



Special Olympics Delaware

2012 summer games
The heat is on!

- ★ Get ready as more than 1,000 athletes will compete at one of the largest sporting events of the year on campus at the University of Delaware in Newark!
- ★ Athletic events commence Friday, June 8, and continue through Saturday. Opening Ceremonies begin on Friday evening at 7:00pm when the Flame of Hope arrives at the Bob Carpenter Center amid a crowd of cheering Fans in the Stands.
- ★ Summer Games competitions include Aquatics, Athletics, Bocce, Powerlifting, Softball, Tennis and Track & Field.
- ★ Award ceremonies feature Delaware Law Enforcement as medal presenters at all venues ... come out and salute our athletes as they celebrate their achievements. Be a part of the festivities - support, encourage and cheer!

Special Olympics Delaware is committed to enriching the lives of children and adults with intellectual disabilities through year-round sports training and athletic competition.

Support Special Olympics and Be a Fan!



Special Olympics
Delaware

Friday & Saturday
JUNE 8-9, 2012
at the
UD Sports Complex




UNIVERSITY OF
DELAWARE

Alex Sklar honored along with state's finest athletes

Alex Sklar still remembers the first time he jumped into a pool and started swimming.

"My parents taught me the basics of swimming when I was very young," Sklar recalled. "But I really began to train in swimming strokes and techniques when I joined Special Olympics as a member of the Mary Campbell Center Youth program. I always thought swimming was a fun sport to do and I became better with help from my many great coaches."



*Alex Sklar, 2011
ATHLETE OF THE YEAR
is honored by the DSBA*

Thirteen years later, Sklar is being honored for his performances not only as a swimmer, but in a variety of other sports. And he's being honored with some of the finest athletes in the state.

On March 22, Sklar traveled to Dover Downs and took his seat at the head table of the Delaware Sportswriters and Broadcasters Association (DSBA) banquet. He was introduced as Special Olympics Delaware's Outstanding Athlete and then delivered a short speech highlighting his accomplishments on and off the field.

"It was very cool sitting at the head table," Sklar said with a smile. "I am a big sports fan so enjoyed meeting the other speakers. Also, preparing to speak at the DSBA banquet got me excited for lighting the Special Olympics torch at the Summer Games, which will be the highlight of my year."

(Continued on p. 2)

(Continued from p. 1 - Alex Sklar, Outstanding Athlete)

Seated in the audience were first team All-State high school athletes from fall and winter sports, as well as other notable athletes, coaches and media members from around the state. Having a Special Olympics athlete at the head table is a tradition the banquet committee believes is essential because the purpose of the evening is to honor the state's finest athletic performers.

"Special Olympics Delaware plays a significant and wonderful role in the lives of so many people in our region," said Jason Levine, vice president of DSBA and sports editor of The News Journal. "We at the DSBA believe it is important to recognize the Special Olympics Delaware Outstanding Athlete, since that person so wonderfully represents the work ethic and accomplishments of his/her fellow Special Olympics athletes."

Sklar, 23, is a member of the North Stars program, and like the athletes he will be honored with, his focus has always been more on the preparation to compete, than the competition itself.

"I practice a lot to prepare for a competition," Sklar explained. "In swimming, I am always trying to get in better shape to lower my times. When I do well in a meet or earn a medal, I know that the hard work was worth it."

Sklar competes in golf, soccer, bowling and basketball. He's attended two National Games, where he competed in golf and his favorite sport, swimming.

"He swims a breath-taking butterfly stroke," said North Stars assistant swim coach Michelle Goldstein. "He swims with grace and determination."

But what makes Alex stand out most is the way he supports his teammates on and off the field ... win or lose. "He is a great morale booster for our team," Goldstein said. "He will always cheer on or help a fellow teammate."

There were plenty of cheers when Sklar stepped up to the podium that night, and none were louder than those coming from one particular table.

