

Special Olympics Area 5 Grand Forks

WINTER 2011
NEWSLETTER

Save the Date!

Area 5 Annual Awards Banquet
to be held November 29th (pg. 2)

Winter practices begin soon

Winter Games: Dec 1

Basketball/Cheerleading: Jan.5 (pg 3)

SPOTLIGHT:

Grand Forks and
East Grand Forks Public Schools (pg 6)



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online, and view photos of all

Area 5 events at

www.SpecialOlympicsGF.com



Special Olympics Area 5 Annual Awards Banquet



Special Olympics
North Dakota
Grand Forks

Tuesday, November 29th

5:30pm to 8:00pm

Cost = \$6 per person

Guest Speaker:

Chris Smith, Grand Forks County
Sheriff's Department

Holy Family Catholic Church
1018 18th Ave South
Grand Forks, ND 58201

Join us for a gift exchange,
door prizes, awards, and MORE!



Please RSVP by calling our hotline: 701-732-0101.
Leave a message with your name, and number of people attending

Basketball & Cheerleading Starts First Week of January

Special Olympics Grand Forks (SOGF) basketball/cheerleading season is starting Thursday, January 5th. **Practices for everyone will be Monday and Thursday nights from 6:30 to 8:00.** However, practices will be split into two locations based on age.

Adult Athletes (22 or older) will have practice at South Middle School. Adult cheerleaders will have practice at this same time and location. Youth Athletes (8 to 21) will have basketball practice at Valley Middle School. Parents and staff have the option to take their child home early if they feel that an 1.5 hour practice is too long for their child.

SOGF Basketball plans to participate in three tournaments this year. The first tournament will be held in Devils Lake on Saturday, January 28th. SOGF will be leaving in the morning for this tournament and returning the same day in the evening. In February, there will be a tournament in the Greater Grand Forks area. The date of this tournament has not yet been set, but will also be a one day tournament. The State Basketball Tournament will be held Friday and Saturday, March 9th and 10th. We will be leaving by bus early Friday morning to Minot and return Saturday evening. If you are playing basketball this year, please let your coach know if you determine that you are not able to attend any of the tournaments. Athletes have the option to just participate locally and not travel but should inform the coaches if this is their plan.

We hope to get a few halftime scrimmages at a couple of the UND Basketball games again this year, but do not have any dates set up any at this time. More information will come once the season starts.

Winter Games Practice begins Thursday, December 1

Winter Games, including downhill skiing, alpine skiing, snow shoeing, and unified team handball, will begin practicing the Thursday after Thanksgiving (Dec 1). Practices will be held at South Middle School every Monday and Thursday from 6:30pm to 8pm until December 19th. The State Winter Games are held in Bottineau and will be on Friday and Saturday, January 13th and 14th.

Attention Special Olympics Basketball Coaches:

Since we have Youth and Adult Practices going on in two locations this year, we are trying to get our coaches organized prior to the season starting. In order to do that, please email Josh Parrill at joshparrillegf@gmail.com and let him know if you are interested in coaching this year. He hopes to get everyone assigned to a gym so they can work with the same athletes throughout the year.

Special Olympics Grand Forks Hotline: 701-732-0101

SOND State awards Banquet

The SOND awards banquet was held in Fargo on Saturday November 5th. Grand Forks was honored to receive several awards including Female Athlete of the Year, Outstanding Area Organization, Outstanding School of the Year and LETR "Flame of Hope". One of our former volunteers, Erica Shively, who has since moved to Bismarck for her career, received the Outstanding Area Volunteer.

Erin Baumann was named the female athlete of the year due to her 17 year experience with SOND, missing only one State Games event. It was noted that while she may not be the fastest or the best athlete, she always shares her excitement over being involved with SOND. During this last year, Erin was involved with all sports we offer and also was involved in the R-Word campaign, excelled in Sponsor- a-Bowler fundraising and assisted with recruitment of UND Athletes as volunteers with the Grand Forks program.

