguards are required for playing soccer. Long socks must be worn over top of the shin guards.

Things not to wear:

- 1.) Watches or bracelets (bracelets can be worn for medical reasons only but should be covered)
- 2.) Cargo shorts, jean shorts, or any other shorts that have zippers or buttons attached.
- 3.) Shirts that have buttons or zippers attached to them.
- 4.) Shirts with profanity or inappropriate suggestions on them
- 5.) Cleats with metal studs
- 6.) Belts, Caps, or Boots

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Special Olympics
North Dakota
Area 5

Want to Go Green?

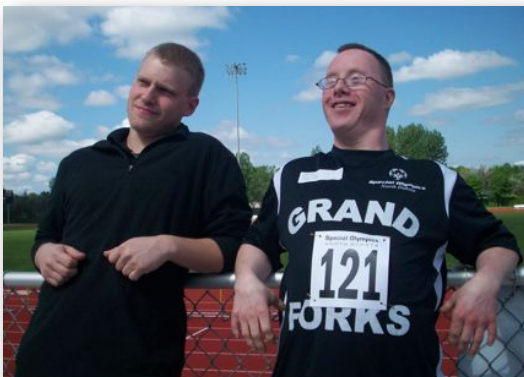
Get your S.O. Newsletters through email by sending a request to:
area5sond@hotmail.com

A Very Special Thanks to...

Several local groups, agencies, schools, and businesses have donated money, time, facilities and talents to Area 5 over the last year. It is because of their assistance that we are able to meet many of our goals.

Our thanks go out to:

- Frandsen Bank and Trust
- Dietrich Bus Service
- Camrud Maddock Olson & Larson law firm
- Office Max
- Starbucks Coffee Co
- Country Hearth
- Liberty Lanes
- GF Park District
- South Middle School
- Central High School
- Valley Middle School
- EGF Central Middle School
- EGF Senior High School
- Grand Forks Air Force Base Personnel
- Grand Forks Public Schools
- SAE Fraternity on UND campus
- University of North Dakota students and faculty
- Triangle Bus Lines in East Grand Forks
- Bank Forward
- Holy Family Church
- Cass Clay
- Knights of Columbus - Holy Family Church
- Red River Runners- Grand Forks
- KnightRider Swim Team/coaches



From the Director's Desk

Every season comes with excitement and we are now ready to begin a new sports season! I look forward to seeing many of you at soccer/bocce and later in bowling. Special Olympics offers Athletes, volunteers and families an opportunity to explore sports training as well as friendship. We welcome new Athletes and volunteers and with them welcome their families. Our Family Committee with Cindy Dahlgren as chair is looking for a better way to keep families informed of news and events and also how families can help Area 5 continue to be the success it is. Cindy is asking that families who desire to be on an e mail alert list send her an email to cdahlgren@live.com. As always, if you choose to not be on this list, we respect your right to privacy. You also can opt out of this list if you so desire in the future. Families are the support, the cheerleaders and often the volunteers who keep our sports seasons successful. Thank you families!

We will be very mindful of the weather during our soccer/ bocce practice season. Please call our hotline number if you question if practice will be on or not. the number is 701-732-0101. In general if it is 90 degrees and the humidity



level is over 60%, practice will not be held. Always, if it is lightning with a local thunderstorm practice is off.

Please consider coming to the functions where we can celebrate our Area 5 family. Our picnic is one way and it is coming up on Wednesday 7/13/11. Let me know if you have a desire to help in the picnic in any way. Call me at 772-8626 after 5pm please as I do work full time outside of volunteering for Area 5. I appreciate everyone who is involved with Grand Forks Special Olympics. Our volunteer base is second to none. Our Athletes represent themselves and our area very well. Our program is great!!

-Meredith

Gerard at Pat chillin' at State Summer Games
in Fargo on June 4, 2011.

Special Olympics & Red Heart® invite your knitting and crochet guilds to participate in the 2012 Special Olympics USA Scarf Project!