"Alex has had many wonderful moments as a Special Olympics athlete over the years," his mother, Lynne, said. "And this was another great opportunity for him to represent his fellow athletes at a statewide event. We are always very proud of Alex when he speaks about all that Special Olympics Delaware has meant to him and to our family, also."

It truly was a special night.

2011 Outstanding Award Winners



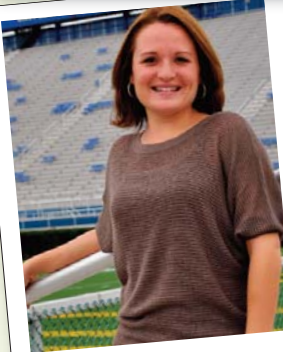
The Wagner Family
OUTSTANDING FAMILY

WSFS bank

OUTSTANDING CORPORATION



Ann Benevento
OUTSTANDING COACH



Kylie Melvin
OUTSTANDING VOLUNTEER



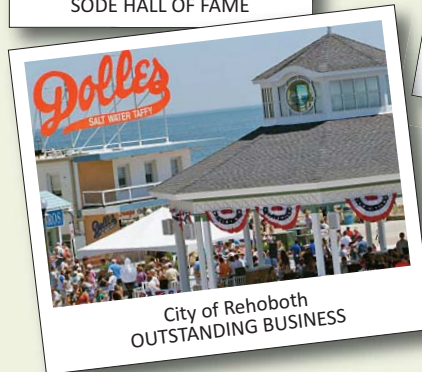
Leach School
OUTSTANDING PROGRAM



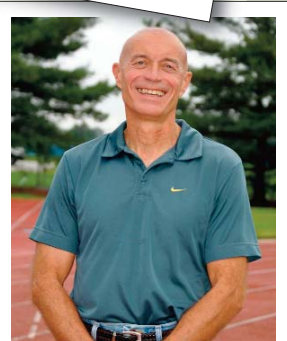
Greg Nolt
SODE HALL OF FAME



John Pribish
OUTSTANDING UNIFIED PARTNER



City of Rehoboth
OUTSTANDING BUSINESS



Coach Jim Fischer
PRESIDENT'S AWARD

Award Nominations for 2012 are currently being accepted. Please submit the form included in this newsletter by Aug. 1, 2012.

Nominations for 2012 Outstanding Awards



Special Olympics Delaware Awards are open to athletes, families, coaches, organizations and volunteers who have made a significant contribution to Special Olympics Delaware. These distinguished awards will be presented in the fall of 2012 at our annual Night of Heroes event. Visit our website at www.sode.org and click on "Night of Heroes" for more information.

Please submit a completed Nomination Form to the Special Olympics office no later than August 1, 2012.

Try a new sport!

If you or someone you know is interested in participating as a Special Olympics athlete, please contact Brenda Zullo at (302) 831-3479 or email bzullo@udel.edu to find out what sports opportunities are available in your area. Athletes can join in a statewide sport (such as golf, cycling, equestrian, skiing, skating, etc.) or participate in a community or school-based team.

Athlete Medicals

In order to ensure the safety of all of our athletes, all athletes must have a current "Application for Participation" (Medical/Release form) on file with SODE. Forms are good for 3 years from the date of the physician's signature. For safety reasons, athletes may not participate in any training or activities associated with SODE without the necessary medical forms. Please contact your Program Director or Special Olympics Delaware for more information.

Rollerskating **Forms due by Apr. 9, 2012**
Summer Games " " "

Attention Class A Volunteers!

Special Olympics Delaware launched a mandatory Volunteer Registration and Screening Policy for all Class A volunteers. **For safety and security reasons, all Class A volunteers must remember to wear photo credentials to all competitions.**



The University Of Delaware Softball Team will host a **Coaches and Players Clinic** for all Special Olympics Delaware members. All participants must pre-register at the contact information below.