The Grand Forks School District received the award for Outstanding School. The district was recognized for all of the support given to our area so that we can train our Athletes. The award was accepted by Tori Johnson, Director of Special Education for Grand Forks Public Schools. We use South and Valley Middle Schools for 2 nights a week training sessions for volleyball, basketball and team handball. We use Central High School's pool for our Aquatics training and the indoor track at Central for track during the cold months. Also, we also use the Cushman Track for athletics training. The school system assists us with the R-Word campaign by inviting Athletes

to speak to students on the Spread the Word to End the Words campaign in March. We also are so fortunate to have 2 Grand Forks public school teachers as part of our Area Management Team, and numerous teachers who use their free time to volunteer for the area program.

The UND Athletics department was given the award for Outstanding Area Organization for their work with the Grand Forks area. The award was accepted by Jeff Dodson, UND's head baseball coach. We have been able to have several volunteers come from the ranks of UND athletics including nearly every one of their teams. During the year we have had the opportunity to participate in half-time exhibitions in the sports of volleyball, soccer and basketball.

The LETR Flame of Hope award was given to **Aaron Hummel** from the Highway Patrol's office for all of his work with the fundraising for SOND.

Congratulations to all of these award winners!

Erin Baumann,
from Grand Forks,
was named Special
Olympics of North
Dakota female
athlete of the year.
Congrats, Erin!



Bowling Wrap-Up



Congratulations to our Greater Grand Forks bowlers on another wonderful season.

Thank you to all the athletes, coaches and volunteers for a successful bowling season. We had a great time each week and everyone bowled like champions! The 2011 State Bowling Tournaments were held on October 29-30, 2011 in Mandan. We brought home many medals, but more importantly, we brought home many memories - not only of

the State Bowling Tournament, but of the bowling season in general. We were especially lucky to have the UND Women's Softball Team volunteer their time with us each week as well as the Men's Baseball Team for several weeks. They made our jobs as coaches so much easier and truly enjoyed their time with us. They enjoyed themselves so much, that they plan to return next year!! I am very proud of each and every one of you for the great effort and good sportsmanship you showed throughout the season and in Mandan.

Continue to practice your bowling and I look forward to seeing you all next year.

-Coach Sue Schaumburg

Do you like to bake?

Special Olympics North Dakota and Grand Forks Park District are sponsoring a HOLIDAY FAVORITES COOK OFF. The event will be held on December 12, 2011 at the Lincoln Golf Course Clubhouse. The categories include Best Dessert, Best Hors d'oeuvres, Best Beverage (non alcoholic) and Most Creative. There is a \$20 entry fee and the winners will be featured in a local restaurant. The winner will be determined by a vote of taste testers. For more information, you can find the brochure on our web site (www.specialolympicsgf.com) or you can call the state office at 746-0331. This is a state fund raiser with all proceeds benefiting Special Olympics North Dakota.

Sponsor a Bowler

This year, Sponsor-a-Bowler set our fundraising goal at \$10,000 with the idea that, if we made that much, we would take charter buses to Bismarck for state bowling and have a pizza party after the dance. We set the standard high and were nervous about reaching the goal, but what a great group of fundraisers we have!

This year, we have raised a total of **\$13,116** - **A NEW ALL TIME RECORD!** We would have never thought that was possible but you proved us wrong. What an accomplishment! You guys are amazing!

Needless to say, we all enjoyed the charter buses and we were even able to reserved a charter bus to Minot for state basketball.

Congratulations to all who participated to raise this amazing amount. Out of our total of 88 bowlers and the 65 athletes who participated at the state tournament, we had 56 bowlers bring in donations. 36 of our athletes brought in over \$100, with 21 athletes bringing in over \$200. Our top fundraisers include Erin Baumann with \$2437, William Roberts with \$1676, and Evan Baustad with \$1188 raised.

Volunteer Opportunities

Grand Forks Special Olympics has been given the opportunity to park cars in the Bank Forward parking lot during some of the UND Sioux home hockey games again this year. Volunteers are needed to collect the donation and (when we have enough volunteers) drive people up to the front door.

If you are interested in helping out, contact Josh Parrill at (218)791-1479 or at joshparrill@yahoo.com, or Tim Baumann. When volunteering, please be sure you wear proper winter gear that will keep you warm. This does require you to stand outside for up to 2 hours.

