



Special Olympics
Idaho

SOLD: Areas 3 & 4 News

"Let me win. But if I cannot win, let me be brave in the attempt."
-Special Olympic Oath

Winter, 2005/2006

Special Olympics is a nonprofit, international program of year-round sports training and athletic competition for children and adults with intellectual disabilities.

Contact Information:
208.323.0482 (phone)
208.323.0486 (fax)
www.idso.org (Idaho)
www.specialolympics.org

Executive Director
Laurie LaFollette

Dev/Marketing Director
Kim Hove

Sports Director
Corby Goade

Volunteer Director
Shanna Endow

Comm & LETR Director
Tam Baker

Finance Director
Della Ourada

**Data Base Director/
Administrator**
Dallas Leatham

Director, Area's 3 & 4
Barbara Wisenor
208.344.1309 (Home)
208.724.1740 (Cell)
208.429.0142 (Fax)

Our Mission...

Special Olympics Idaho provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

And What's on our Calendar in the Coming Months ...

Winter 2006

January 1-7 thru
March 3

Winter Sports Practice Season

Snow sports weekly practice held at Bogus Basin Ski Resort

Volleyball held at local gyms

February 22

Winter Regional Games

Volleyball - 6 pm, Joplin Elementary School, Boise

February 25

Winter Regional Games

Snow Sports, Bogus Basin Ski Resort

Dance - 6 pm to 9 pm at University Christian Church

**March 3,4 and
(5, if needed)**

State Winter Games

All Sports, Tamarack Resort, Donnelly ID

March 17

General Orientation and Principals of Coaching Training Classes

6:30 pm - 3708 S. Northbridge Way, Boise (Barb's House)

Begin 2nd or 3rd wk
of May

Summer Sports Practice Season

June 10

General Orientation and Principals of Coaching Training Classes

6:30 pm - 3708 S. Northbridge Way, Boise (Barb's House)



★ Skill

A Word from Barbara

Welcome to the quarterly e-newsletter for Idaho Special Olympics: Areas 3 & 4! You should be receiving one each January, June, and September/October providing updates, helpful hints, and interesting tidbits. We hope this communication will not only provide you important information, but will be a source of encouragement as well. If you know of someone who should be on our mailing list, feel free to email their addresses to me, and I will make sure they are accounted for!

Healthy Athletes

From the beginning, the mission of the "Special Olympics Healthy Athletes" initiative has been to improve athletes' ability to train and compete in their events through better health and fitness. In 1991 Special Olympics realized many health care needs for people with Intellectual Disabilities were not being treated. Now we can offer health screenings in Vision, Dental, Hearing, Disease Prevention, Physical Therapy, Podiatry and even Cancer Awareness at our Idaho State Games. Please make sure your athletes attend these very important screenings - 100% free of charge to them. They are educational as well. And **Thank You** to all of the Healthy Athlete Volunteers working so hard on this initiative. Bless You.

★ Joy

Terminology Update

Special Olympics recently asked for a change in terminology from "mental retardation" to "intellectual disabilities" for the population we serve. This change was requested by the athletes themselves; we listened and made the change. It's all about the **ATHLETES!**

It's all about ATTITUDE

Attitudes are made up of what we *think* we know about something, how we feel toward that thing and how we might act toward it. Think about it. It's all about your "Attitude" and keeping a good one. It benefits us all. Remember "Words" can be destructive weapons or affirming gifts.

Free Dental Care

Free dental care is again being offered at Modern Dental. I am not sure on the time frame but if your athlete is in need of dental care give them a call, 208.333.9999, and see if they can help you. Be sure to give them a big **THANK YOU** as well!

Fundraising

Keep your eyes peeled for more information on the following fundraisers:

5th Annual Polar Plunge

This fundraiser ain't for sissies! Grab some pledges and prepare yourself for the plunge - into ice cold water that is! Adding to the fun will be a contest for best costume (though not required to plunge).

Date: March 11

Location: Walmart, Fairview Ave.

Third Annual Breakfast of Champions:

Our largest annual fund-raising event for Special Olympics Idaho (SOID) programs statewide.

Date(s): June 13

Location: Boise Center on the Grove

Speaker: TBA

Cop on a Donut Shop:

Come wave and cheer - and give a little money - as a Law Enforcement Officer camps atop the Krispy Kreme Donut Shop in Meridian!

Date(s): April, TBA

LETR Sponsored Events:

LETR (Law Enforcement Torch Run) sponsors both **Cops and Lobsters** and **Tip a Cop**:

A person's gotta eat, right? Well, this is your opportunity to do both - eat and raise funds for SOID! During our **Cops and Lobsters** fundraiser, local police officers will be circulating Red Lobster restaurants requesting donations. Local police officers will do much the same at local Applebee's Restaurants for the **Tip a Cop** fundraisers statewide.
Date(s): TBA

World's Largest Truck Convoy

We will be having another truck convoy this year; check out the newsletter feature regarding last years experience. Let's see how long the "parade" will be this year!
Date: September 16
Location: Gowen Field

★ Courage

Intellectual Disabilities in the US

As many as three out of every 100 people in this country have some kind of intellectual disability (The ARC, 2001). Special Olympics Idaho, Area's 3 & 4 teams are growing, growing, growing along with, and because of, the tremendous growth here in the Treasure Valley. We welcome all of our new athletes!