Date: March 28th, 2012

Time: 6:30 – 8:00pm

Where: University of Delaware

(exact clinic location at the sports center will be determined by weather conditions and notification will be sent to all participants.)

Contact Mark Wise at 302-831-4669 or mwise@udel.edu



Summer Bowling League

This fun, recreational bowling league will be held on Mondays starting **July 2 through August 20** at the New Castle Bowlerama from 6:30-9:00pm. Join today! Download the Registration Form by visiting www.sode.org and click on the SPORTS tab, then click on Bowling. **Deadline: June 21, 2012**



Special Olympics
Delaware

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Ruth Coughlan
Jon Buzby

Support our upcoming fundraisers!

Ride to the Tide

Date: Sunday, April 22, 2012
Time: Check www.sode.org for start times for Newark and Dover!

The Delaware Blue Knights - Chapter 1 organizes this Law Enforcement fundraising event involving hundreds of motorcycles taking part in a police-escorted ride from either Newark (UD stadium) or Dover (DOT building) - en route to Rehoboth Beach - in support of Special Olympics Delaware! Go to www.sode.org to register today!



DELAWARE NATIONAL GUARD PLANE PULL

benefiting Special Olympics Delaware

Date: Sunday, May 6, 2012
 at the Delaware Air National Guard Base in New Castle



The Delaware National Guard Plane Pull pits teams of 20 against a C-130 aircraft in a battle of strength, stamina and fun! This is a great team-building event ... perfect for companies, schools and other organizations. Be a fan of teamwork! To register a team, please contact **Lisa Smith** at lismith@udel.edu. For more information on the event, visit our website at www.sode.org.

EXTREME! are YOU ready to go over the edge?



Make an **EXTREME IMPACT** in the lives of our Special Olympics athletes.

LOOK WHO WENT **OVER THE EDGE** in 2011 in honor of their loved ones ...

* Mary Ann Nolan for her daughter, Elizabeth

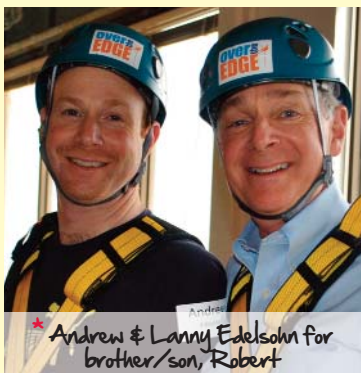
* Repeat Edger for 2012



* Mary Ann Evans for her daughter, LeAnne



* Gary Taylor for his daughter, Jordan



* Andrew & Lanny Edelson for brother/son, Robert



* Sara Hill for her brother, David



* Jim Ashmead for his daughter, Brittni



* Henry Tomczyk for his son, Ziggy

DSTA GOLF CLASSIC

May 14, 2012



The annual DSTA Golf Classic sponsored by Jack Lingo Realtors will be played on Monday, May 14, 2012 (12 noon shotgun start), at the prestigious Jack Nicklaus signature Bayside Resort Golf Club, located in Fenwick Island.

Sponsored by the Delaware State Troopers Association, the tournament has raised more than \$240,000 for Special Olympics Delaware. Our thanks to

all the members of the Delaware Law Enforcement for Special Olympics (LESO) for all their help and support!

Please call Greg Nolt at 302-337-3331 for more information on the golf tournament or email Lisa Smith at lismith@udel.edu.

SUMMER CAMP

at Camp Barnes



Special Olympics Delaware's overnight camp is a three-day, two-night residential camp - featuring

sports training and traditional camp activities - held at Camp Barnes. Camp is offered to all active and registered Special Olympics Delaware athletes only.

Spots for the July camp session are still open! The August session is currently filled.

Camp applications are due April 20, 2012. Please call the Special Olympics office at 302-831-4653 to request a form.

