



Congratulations on Sponsor-a-Bowler Success!

One of our most successful fundraisers of the year has proved its success again. So far this year, the Sponsor-a-Bowler fundraiser has reached and passed our goal of \$11,000 and has raised about **\$17,500!** Amazing and is the **SECOND HIGHEST TOTAL EVER!** The 2018 fundraiser continues to be the most successful fundraiser that our area partakes during the year!!!!

THANK YOU to the hard working athletes who make it possible to reach this amount! The funds have allowed the bowling participants to take a charter bus to the state bowling competition in Mandan. Due to our athletes and coaches stepping up and raising funds, they were able to enjoy a pizza party after the dance. Charter buses have also been reserved for our trip to Minot for state basketball in March.

Thank you for all of our wonderful fundraisers and donors celebrating another spectacular year! Our movie pass prizes will be handed out at our area banquet. We will be having a random drawing at our banquet for a new bowling ball provided by Jean and Red Ray Lanes!

On a side note, our wreath sales have had another great year, which is another great accomplishment!!! Congrats!!

Annual Banquet!

Come and enjoy a delicious meal, lots of door prizes, while celebrating an exciting year of sports competitions with friends!!

WHEN: Tuesday, December 6, 2018

TIME: 5:30 PM TO 8:30 PM

WHERE: Holy Family Church
1018 S. 18TH ST., Grand Forks

COST: \$5.00 per person

We encourage all athletes, volunteers, staff, and family to attend!

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Have photos to share? Share them on our Facebook page! We love to see your smiling faces while in Special Olympics practice or competition!

www.facebook.com/specialolympicsgrandforks

It's time to begin practice for our winter games and basketball season!

Winter Games

The **2018-2019 winter games** practices will begin on November 29th at South Middle School. Winter games will include, snow shoeing, downhill skiing, and cross country skiing. Practices will be held on Mondays and Thursdays from 6:30 to 7:30 pm. The winter games state tournament will be held in Bottineau, ND on January 26th/27th, 2019. If you are interested in competing in any of the winter sports, you may show up to the first practice and the coaches will be able to help you with sign-up.

Basketball and Cheerleading

The **2019 Basketball/Cheerleading** season will begin January 7th. Our adult (22 and older) practices will be held at South Middle School, located at 1999 47th Ave S. on Mondays and Thursdays from 6:30 pm to 8 pm, starting Monday, January 7th.

Cheerleaders will practice at the same time and same place as the adult basketball practices.

Our youth (21 and under) practices will start on Monday, January 7th at Century Elementary School, located at 3351 17th Ave S. Youth practices will be on Mondays and Wednesdays from 6:30 pm to 8 pm.

Our district tournament will be February 2nd, at EGF Middle School, while the state tournament will be in Minot on March 1st and 2nd.

Our coaches and athletes have lots of fun with both winter games and basketball. We hope to see you all there!

Special Olympics Grand Forks Hotline

Call this number to find out about practice times, locations, and cancellations:

701-732-0101

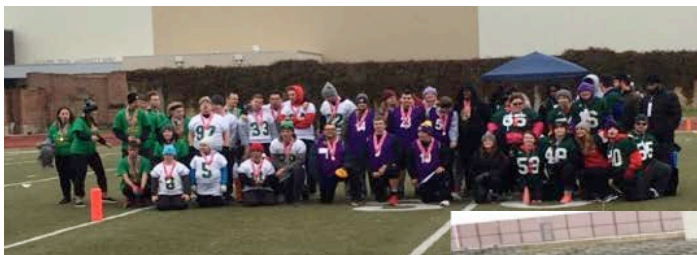
SO College 2018 Flag Football Tournament

First down, the offense covers the blitz and the crowd goes wild! On October 6th, four Special Olympics College teams came to the University of North Dakota's Memorial Stadium to compete in the annual flag football tournament. In the 2018 Special Olympics Flag Football tournament, the colleges that were represented were North Dakota State University, Minot State University, University of North Dakota, and new addition Valley City State University. The day began with the players and coaches of each team being ushered in by UND football players. The Olympic torch was carried by Grand Forks Special Olympics Athlete, Deion Hanson and UND offensive lineman Adam Stiner. After UND football coach Bubba Schweigert welcomed everyone to the stadium, Baylee Bjorge and Cooper Czichotzki read the Special Olympics Oath, then the games began! Each team played three games in a round robin fashion. As they played through the cold North Dakota weather, all of the athletes and partners had a blast sharing smiles and laughter during some friendly competition.

University of North Dakota's team was lead by coach Cooper Czichotzki, along with athletes Deion Hanson, Dante Agnes, Evan Geyer, Baylee Bjorge, Brenna Foy, and Madysen Stallmo. The partners included, Austin Hill, Brady Heyen, Gunnar Harris, Jack Morris, and Jake Meyer.

At the end of the competition, NDSU took the Gold, while UND was awarded the silver, and Minot the bronze. Finishing in fourth place was Valley City State. As the teams were awarded their medals and ribbons, talk began for next year's tournament.

Special Olympics College Club would like to give a special thanks to Special Olympics North Dakota, UND Police Department, Bubba Schweigert, the UND football team, volunteers, fans, athletes, partners, families, and especially Jimmy Johns for all their contributions to make the tournament a success!



Bowling Wrap Up

Congratulations to our Greater Grand Forks bowlers, coaches, and volunteers on another wonderful bowling season!

Our season began in September and ended with the State Bowling Tournament in Mandan November 3rd and 4th. We are so proud of all of our athletes who practiced hard and represented Grand Forks with great performances during the training season and at the state tournament....we brought home lots of medals, but best of all, we had a great time! No matter how anyone placed at the state tournament, all were champions throughout the entire season.

