



Special Olympics
Victoria

THE VICTORIAN

Nov-Dec Issue Christmas Edition

A QUICK NOTE FROM THE HEAD OF DELEGATION

CHARLES KENNEDY



Merry Christmas!

I cant believe its only one more week to Santa's arrival!

That means only 17 weeks to go to the National Games in Adelaide! Time has flown! So by now everyone is working hard on their training programs. I know the National Games team management and coaching staff are busy making sure that everything is working well for training, travel, uniforms, schedules and the hundreds of organising things that need to be done.

Given the time of year, I would like to offer my thanks and appreciation to the many people who have volunteered their time to make this team happen.

Team Victoria will be attending the games with a delegation of just over 160 athletes and 45 team officials.

Now just because its the Holidays, please don't over-indulge in the Christmas treats. It's important that our athletes continue training and eating healthy and there is more on what you can do in this edition of the Victorian.

So enjoy the holidays, stay healthy, continue an exercise program and in the words of Hulk Hogan, "get ready to rumble" next April!!

Best wishes,
Charles

MESSAGE FROM THE NATIONAL GAMES SPORTS MANAGER

Hi my name is Moira Ryde and I am the sports manager for these National Games. I have been involved with Special Olympics for over 20 years and have enjoyed every minute of it.

I would like to congratulate all the athletes selected for these games and I am sure you would have heard from your team coach as to what events you will be competing in and what training you should be doing. If this is your first National Games you must be very excited, you will have the opportunity to meet and compete with lots of athletes from all over Australia, making new friends along the way. We have 3 new sports going to the National games next year!

Football - Golf - Sailing

Remember your code of conduct

- Sportsmanship
- Training and competition
- Being responsible for your action
- Respecting others

- Listen to your team coach
- Keep up your training
- Have fun
- Dont forget we are:
"ONE TEAM WORKING TOGETHER"



"BOC" is the mascot for the 2010 games



SPECIAL OLYMPICS
IX NATIONAL GAMES

APRIL
19-24

ADELAIDE
2010



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PROFILES

BASKETBALL INFORMATION

OPEN MEN

Coach: Rob Aherne
Team Support: Alan Burke
Captain: Glen Burnham
V/Capt: John Wilson

OPEN WOMEN

Coach: Ron Lovell
Team Support: Helen Sullivan
Co-captains: Jenni Ensor
Meagan Moore

C MIXED

Coach: Paul Bugg
Team Support: Sharon Fletcher
Co Captains: Michael Baines
Frances Wellard

Sam Moorfoot – Basketball

I started playing basketball at Primary School when I was 8 years old.

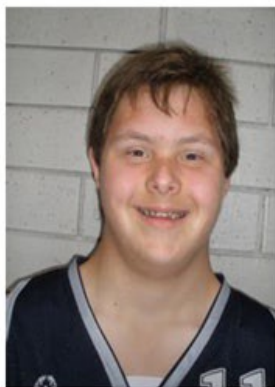
I joined Special Olympics in 2006 when I was 14 years old playing basketball, 10 pin bowling and athletics for Barwon Region. We train every Wednesday night for basketball and I bowl every Friday night.

I am in year 10 at Belmont High School and I like school a lot. My favourite subject is PE. I love sport and also play mixed netball and AFL football in an all abilities competition in Geelong. I follow the AFL and support Geelong. My favourite player is Gary Ablett Jr.

I also follow NBL basketball and support the Adelaide 36ers because my cousin Nathan Herbert plays for them.

I went to Junior National Games in Canberra in 2008. I played basketball and we won a gold medal. It was very exciting. I also won gold and a silver medal in Athletics. I had the best time ever.

I am very excited about going to Adelaide next year to play basketball at the National Games. I am in the C Mixed team; I will try my best for my team.



Ron Lovell- Basketball Coach

A come and try day back in 1990 in Barwon Region was my beginning in Special Olympics. I started my involvement with athletics and in later years as a basketball coach. As in any region you fill in where there is a need and I have obliged where I could.

My first experience as a Victorian basketball coach was in 2006 at the nationals in Queensland where I was the Women's open coach, following that in 2008 I was head basketball coach for the Junior National games in Canberra. Also in 2008 I was one of the basketball coaches for South Australia's invitational games. We now move onto the 2010 National games in Adelaide where I have been named as head coach and also will coach the Open Women's basketball side.