ABOUT CAMP BARNES:

Camp Barnes is located on Miller's Creek, a tributary of Little Assawoman Bay near Bethany Beach. To learn more about Special Olympics Camp at Camp Barnes, visit www.sode.org.

save the date ★ THURS., MAY 10



Chris Popp for his son, Brendan

OVER THE EDGE is a Special Olympics Delaware fundraising event that is geared toward the fearless or those looking to overcome their fears!

Co-sponsored by TD Bank and Brandywine Realty Trust, participants will raise funds (a minimum of \$1000) for this once-in-a-lifetime experience of rappelling 17 stories down one of Wilmington's premiere business locations.



Robin Jones for her daughter, Brianna



★ Greg Lawelle for his son, Matthew

HURRY - SPACE IS STILL AVAILABLE!

For more information, send an email to agrunert@udel.edu or visit our website at www.sode.org and click on **OVER THE EDGE!**



Special Olympics Delaware
Be a fan.

PRESENTED BY:



America's Most Convenient Bank®

HOSTED BY:



BrandywineRealtyTrust



HEALTHY ATHLETES Update

HEALTHY NEWS YOU CAN USE

In what has become an annual tradition, the **University of Delaware College of Health Sciences** offered a **Healthy Athletes** component at the New Castle County Basketball Skills competition, held March 1, 2012, at the University of Delaware.

The component provided athletes and peer partners an opportunity to receive information about their basic vital statistics — height, weight, BMI and blood pressure — which were measured by students from the college’s three departments: School of Nursing, Dept. of Medical Technology, and Dept. of Behavioral Health and Nutrition.

Athletes also took part in fitness- and movement-related activities including walking on a balance beam, performing a standing broad jump, and having their flexibility measured on a sit-and-reach board. At the last station, athletes learned proper hand-washing techniques.



For the first time in Delaware’s **Healthy Athletes** program, a "Body Logic Pro Body Fat Analyzer" was used to read an athlete’s body fat percentage and body mass in seconds.

“It’s a fast, accurate way to find out if athletes are where they should be in terms of body weight,” said Dr. Carolee Polek, an associate professor in the School of Nursing. “This is important for them to find out because it affects their performance on the court.”

For many of these students, this practical experience working with people with intellectual disabilities will be one of the few they have during their four years of education.



“The opportunity for the UD students is invaluable,” Polek added. “They not only get the experience of learning how to care for people with disabilities, but more importantly, when they interact with them they realize they aren’t any different than any other patient.”

Looking ahead to Summer Games ...

We are excited to announce that all four major components of Healthy Athletes will be offered at the 2012 Summer Games. Opening Eyes and Fit Feet will be offered on Friday, June 8, and Special Smiles and Healthy Hearing will be held on Saturday, June 9. The new TRAIN program — a variety of fitness, movement, and nutrition-related components — will be offered on both days.

Spring workout hints:

Spring is approaching, and along with the warmer temperatures comes a desire to get back in shape, or in some cases, in better shape than the confines of winter allowed.



It also sets up the perfect scenario for an injury. There's a reason baseball teams report to spring training before the regular season begins: It's so the players can ease back into the grind of their workout routines. Although you probably don't have the luxury of heading to Florida or Arizona for six weeks, you can still take the same approach to your spring exercise program.

Here are some hints to avoid spending the first few weeks of your exercise program on the disabled list.

1. Set attainable goals for yourself. Most people's fitness goals in the spring focus on losing "X" amount of weight that was gained during the winter months. It's unreasonable to think you can lose more than two pounds per week and keep the weight off. So don't set yourself up for failure when making your weight-loss plan.
2. It's hard to lose weight when you are exercising if you have poor eating habits and don't change them. At the same time, it's hard to go "cold turkey" and not eat dessert if you have a sweet tooth. Try this: Rather than having dessert after each meal — a donut with your breakfast is dessert — limit yourself to one dessert a day. Ideally it should be after breakfast or lunch so you can work the calories off during the day.
3. Stretch before and after your workout. If you don't have time, make time. Even if it means decreasing the time of your actual intense workout. Stretching is always important, but especially if you haven't done it in a while.
4. Set attainable fitness goals. Don't expect to run three miles on the first day or bike for an hour if you haven't done either since before Thanksgiving. There are plenty of workout routines on the Internet to help you ease back into fitness.