Dates we need help:

- Friday, December 9
- Saturday, December 10
- Friday, January 13
- Saturday, January 28
- Friday, February 17
- Saturday, February 18



Spotlight: Greater Grand Forks Public Schools

Our business/group spotlight is on the Greater Grand Forks Public Schools. Though the Grand Forks Public Schools was awarded the Outstanding School of the Year for 2011 at the State Banquet, we still wanted to insure that we recognized both the GF and EGF schools

The Greater Grand Forks schools in both Grand Forks, ND and East Grand Forks, MN have been an exceptional asset to our local Area 5 Special Olympic Program. These schools have not only provided facility space, track facilities, custodial staff, and in some cases the expertise of their coaching staffs. Without these resources our program would have not have the ability to survive.

Our East Grand Forks school partners are the East Grand Forks Middle School. Lon Ellingson has provided the use of their facility for our basketball program to include hosting our District Basketball Tournament. He also arranged for the use of the track and field in East Grand Forks while the facilities at Cushman Field were being renovated. The East Grand Forks Basketball and Track and Field coaching staffs have provided their expertise in assisting our program with coaches training.

Grand Forks schools supporting our program include South Middle School. Terry West insures that we have the use of this facility for both basketball and volleyball. Chris Douthit at Valley Middle School allows the use of their facility during our basketball. Valley has also assisted with Volleyball programs during scheduling conflicts at South Middle School. Kyle Ellingson at Central High has allowed the use of their swimming pool, indoor track, weight room for power lifters, and their gym for volleyball when gym space was needed. Red River has hosted our District Volleyball Tournament in the past and allowed the use of Cushman Field.

Special Olympics is indebted to these exceptional organizations. The use of these facilities have saved countless dollars that can be used for other purposes. The dedication of the staff including custodians and their coaches at these schools is truly a blessing to our Area 5 program. Thanks again on behalf of our athletes and their families.

-Dave Schultheis

From the Director's Desk



As this year comes to a close, I am reminded of the stellar performances we've had by our Athletes, partners, coaches and volunteers.

Medals and ribbons, good laughs and great times—our 2011 was filled with success. With 2012 right around the corner, I know we are all ready to take another big step in improving our Area, teams and volunteer base.

We have just finished the bowling season and are now ready to begin a new season with winter sports and team handball. In the last few years, we have only had a few people who wanted to come out for Alpine or downhill skiing, cross country skiing and snowshoe. Our practices for these sports will most likely be on a Saturday or Sunday afternoon. We have a coach for team

handball – we just need the participants. This is a unified sport, so we need Special O athletes and partners for this sport. Please come and join us on sign up day (December 1st) to find out how you can participate this winter. Also, basketball is just around the corner and we look forward to a fun-filled winter in Grand Forks.

Our Grand Forks area banquet will be held on Tuesday November 29 at Holy Family Church from 5:30 to 8 pm. We look forward to celebrating our efforts and successes with our Athletes, volunteers, families and staff. It is always great fun – please consider attending. The cost is \$6 per person.

Interested in finding out more about opportunities to participate with Grand Forks Special Olympics? Check out our website at www.SpecialOlympicsGF.org. We have opportunities to volunteer as a partner and play team handball, volleyball and soccer. We have opportunities for you to volunteer in our fundraising efforts such as parking car attendant during several home UND hockey games, making pies for our pie social, assisting at our district or

area tournaments, volunteering to coach a sport or assisting with our area management committee. Join our successful team – give a call or drop and e mail. I look forward to hearing from you.

Thank you for all each one of you do to make Area 5 the best program it can be. We would not be the success we are without our great Athletes, families/staff and volunteers! I appreciate each and every one of you. Thank you!

-Meredith

**www.specialolympicsgf.com
area5sond@hotmail.com**



Save the Date
Area 5 Banquet
Tuesday, Nov 29th
Holy Family Church
5:30pm-8:00pm
RSVP at
701.732.0101

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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Grand Forks, ND 58201

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