State Game Fees

Where does the \$60.00 per athlete go for state games? Fees help pay for costs associated with meals, transportation, lodging, ceremonies, entertainment - including dances and awards - security, venue expenses (buildings, pools etc), volunteer recognition, and logistics at games. Please use the attached Area 3&4 **Sponsorship Form** to help collect money; athletes can easily collect their own fees, and usually more. **Please use these forms!** If you need more please let me know and I will get them to you ASAP.

2005 Area and State Fall Games

Area 3 & 4 Fall Games were held all over the place! Bowling

competitions were held at Nampa Bowl and Emerald Lanes. Equestrian was held at an indoor arena near New Plymouth, Idaho. Golf was held at the McCall Golf Course - where the management could not have been nicer to us. The athletes were tough and endured rain and miserable weather. Way to go! Soccer was held at Hillview United Methodist Church in the back yard area. And Softball was scheduled for the Fort Boise field, but cancelled due to heavy rain.

State Fall Games were held the week-end of October 14th and 15th, 2005. Opening ceremonies were held at the Boise Hawk's Stadium. The BBQ was yummy and the fireworks were a nice surprise. Thanks to all who sang Happy Birthday to me on the 14th! Competitions were completed in one day, October 15. All went well, the dance was well attended, and t games were a success!

I Hope You Dance

There will be dances in 2006, following regional games, at the University Christian Church (1801 University Drive, on the BSU Campus) beginning at 6:00 pm and ending around 9:00 pm. Admission is \$1.00, and will assist with costs associated with hall rental and refreshments for the athletes. **Please do not drop off your athletes** and leave them unaccompanied at the dance. Dress for the dance is casual to formal, depending on what the athlete wants to wear. Specific dates and times TBA; if you have additional questions please contact your local team LPC.

2005 Truck Convoy

Friday night, September 23rd, prior to the actual 2005 Truck Convoy, Special Olympics Idaho held a "Celebrate Wheels" event out at the south runway at Gowen Field. Everyone was invited to enjoy the long length of the runway for riding their favorite wheeled device -

bikes, trikes, roller blades, etc. Sadly, due to bad weather, only the die-hards were in attendance.

First thing Saturday morning, September 24th, we held the "World's Largest Truck Convoy" to benefit the athletes of Special Olympics Idaho. With 95 trucks driving the route, it was the largest to date. All in attendance had fun - including the truck drivers! We plan to make it even more successful this year. So mark your calendars for **September 16, 2006** and don't forget to invite your favorite truck driver and his big rig! For more information, contact Tam Baker, 208.323.0482 x21, or me at 208.344.1309/208.724.1740.

Thank you Truckers for keeping our communities moving!

★ Sharing

Athlete Leadership Program

Special Olympics Athlete Leadership Programs (ALPs) allow athletes to explore opportunities for Special Olympics in roles previously considered "non-traditional" - such as serving on the Board of Directors or as a committee member; an athlete may act as a spokesperson, team captain, coach or official. Participation in ALPs may be in addition to, or in place of, participation in traditional Special Olympics' sports programs.

Bye, Bye Fingerprint Cards

Anyone who works one-on-one with an athlete during training or an event must register for Class A. However, due to Securint, background checks may be online (ONLY with a valid Idaho Driver's license). For more information on the new process, please contact Shanna Endow, 208.0482x14 or email sendow@idso.org.

Also, General Orientation for Class A volunteers may now be completed online at idso.org.

Please contact Shanna Endow with questions.

Don't Miss "The Ringer"

"The Ringer" opened in theatres across the country, December 23, 2005, and it's one not to be missed! Please take the time to go see this movie; and encourage family and friends to do the same. Some are concerned the film is poking fun at our athletes, but it's nothing of the sort. Rather, it shows our athletes as they truly are - gifted, full of life, and changing the lives of those around them.

2006 Special Olympics USA Nat'l

The first ever Special Olympics USA National games will be held in Ames, Iowa, July 2-7, 2006.