Follow these tips to make sure you succeed in reaching your fitness goals! Good luck!

EAT THIS ... NOT THAT

Baseball, hot dogs and apple pie -- an American baseball tradition. And guess what? It's almost baseball season, so whether you are heading to see the Phillies, Orioles or Blue Rocks play, keep these three tips in mind when heading to cheer on your favorite team.

1. Dollar Dog Night is not a competition to see who can eat the most hot dogs.
2. Limit yourself to one trip to the concession stand – you'll eat less because you can only carry so much.
3. Bring a healthy snack with you. That way after you eat your one or two dollar dogs, instead of chasing it with a platter of cheese-smothered nachos, you can break out your healthy snack to quench your palate.

The next time you are trying to decide where to eat, or what to eat once there, keep these tips in mind (source: "Eat This Not That," by David Zinczenko with Matt Gouding):

1. Dunkin' Donuts is a popular stop on the way to Saturday morning youth sports games. When you do, choose the glazed donut (180 calories, 8 grams of fat) rather than the glazed cake donut (350 calories, 19 grams of fat).
2. Roast beef or tuna sub for lunch? The answer might surprise you. The Subway six-inch double roast beef sandwich has just 360 calories and seven grams of fat. In comparison, the six-inch tuna sub has 530 calories and 31 grams of fat.
3. And finally, back to those beef hot dogs (approximately 190 calories, 17 grams of fat). If you've never tried a turkey dog (approximately 100 calories, 8 grams of fat), do yourself a favor and do so. Put your favorite fixings on it and you'll never know the difference ... and you'll save yourself half the calories and fat.



SUPPORTED BY



Building on a long-standing tradition of investing in the communities it serves, Bank of America is delivering on a 10-year goal to donate \$2 billion to nonprofit organizations engaged in improving the health and vitality of their neighborhoods. Funded by Bank of America, the Bank of America Charitable Foundation gave more than \$200 million in 2010, making the bank one of the largest corporate cash donors in the United States. As a global company doing business in more than 150 countries, Bank of America approaches investing through a national strategy under which it works with local leaders to identify and meet the most pressing needs of individual communities. Reaffirming a commitment to develop and sustain a culture of service, bank associate volunteers contributed more than one million hours in 2010 to enhance the quality of life in their communities worldwide.

For more information about Bank of America Corporate Philanthropy, please visit www.bankofamerica.com/foundation.

Congratulations, Winter Sports Athletes!



Hundreds of athletes from four states marched through frigid temperatures, wind and snow in downtown Johnstown, Pa. to kick off the Special Olympics Pennsylvania Winter Games, held February 12-14. Over 50 athletes and coaches from Special Olympics Delaware's winter sports teams joined the parade down Main Street during the Opening Ceremonies where cheering families and the Special Olympics Torch awaited. SODE athletes competed in Alpine and Nordic Skiing and Snowshoeing. Congratulations to our Winter Sports teams!

Handmade scarves donated as a result of the 2012 Special Olympics USA Scarf Project were a symbol of unity, support, compassion and empowerment, as the Special Olympics athletes, coaches, families, volunteers and supporters wore them with pride during the Winter Games.



The scarves were knit and collected over a period of several months, with over 200 being donated to Special Olympics Delaware. Our thanks to Rose Dagg for heading up the effort in Delaware, and many thanks go out to all our friends from around the country who knitted and crocheted a mountain of red and blue scarves for our Special Olympics athletes!



All across the country, March 7, 2012, marked the fourth annual "Spread the Word to End the Word" day. This awareness campaign, which is created by youth, is an ongoing effort with Special Olympics and Best Buddies International to engage schools, organizations and communities to raise the awareness about the hurtful effects of the word "retard(ed)", and encourages students to create climates of respect in their schools.