Thanks to Red Ray Lanes and an extra special thank you to Jean and all her crew for making it a great training session. We had to make some adjustments because of a new training facility, but our athletes performed well and we are extremely proud of the way everyone represented Special Olympics North Dakota of Grand Forks!!

We were especially lucky to have awesome volunteers again this year. We would like to thank the UND track and field team, as well as the softball team for their time and effort in volunteering for our bowlers. We had community volunteers helping us out and having a fun time. With all of our Special Olympic events, we could not give our athletes a great experience without the work of our wonderful volunteers. Our bowling volunteers gave us the opportunity as coaches to coach our athletes in a more fun and efficient way and we truly enjoyed their time with us. Hopefully, all of the volunteers enjoyed themselves in such a great way, that they will volunteer again next year, or in other sports!!

We are very proud of each and every one of our athletes for the great effort and good sportsmanship they showed throughout the season. We had over 90 athletes involved in training this year, and about 75 attended the state tournament. Many of our bowlers this year were first-time bowlers with us, which was fun to see. Way to go and keep recruiting so the program can continue to grow. We look forward to seeing you all next year.

Bocce Ball Wrap Up

The 2018 Bocce ball team had 22 players that practiced for the season. 20 of those athletes competed in doubles and team events at the state tournament held in Grand Forks during the month of September. All 20 of the athletes from Grand Forks ended up getting a medal. Many athletes won two medals in the state competition. We are so proud of our athletes and their commitment to the training season including the state tournament. Thanks to the coaches and volunteers for all their dedicated work and time to help our athletes succeed! Without volunteers we would not be able to offer bocce ball! Congratulations to all the athletes and coaches for a great season!

2018 Soccer Wrap-Up

BOOM!! That's the sound of the Grand Forks Area 5 Unified Soccer Program exploding!

10 total Unified Soccer teams participated at the 2018 NDSO State Soccer Tournament, which included 5 Youth (21 and under) teams...both were a program first for Grand Forks.

It's exciting to see the growth of the Area Unified Soccer Program. This growth has taken off over the last four years. Here are some of the numbers over the past few years, 2015 7 teams with 66 players, 2016 8 teams with 78 players, 2017 9 teams with 87 players, and 2018 10 teams with 96 players.

Results of the 2018 State Soccer Tournament are:

Open Div 1

1st Wolfpack, 2nd Thunder
Jecky Oulare Thunder All Tournament
Josh Jerome Wolfpack Honorable Mention

Open Div 2

6th Coyotes, 8th Lightning
Baylee Bjorge Lightning and Jacob Hesse
Coyotes All Tournament

Youth Div 16-21

1st Falcons, 4th Ravens, 6th Eagles
Laney Sattler Ravens All Tournament

Open Div 3

1st Blizzard
Kellie Swingen Blizzard All
Tournament
Stacey Olson Blizzard Honorable Mention

Youth Div 8-15

1st Thunderbirds, 2nd Owls
Danielle Sattler Owls and Toby Ripley
Thunderbirds All Tournament
Bethany Johnson Owls Honorable Mention

The coaching staff was extremely proud of the growth, effort, enthusiasm, and passion that all of our teams displayed during this tournament.

The competition committee and coaching staff would like to thank all athletes, partners, staff, and family members for their patience during this season. This unexpected growth created challenging practices at times and is a fun problem to have. We appreciate everyone who jumped in at times to assist.

We are looking forward to another exciting season next year!

Fall 2017-2018 Hockey Parking

Each UND Hockey season, Special Olympics of Grand Forks is able to collect a parking donation from vehicles wanting to park in the Bank Forward lot located near the Ralph Engelstad Arena. We need your help PLEASE!!!! If you are interested in helping with parking, email area5sond@hotmail.com.

Ideally, two volunteers each night are needed; one to collect the fee, and another to shuttle people to the REA. Time commitment is usually 90 minutes prior to game time. If you volunteer for this event and want to be the "shuttle" volunteer, please have a valid driver's license and a reliable, clean (inside and out), smoke free vehicle. Please dress accordingly as you are volunteering OUTSIDE!

The Dr's Corner

Winter Precautions

By Dr. Pat Moore

As we head into the winter activities, athletes are faced with some additional obstacles to deal with. This is prime time for influenza, The Flu, which can cause fever, chills, weakness, achiness, sore throats, and persistent coughing. Thus limiting an athletes ability to participate in practice sessions or competition. There are several things that everyone can do to decrease the chances of getting the Flu. First and foremost is to consider getting a Flu shot. Granted the Flu shots are NOT 100% effective, but they significantly decrease the chances of getting the Flu. For individuals who come down with Flu like symptoms, especially, fever, achiness, chills and persistent cough, it is better to stay at home, rest, drink lots of fluids, get better and not spread the germs to everyone else. If you have a cough, it is important to cover your mouth when coughing. This can be done by using the front of your elbow rather than your hand, but when all else fails it is better to cover your cough with your hand than not at all. Hand sanitizers can help to reduce the germs on your hands and decrease the transmission of germs to other people. It is also better NOT to shake hands, but rather to do fist bumps instead. You should try your hardest to be drinking lots of fluids, but sharing of drinking bottles should be avoided, especially if you have a cold or sore throat. For a sore throat I would suggest throat lozenges or salt water gargling.

With colder weather, it is very important to make sure that you are dressed warm enough, by wearing different layers of clothing rather than one very bulky item. Layering allows you to take off a layer if you are too warm. Good gloves and a hat are important too. How many times have we seen athletes come outside from a practice or competition either carrying their coat or having their coat on, but leaving it unzipped, increasing the chances of becoming ill by lowering their resistance to infections. With the colder weather it is even more important to make sure that you are adequately warmed up and have completed your stretching before a practice or competition.

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