

# THE VICTORIAN

A newsletter for Special Olympic State Team athletes, coaches, parents and carers.



SPECIAL OLYMPICS  
IX NATIONAL GAMES

APRIL  
19-24

2010  
ADELAIDE



"SOX" is the mascot for the 2010 games

## Message from the Team Manager



Welcome to the first edition of *The Victorian*. I'm Charles Kennedy and I am the Head of Delegation for the Victorian team travelling to the Special Olympics National Games in Adelaide next year.

I am very excited to be involved with the SO National Games and look forward to meeting each and everyone one of you who are going to represent Victoria!

I have been involved with SO since 2003 in Ballarat. Currently I am serving as Team Manager and have a son, Joshua, who is also going to Adelaide to compete in swimming. Some people say I have a funny accent, but you know in Canada where I come from, no one says that unless I speak in French, then they laugh!

So enough about me, I really wanted to announce this wonderful newsletter as a way of providing information to all the participants of the Victorian team, their families, carers and friends. It's your newsletter courtesy of the folks at Special Olympics Victoria and a special thanks needs to be given to Kevin O'Byrne our State Manager and Aimee Reid who has volunteered to do this newsletter for us. Please send any articles on athletes or any matter referring to the National Games. We will review it for submission in future newsletters.

We hope to have the newsletter out monthly leading up to when we leave on April 18th 2010 for the start of our trip to Adelaide. On the back of the newsletter are the details for the team officials who will be going to Adelaide with you.

So athletes, get working on your fitness and your training, we want to win and you know the saying...

***If we can't win we will be brave in the attempt!***

Until next time, yours in sport.

*Charles*

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**Special Olympics**  
Victoria

## About Adelaide

Prior to British settlement, the Adelaide area was inhabited by the Kaurna Aboriginal nation.

Named in honour of Queen Adelaide who was born in Germany, Adelaide was founded in 1836 as the planned capital for the only freely-settled British province in Australia.

Of the Australian capital cities, Adelaide is the driest. Adelaide has a Mediterranean climate, where most of the rain falls in the winter months.

## Coach Profile



*Barbara Turner, Coach*

I have been involved with the Special Olympics since 1995.

My various roles have been as a carer, a basketball scorer, parent representative, committee member (serving as both Vice Chairman and Chairman), newsletter editor and now Registrar.

I began coaching softball for about 6-7 years ago, after the previous coaches decided to hang up their caps. With an average of 20 athletes attending softball I could not let the program die.

My National Games experience has been as Team Assistant for Basketball (NSW 2002), Head Coach Softball (QLD 2006), and now I am looking forward to attending the 2010 SA National games as Head Coach Softball.

### What do we do at training?

I try to keep our sessions reasonably relaxed. With the regular help from Linda Bennett and Rob Bruin, we focus on correcting and giving instruction where and when necessary. I have managed to obtain a softball diamond at Glen Eira / Moorabbin Softball Association. I hope to arrange a few friendly games against their local team, once their season commences.

## Upcoming Events & State Team Training for August

### **Soccer**

Selection Trials take place on August 15th at Waratah Reserve, Doveton. For more information please contact the SOV office at 9275 6922.

### **Golf**

August 16th, 3:00 PM at Ivanhoe Golf Club.

### **Tennis**

August 29th at Koonarra Tennis courts. 10:00am–12:00noon.

### **Sailing**

Selection Trials take place on August 22nd and 23rd at the Boatshed, Albert Park. 9:30am–3:00pm. For more information please contact the SOV office at 9275 6922.

### **Softball**

Training on August 9th and 23rd, 10:00-11:30 AM, at Southern Region.

### **Tenpin Bowling**

August 15th - Outer Eastern Regional Games.



## Athlete Profile



*Wayne Bourke, Softball Athlete*

I joined Special Olympics in 1991, playing basketball and floor hockey.

In 1993 I travelled to Canada and represented Australia in floor hockey.

In 1995 I represented Victoria in Queensland playing basketball. In 1996 I played softball in Tasmania, and in 2002 played softball in NSW winning Gold!

In 2006 I played softball in QLD winning silver. In Canberra in 2007 I played both basketball and cricket.

Next year I am representing Victoria at the National Games in SA playing softball. I train fortnightly for softball, the alternate week I train for basketball.

I also play basketball on Friday nights with the Powerassist Association at Hawthorn Secondary College.

I have a partner Lisa and a daughter Heidi. I work at Safeway Waverley Gardens.

### Upcoming Events & State Team Training for September

#### **Golf**

September 27th, 3:00 PM  
Location: Berwick Golf Park.

#### **Sailing**

September 13th at Docklands Yacht Club; 11:00am-4:00pm.

#### **Softball**

Training on September 20th,  
10:00 -11:30 AM  
at Southern Region.

#### **Tenpin Bowling**

September 13th at OZ Tenpin Epping.

Are  
YOU drinking  
enough water?



Grab some water and  
take a drink. Water  
keeps you cool and  
helps you think.

Drink your way to  
great health. Treat  
yourself to nature's  
wealth!

Drink even more when  
you play. If you want  
to play well, it's the  
only way.

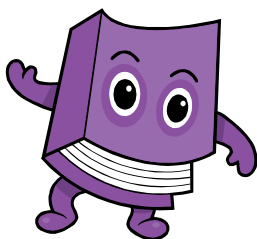
Athletes who drink  
water know. That  
water helps you play  
and grow.

At least eight glasses  
of water every day.  
That's the healthy  
athletes way.

*Let me win, but if I cannot win let me be brave in the attempt*



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Victoria



Family Packs are available for athletes, parents and carers on the Special Olympic Australia website:  
[www.specialolympics.com.au](http://www.specialolympics.com.au)

Questions? Please call Special Olympics Victoria State Office on (03) 9275 6922 or email at [info@specialolympicsvic.org.au](mailto:info@specialolympicsvic.org.au)

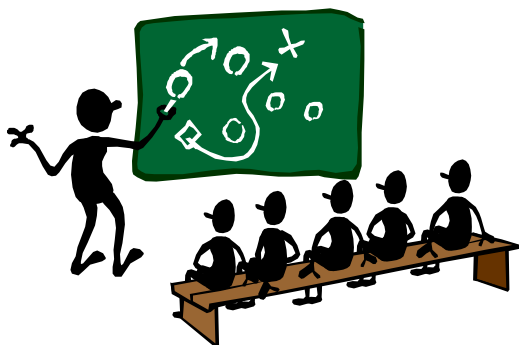
## INTRODUCING...

### 2010 SOV State Team Management

Team Manager—Charles Kennedy

Assistant Team Manager—Phil Parson

Team Medical Officer—Dr. Elizabeth Crouch



### Head Coaches

Aquatics—Shirley Milgate

Athletics—David Milne

Bocce—Sue Hawkins

Gymnastics—Silvija Simpson

Softball—Barbara Turner

Tennis—Maria and Nicole Vallos

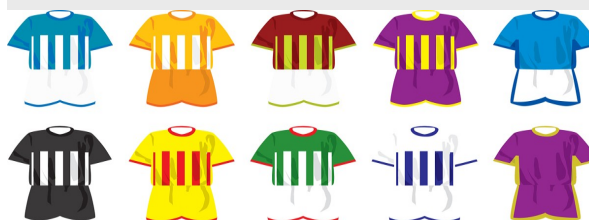
Tenpin Bowling—Linda Scott

Golf—Mark Files

Sailing -TBA

Football -TBA

## Uniform Try-on Date



**Sunday, October 11, 2009**

### Location:

Mordialloc Community Centre  
115a Warren Road Mordialloc  
(contact your Region for details)

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