Above: School Program Director Matt Engelman helps Middletown High School students with a banner-signing campaign on March 7 to End the R-Word.

Over 40 schools in Delaware participated with assemblies and awareness campaigns that involved the student body and faculty.

Our thanks to Delaware DSA parents: Mary Jo Gilligan, Kristin Pidgeon, Marni Hansel, Mary Krienen, Amy Kosmalski, Joe & Pam Rhea, MaryAnn Nolan and Hank Stoklosa, as well as self-advocates Jon Stoklosa, Rachel Rhea, Elizabeth Nolan and Michael Pasquale for helping Special Olympics Delaware in this very important cause.



Get the latest news and SODE information delivered straight to your Inbox ... sign up for Special Olympics Delaware's E-News by going to www.sode.org.



Find us on Facebook by typing Special Olympics Delaware and "Like" our page!



Follow us on Twitter @SODelaware to get the latest news on your mobile device!





ICE SHOW ON APRIL 19-21!

Special Olympics Delaware ice skaters are currently practicing and will be participating in the Wilmington Skate Clubs annual spring show!

Please support our figure skaters and cheer them on!

Come and watch the athletes perform on Thurs., Fri., and Sat., April 19-21 at the Skating Club of Wilmington!

Skating Club of Wilmington • April 19-21
 1301 Carruthers Lane • Wilmington • DE • 19803 • (302) 656-5005
 Time: Thursday @6:30pm, Friday & Saturday @7:00pm

CAPITOL HILL DAY 2012

Special Olympics and Best Buddies participants and supporters joined together Feb. 8 on Capitol Hill to meet with America's elected leaders to urge continued commitment to the work of the late Eunice Kennedy Shriver and to make sure that people with intellectual and developmental disabilities (IDD) are at the forefront when critical decisions are made for the country.

The delegation from Special Olympics Delaware included Board President Tom Moore, Executive Director Ann Grunert, and Rachel Ward, who competes with the Grizzly Bears program.

Throughout the day, athletes and ambassadors met face-to-face with their congressional representatives to advocate the passage of the Eunice Kennedy Shriver Act of 2011.



Congressman John Carney listens as Rachel Ward sends a message that "people with intellectual disabilities are very valuable members of the community." (photo by Rafael Pacheco, SOI)

A greener alternative!



**Traditional paper
 YEARBOOK
 is transitioning
 to an online
 Year-in-Review**

Paper yearbooks are great and have been around for a long time, however they are limited to printed material only and can't be shared easily with your family and friends.

This year, Special Olympics Delaware will switch to a new online digital format to showcase our Year-in-Review, with video spotlights, interactive features and full color photographs that can be downloaded and shared with your loved ones. With an online format, Special Olympics Delaware will transition to an environmentally-friendly choice, while also providing a new and dynamic reader experience that can be played on any computer, tablet, e-reader, iPhone, or any mobile device. Share memories with your friends and family by simply sharing the link directly on Facebook or Twitter.

The Year-in-Review will capture the spirit of the athletes while highlighting our year using a contemporary format that will reach a wider audience - while also reducing paper consumption and contributing to a greener initiative.

This is a phased transition - we are sensitive to the needs of some athletes who do not have ready access to a computer, or who may be more comfortable with a paper copy. Therefore, a very limited number of printed copies will be made available by request simply by calling our office.

Look for more information on the digital Year-in-Review this July!