What is the Special Olympics USA Scarf Project?

As a symbol of unity, community and support within the Special Olympics Movement, we are asking for people to make handmade scarves to be gifted to athletes, coaches, families, volunteers and supporters of each participating Special Olympics Program.

How do I get involved?

Special Olympics Programs across the country are participating in the 2012 Special Olympics USA Scarf Project. Knitters and crocheters can get involved and support any of the participating Special Olympics Programs by donating their knit or crocheted scarves.

For more information on participating Special Olympics Programs, color and size guidelines, FREE patterns and more, visit scarvesforspecialolympics.org

Grand Forks Wraps Up Another Great Track and Field Season



The Special Olympics North Dakota State Track Meet was held on Saturday, June 4, 2011. Athletes from Grand Forks came hungry for medals and had a terrific day at the track. Nearly all individuals won at least one medal. Grand Forks relay teams were on top of

their game and all four relay teams brought home a bronze or better in their respective races. The day was summarized best by Karen Miller on the bus ride home. She exclaimed "We are all winners!" as the bus left the Fargo South parking lot. Great job this year Track athletes!!

Volunteers Needed for the Soccer/Bocce Season

Each of the past few seasons, the number of athletes in both Soccer and Bocce Ball has grown in Grand Forks. Due to our growth, we need more volunteers. Again, this year, we are looking for more volunteers for both Soccer and Bocce Ball. We especially need adult coaches (18 years and older) for our soccer teams. Also, we need people to play as unified partners for both soccer and bocce. Soccer partners need to be 8 years old or older and Bocce partners need to be 30 years or older. Practices are two nights a week (Mondays and Thursdays). If you know anyone who may be interested in helping as a coach or partner, please have them contact Josh Parrill, Tim Baumann, or Meredith Baumann or have them come to one of our practices.

Wanna Volunteer?

We are always looking for coaches and volunteers to help with our many sports throughout the year. Contact Tim at area5sond@hotmail.com to sign up TODAY!

M e m o r i e s o f A n d r e w



As many recall, Andrew Bakke, a very special athlete for Special Olympics Grand Forks passed away in January of 2011. David Bakke (Andrew's Father) mentioned that he knows that there were many coaches and athletes that got to know

Andrew well, but may not have had the opportunity to share their stories about Andrew with the Bakke family.

If you would like to share a memory of Andrew with the Bakke family, send an email to: 5bakkes@polarcomm.com.

Athletes, coaches, volunteers, and fans all had a BLAST at State Summer Games in Fargo. Our Grand Forks Volleyball teams (pictured) all did AWESOME and played very well in the tournament. CONGRATS TEAMS!





Great volunteers, great friends!



(L to R): Ron Piper, Eric Hoffner, Brad Larsen, and Billy Tibert golf on behalf of Special Olympics at the Jake's Golf Tournament in Grand Forks on 6-16-11

M.J. getting ready for a big toss!

Tommy Mikkelson celebrates his victory!



July	August	September
11th 1st Soccer/Bocce Practice Lions Park, Grand Forks Practices every Monday & Thursday from 6:30-8pm	8th Area Soccer/Bocce Tournament Lions Park, Grand Forks Watch for information to be handed out at practice.	10/11 State Soccer/Bocce Tournament Bringewatt Park, Grand Forks
23rd Special Olympics Car Wash! 10:30am to 3pm Parking lot of Starbucks on 32nd Avenue	18th District Soccer/Bocce Tournament Lions Park, Grand Forks Watch for information to be handed out at practice.	17 Start of Bowling Season Liberty Lanes, East Grand Forks Practices every Saturday at 9am for Athletes 22+ and at 10:45am for Athletes 22 and under.

7th Annual Summer Picnic



On July 13th, Grand Forks Special Olympics will have our annual summer picnic which promises to be as much fun as last year. Come to Lincoln Park Shelter #2 and you will find an abundance of food to enjoy, friends to visit with and games to play. Area 5 will provide hamburgers and hotdogs, chips and pop as well as watermelon for desert.