Basketball is a team sport, so at training we will work on team aspects. I am lucky to have two other coaches, Rob and Paul who are also from Barwon and we will be working as a team.

We have set our training dates for this year and the final day in December at Geelong, we plan to use local teams as competition for our state sides, which will be of great benefit to all our Special Olympic athletes.



NATIONAL GAMES TRAVEL INFORMATION

Teams Depart Melbourne

Flight

Monday 19 April 2010

1st Flight

QF 675

Softball
Maira Ryde (in charge)
Nicole Emmett
Faye Sandilands
Jill Temby

Arrive at airport 6.30am and report to your coach.
Coaches report to Maira Ryde when your athletes
have arrived.
Flight departs at 8.10am and arrives 9.00am.

2nd Flight

QF 679

Basketball
Bocce
Golf
Gymnastics
Sailing
Soccer
Libby Crouch (in charge)
Phil Parsons (in charge)

Arrive at airport 8.30am and report to your coach.
Coaches report to Libby Crouch or Phil Parsons when
your athletes have arrived.
Flight departs 10.10am and arrives 11.00am.

3rd Flight

QF 683

Aquatics
Athletics
Tennis
Tenpin Bowling
Charles Kennedy (in charge)

Arrive at airport 6.30am and report to your coach.
Coaches report to Charles Kennedy when your
athletes have arrived.
Flight departs 12.10pm and arrives 1.00pm.

Teams Depart Adelaide

Flight

Saturday 24 April 2010

1st Flight

QF 682

Basketball
Bocce
Golf
Gymnastics
Softball
Soccer
Maira Ryde (in charge)
Libby Crouch (in charge)
Phil Parsons (in charge)
Nicole Emmett
Faye Sandilands
Jill Temby

Flight departs 11.40am and arrives 1.20pm.

2nd Flight

QF 686

Aquatics
Athletics
Sailing
Tennis
Tenpin Bowling
Charles Kennedy (in charge)

Flight departs 1.40pm and arrives 3.25pm.

Opening and Closing Ceremony Information

Opening Ceremony

Closing Ceremony

Evening of 19 April

Evening of 23 April

4.30pm–6.30pm

6.30pm–10.30pm

Both Ceremonies are at Distinctive Homes Dome.

Payments:

Please be advised that the third payment of \$500 was due 1 December 2009.

Family Package

Information for families is available in the family package on the SOA website. Information includes: competition, venues and accommodation.

www.specialolympics.com.au

Team Victoria Family Support Contact is Tanya Files.
tanyaf@specialolympics.com.au or (03) 9275 6922

Note: There may be some airline tickets for travel on team flights.

IMPORTANT INFORMATION

MESSAGE TO COACHES & TEAM SUPPORT

Congratulations to you all as being part of the Special Olympics Victoria team. You have accepted your position on our team along with this comes the responsibility to our athletes and other coaches.

By this time you will have started your training programs, helping and getting to know your athletes along the way, making sure that the events the athletes will be entered into will not only challenge but are suitable to each athlete's ability. Also making sure that you enter the correct times/distance/scores for each of your athletes (as these can change over the next 6 months).

You are responsible in looking after the health and safety of each athlete in your team and to make sure that these National Games will be a great success for all our athletes, taking home lots of memories.



Hope to catch up with you all at one of your training sessions.

-Moirá

2010 National Games Coaches & Team Officials Meeting

SUNDAY JAN 31st 2010
Box Hill Town Hall, Whitehorse Rd, Box Hill

10AM TO 2PM

Lunch provided. RSVP by Dec 23rd to Phil Parsons 03 9759 6680 or email at paparson@acemail.com.au

Limited availability of airline tickets for flight travel with the team. Contact Family Coordinator Tanya Files at tanyaf@specialolympics.com.a for more details.