Special Olympics
Delaware
 Be a fan™

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 www.sode.org

2012 Special Olympics Delaware Calendar of Events

Wed., March 28	Softball Clinic for coaches and players	University of Delaware
Tues., April 3	Charlton School MATP event	Charlton School
Thurs., April 5	Kent Co. Community School MATP Aquatics	KCCS School
Sun, April 22	Ride to the Tide (Fundraiser)	Newark, Dover to Rehoboth
Tues., April 24	Georgetown Center MATP	Georgetown, DE
Fri., April 27	Tennis Coach and Athlete Clinic	UD Outdoor Tennis Court
Sat., April 28	Communicate With Confidence Final Presentation	
Wed., May 2	Meadowood Young Athletes event	Meadowood School
Thurs., May 3	Roller Skating Competition	Dover Skating Center
Sun., May 6	Plane Pull (Fundraiser)	DE Air National Guard Base
Thurs., May 10	Over the Edge (Fundraiser)	300 Delaware Ave., Wilmington
Mon., May 14	Jack Lingo Realtor DSTA Golf Classic (Fundraiser)	Bayside Resort Golf Club
Thurs., May 17	Leach School MATP event	Leach School
Fri., May 18	Leach School Young Athletes event	Leach School
Sat., May 19	Lake Forest School District Young Athletes event	Lake Forest
Thurs.-Fri., May 24-25	Christina School District Young Athletes event	
Fri., June 1	Kent Co. Community School Young Athletes & MATP	KCCS School
Wed.-Fri., June 6-8	Law Enforcement Torch Run for Special Olympics	Statewide
Fri.-Sat., June 8-9	Opening Ceremonies and Summer Games	University of Delaware

THANK YOU TO OUR YEAR-ROUND SPONSORS:





Special Olympics Delaware

2012 AWARDS NOMINATIONS



Special Olympics Delaware Awards are open to athletes, families, coaches, organizations and volunteers who have made a significant contribution to Special Olympics.

These distinguished awards will be presented in the fall of 2012.



OUTSTANDING COACH

This individual must have demonstrated sportsmanship to the athletes and have shown the best example of quality sports training of their Special Olympics athlete.

OUTSTANDING SPECIAL OLYMPICS ATHLETE

For the Special Olympics Athlete whose life exemplifies true skill, courage, sharing and joy.

OUTSTANDING UNIFIED SPORTS PARTNER

For the Unified Partner who demonstrates sportsmanship, teamwork and dedication to their Special Olympics program.

OUTSTANDING CORPORATION OR BUSINESS

The best example of year-round voluntary effort or support which has improved the quality of the Special Olympics Program.

OUTSTANDING FAMILY

The family that has demonstrated true dedication to the program.

OUTSTANDING AGENCY OR NON-PROFIT ORGANIZATION

The best example of year-round voluntary effort or support which has improved the quality of the Special Olympics' program.

OUTSTANDING MEDIA/PHOTOGRAPHY

The best example of media coverage (Newspaper, Radio, TV, Photography).

OUTSTANDING SPECIAL OLYMPICS PROGRAM

For the Special Olympics Program which has demonstrated organizational quality and concern for improving the skills of its athletes through Special Olympics

OUTSTANDING VOLUNTEER

The best example of voluntary action to improve the quality of Special Olympics' Program

All nominations, *which must be postmarked by Aug 1*, should be submitted to:
Special Olympics Delaware Awards Committee; University of Delaware; Newark, DE 19716-1901

(Please complete form on reverse side)

SPECIAL OLYMPICS DELAWARE AWARDS

NOMINATION FORM

Please attach a written narrative to this form explaining why this person, persons, organization or company deserve this recognition

NOMINEE:

Name: _____

I nominate the above for Outstanding _____

Address: _____

City: _____ State _____ ZIP _____

Telephone: (day) _____ (evening) _____

e-mail: _____

PERSON SUBMITTING NOMINATION:

Name _____

Address: _____

City: _____ State _____ ZIP _____

Telephone: (day) _____ (evening) _____

e-mail: _____

Send to: Special Olympics Delaware
Awards Committee
University of Delaware
Newark, DE 19716-1901

All nominations must be postmarked by August 1, 2012 - nominations received after this date may not be considered.