Gathering will start at 5:30pm with food being served at 6:15. Games and contests will be held before the meal. Please, remember this is to thank all of our athletes, coaches, chaperones, and

volunteers for all of their efforts throughout the year. Volunteers please come; we sincerely appreciate your efforts during the last year, whether you help in one sport or many, so come enjoy the food and let us enjoy your company.

Did you know?

Newsletters both old and new can be found ONLINE at www.SpecialOlympicsGF.com! Sign up to receive them via email to save on clutter and postage!

Thank You for Coke Reward Points

Many athletes and volunteers are turning in the codes found on the packages of of Coke Products over the past couple years. With your help, Special Olympics Grand Forks has been able to use the points to get about 15 new soccer balls, 6 goal jerseys, 6 pairs of goalie gloves, and a new pair of soccer socks for every athlete. We continue to ask you to save the codes from Coke products and bring them to Tim, Meredith, or Josh so that we can continue to use them to update our equipment.

FUNdraisers

Fund raising is always an important part of SOND Area 5 as we need to raise funds to keep our athletes training and competing at all levels. We would appreciate all the help you can give us in our efforts to raise money to operate our ever growing program and support our area athletes and their competitions.

Some of the fund raisers starting in the near future are:

Car washes:

July 23 and August 20 at Starbucks on 32nd Ave. S from 10:30 to 3:00.

Sponsor a bowler:

Beginning in September when bowling begins. We have had tremendous success the last couple of years and hope to continue that with your help and efforts.

Wreath sales:

Begins in September. Orders should be completed in time for the wreaths to be delivered the weekend before Thanksgiving.

Cartridge recycling:

Save your used printer cartridges and bring them to Tim or Meredith and they'll be recycled for in-store credit at Office Max!

Hockey parking:

Each year, we have the opportunity to park cars at the Bank Forward parking lot during some of the UND Sioux home hockey games. If you are interested in helping out with this fundraiser contact Josh Parrill josh.parrill@yahoo.com. Please be sure to dress warm!

Bowling

Bowling will begin on September 17, 2011 with the District Tournaments tentatively scheduled for October 8, 2011. We will again be bowling on Saturdays at 9am at Liberty Lanes in East Grand Forks, Minnesota. We will again be running **two shifts**. The **first shift** will be for athletes that are 22 and over and will begin at 9 am. The **second shift** will begin at around 10:45 and will be for our under 22 athletes.



We are also in need of lots of volunteers. We need about 32 lane volunteers, who would help the athletes bowl in the correct order and on the correct lane. If you are interested in helping, please come to the first practice. If you have any questions, please feel free to call us at 772-8626 or email at area5sond@hotmail.com.

THANKS go out to Pat and his crew for their continued support of Special Olympics.

In preparation for bowling, you may want to begin stretching exercises in August, including leg and calf stretches, neck stretches, and arm and wrist stretches. If you have time, you could even do some practice games before the first day!

Words of wisdom to each of you is that you enjoy yourself, have fun with what you are doing, and continue practicing. As the oath states, "Let me win. But if I cannot win, let me brave in the attempt." Your participation in Special Olympics makes every one of you a winner!! **Remember:** Along with bowling comes SPONSOR A BOWLER!! Who will bring in the most money?!

Newsletter Contributions

Special Olympics Grand Forks produces a newsletter 3 times per year. If you would like to contribute to the next newsletter, please send your stories to stacy_kusler@yahoo.com. Stories can range from a fun experience you or an athlete had at a regional or state competition, success stories of athletes in their jobs, sports, etc, family stories involving athletes, and more. We also love having pictures to post in the newsletter and online. Photos may be submitted via the website, or you can email them to Stacy as well (if you have multiple photos, we ask that you post them to the website instead of emailing). Thank you for your help in making the newsletter better!

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



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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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Grand Forks, ND 58201

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