COMPETITION VENUES

ATHLETICS- Santos Stadium, Railway Terrace, Mile End
AQUATICS- Adelaide Aquatic Centre, Jeffcott Road, North Adelaide
BASKETBALL- wayville Stadium, Rose Terrace, Wayville
BOCCE- Veneto Club, Toogood Ave, Beverley
BOWLING- AMF Woodville Bowl, Port Road, Woodville
GOLF- Adelaide Shores, Military Road, West Beach
GYMNASTICS- Marion Leisure Centre, Oaklands Road, Morphettville
SAILING- Adelaide Shores, Military Road, West Beach
SOFTBALL- Adelaide Shores, Military Road, West Beach
SOCCER- Adelaide Shores, Military Road, West Beach
TENNIS- Memorial Drive, Adelaide City

DEMONSTRATION SPORT: EQUESTRIAN Adelaide Shores, West Beach



HEALTH & FITNESS

How to stay physically active

1. Try walking or riding a bike to work/ school
2. Do the vaccuming or gardening
3. Be more active at school/work (eg. play a game outside during lunch)
4. Go for a walk, run or bike ride, play a game with friends

TIPS TO STAY FIT & HEALTHY OVER THE CHRISTMAS HOLIDAYS

- Watch the alcohol! Believe it or not, alcoholic drinks have heaps of calories. Try alternating a glass of champagne with a glass of water or opt for light beer and low-kilojoule Champagne such as Yellowglen Jewel.

-After a big night of christmas cheer, go for a walk or run. Not only will you feel better but it will help burn off some of the previous night's calories.

-Watch what you eat! Instead of those creamy scalloped potatoes and fatty trimmings, choose colourful vegies and fresh fruity desserts.

-BBQs are a great way to celebrate the holidays, plan to have a get-together at the local park, bring a soccer ball or football and make the most of the free electric BBQs. Salads and cut-up fruit are great to have with it and are very healthy!

- Get out in the sun! Make sure you make the most of the summer holidays and spend time outdoors. By going outside you avoid temptations such as tv and electronic entertainment which usually involve sitting down. Take your dog to the park or play basketball with your siblings, go to the pool or beach. But remember to be SUN SAFE!!



"You should be doing at least 30mins of moderate to vigorous physical activity 5+ days per week"

QUICK & EASY WORKOUT SESSION

Anyone can do this routine and all it requires is a little space and about 20minutes. No equipment is required!

1. Warm up by jogging around the block or to a marker (like a tree 300m away) and back. This should take you about 3minutes.
2. Complete 3 sets of 12x squats. ensure your weight is over your feet by holding your arms out in front of you and making sure you can see your toes as you squat. Have a 1minute rest between sets.
3. Complete 3 sets of 12x lunges. Like the squats, ensure your weight is balanced. Recover for 1 minute between sets.
4. Complete 3 sets of 7x pushups. Begin with doing these on your knees and as it gets easier, do them on your toes. Rest for 1 minute between sets.
5. Complete 3 sets of 20x situps. Cross your arms over your chest so that you dont use them to help sit up. Recover for 1 minute between sets.

6. Stretch!!! Make sure you stretch all the muscles you've just used by bending at the waist and touching your toes (hold for 15 secs) then grab a foot behind your back to stretch your quads (hold for 15 secs). Repeat with the other leg. Swing your arms in front of you and then behind to stretch your chest and back.

And your done!! Try to do this as often as possible over the holidays for maximum benefit.

HEALTHY CHRISTMAS ALTERNATIVE



pavlova trifle

preparation time 25 minutes
serves 4
per serving: 36.9g total fat
(24.1g saturated fat); 1394kJ
(477 cal); 27.1g carbohydrate;
5.7g protein; 8.5g fibre

1/4 cup (180ml) thickened cream
2 tablespoons icing sugar
200g crème fraîche
250g strawberries, quartered
2 medium bananas (400g), sliced thickly
1/2 cup (125ml) passionfruit pulp
50g meringue, chopped coarsely
3 medium kiwi fruit (255g), chopped coarsely

You need 6 passionfruit to get the required amount of pulp for this recipe. Packaged pavlova 'heats' and meringues can be found at your supermarket.

1. Beat cream and icing sugar in small bowl with electric mixer until soft peaks form. stir in crème fraîche.
2. Divide strawberries and bananas among four 1 1/2-cup (375ml) glasses. Top with half the passionfruit pulp.
3. Divide crème fraîche mixture among glasses; top with meringue, kiwi fruit and remaining passionfruit pulp.