Special Olympics Idaho is proud to have the following from **Areas 3 and 4** to be a part of Team Idaho:

Head of Delegation:

Amy Lenhart, Ghostbusters Team

Coach:

Kim Arrasmith, Ghostbusters

Athletes:

Evelyn Martinez, Boise Community Competing in **Aquatics**

Jeremy Reyes, Boise Comm. Competing in **Athletics**

Mike Daniels, Boise Comm. Competing in **Athletics**

Sue Rhodenbaugh, Boise Comm. Competing in **Athletics**

William Foiles, Payette Schools Competing in **Athletics**

Tanya Tilby, Boise Comm. Competing in **Bowling**

Tommy Holman, Ghostbusters Competing in **Athletics**

Anne Marie Hutchens, Ghostbusters Competing in **Athletics**

Shannon Murphy, Ghostbusters Competing in **Athletics**

GO TEAM IDAHO! Go Areas 3&4!

A Few Words for our coaches and Volunteers . . .

"Dare to imagine the most special of circumstances. Realize that it takes **very special people** to ensure that each dream becomes a reality." - Walt Disney

Volunteer Spotlight . . .

Our Winter 2005/2006 e-newsletter spotlights one of our Area 3 LPCs; please join me in thanking Jennifer Warn for all her hard work and dedication!

Jennifer Warn

Jennifer Warn is the LPC for the Nampa Express Team. Jennifer took over the reins after the team lost their previous two LPCs. She has worked very hard to build the team back up after several athletes dropped out because their parents and/or care-providers were not willing to stay at practice. As disheartening as that may be, she has proven herself to be enthusiastic and devoted to the athletes on her team. They are lucky to have her! Though married with a little girl, Jennifer still finds time to constantly look for new ways to make money for the team - a job in itself. Not that I have to tell you other LPCs that!

Jennifer admits she loves to "co-ordinate activities for those folks that will get the most enjoyment out of them," and I can attest that she does a great job. So thank you Jennifer; for all your hard work and time helping the athletes of the Nampa Express Team, we cannot express our gratitude! It truly is appreciated.

Our Teams

Area 3 Teams

	LPC	Phone Number
Caldwell Eagles/Wildcats	Barbara Williams	208.454.8960
Cossa Coyotes	Judy Spottswood	208.459.4072
DC Superstars	Pam Mathis	208.405.9635
Greenleaf Tigers	Katherine Braun	208.459.6731
ISSH Teams	Felix Diaz	208.853.3815
Nampa Express	Jennifer Warn	208.461.8055
Nampa Hawks	Linda Reyes	208.465.3564
Payette Schools	Michelle Stoneman	208.642.4336
Tornadoes	Pam Mathis	208.405.9635
Treasure Valley Riders	Pam Mathis	208.405.9635
West Treasure Valley Sharks	Deborah Cunningham	208.468.9546

Area 4 Teams

	LPC	Phone Number
Boise Community	Tami Jo Paradis	208.830.7401
Ghostbusters	Dave Wisenor	208.344.1309
Ghostriders	Deena Weber	208.888.7659
Meridian - Treasure Valley	Carol Ross/Burt Moore	208.376.7512/208.331.0333
Mountain Home Sageriders	Jody Soboslai	208.587.1278
Tomorrow's Hope	Edith Hale	208.384.1968
Valley County Shanaganins	Melanie Stokes	208.315.0602

Our Sports

State Summer Games

Aquatics (Swimming)
Athletics (Track & Field)
Basketball
Bowling [advancing to Area Level only]
Cycling
Equestrian [advancing to Area Level only]
Golf
Powerlifting
Softball

State Winter Games

Alpine Skiing
Nordic (Cross Country) Skiing
Snowshoeing
Snowboarding
Volleyball

Your Feedback . . .

We want to hear from you! Please email Barbara Wisenor, soid4baw@idso.org any comments or suggestions you may have in regard to this email newsletter. Thanks!



Special thanks to all the parents, LPCs, and SOID volunteers who send in their pictures; memories are always more fun when shared!

"courage does not always roar; some times courage is that small voice at the end of the day saying 'I will try again tomorrow.'" - Mary Ann Radmacher

SPONSOR A SPECIAL OLYMPICS
ATHLETE FOR AREA'S 3 OR 4



\$60.00 PARTICIPATION FEE FOR STATE GAMES

Our 3 and 4 Area Athletes need sponsors to compete in the Special Olympics State Games in Summer and Winter sports. The athletes are responsible for raising these funds so they can compete two times a year. Many have a very hard time getting these funds. Please support them by giving; your donation is **100% tax deductible**.

THANK YOU VERY MUCH!

Athlete Sponsorship Form

Please be sure to list the Area you wish to sponsor in the notes section of your check.

Any Athlete:	_____	Area	_____
	_____	Summer	Sport _____
	_____	Winter	Sport _____

Sponsorship Dollar Amount: \$ _____

Thank you for supporting an athlete in **Area 3 or 4**. Please mail your Athlete Sponsorship Form and your tax deductible gift (check made out to Special Olympics Idaho with Area 3 or 4 in the Notes section) to:

Barbara Wisenor, Director, Area's 3 & 4
3708 S. Northbridge Way
Boise, ID 83706-5652