

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 Team Manager



Philip Parson, Team Manager

I'm Phil Parson and I am the Assistant Team Manager for the Victorian Team travelling to the Special Olympics National Games in Adelaide next year.

I am very happy to be involved with the Special Olympics and am excited for all the Victorian athletes travelling to Adelaide for the National Games!

A little bit about me, I joined Special Olympics Victoria in June 1991 as the result of an advertisement in the Melbourne Herald Sun. I came with 11 years experience in Sports Administration, having been involved in the organising of the Victoria Police Games since 1981.

I presently supervise up to 30 athletes on the first and third Saturdays of the month in Tenpin Bowling, providing them with coaching and playing advice. I also attend fundraising events to assist our athletes travel to interstate and overseas competitions. Best of luck in your training and preparation, I look forward to meeting you at some time soon!

Phil

A note from Charles Kennedy...



A very special welcome to the 2010 Victorian National Team Athletes, Coaches and Management! Since the first newsletter more athletes and coaches had been added to Team Victoria. Keep your eyes open for the complete list of all attending the games printed in the next edition of *The Victoria*. Also, we will be having a short meeting before the dinner at the State Winter Games next month to give athletes, families and carers the chance to ask questions of the team officials. More details will follow shortly. Train hard, stay healthy! *Charles*

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Special Olympics
Victoria

Coach Profile

About *Adelaide*

SPORTS 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



Shirley Millgate, Aquatics Coach

I have been involved in Aquatics since the age of 4 years and competed in my first competition at age 5 years.

My passion for Aquatics led me to firstly gain my Austswim Teacher of Aquatics accreditation and then my ASCTA Coaching accreditation.

I have been Coaching for over 14 years firstly with Local Swim Clubs and programming sessions for specialist groups.

I became involved with SOV because there was an advertisement in the local newspaper seeking a volunteer swim coach to help with the SO program on a Friday night. I rang up and was offered the position. I have been coaching our local region now for over 11 years.

I have been very fortunate to have been previously selected as an Assistant and Head Aquatics Coach for SOV along with representation at Junior National Games and Tasmanian Invitational Games.

I have represented SOA at the 2003 and 2007 World Games as Assistant and Head Aquatics Coach respectively, and I am a current member of SOI Aquatics Resource Team. Last year I was appointed as an Assistant Technical Delegate in Aquatics to the 2011 World Games in Athens.

I hope I am seen as giving my athletes lots of encouragement, feedback, as well as challenging them to progress and try new skills.

I try to set goals which are achievable and allow athletes to have fun in the process.

As a coach it is important to recognise and work with the skills each individual swimmer has, and to give them the best opportunities possible. I am looking forward to working with our Athletes and Assistant Coach Grant Williams and Aquatic Team Members, Team Management, parents and carers leading up to and during the 2010 SOA National Games.

Upcoming Events & State Team Training for September

Golf

Sept. 27th, 3:00 PM
At Berwick Golf Park

Sailing

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

10 Pin Bowling

September 13th
at OZ Tenpin Epping.

Basketball

September 13th,
11-2pm at Wendouree
Sports & Entertainment
Centre

Softball

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



Athlete profile



Kellyanne Dryburgh, Aquatics Athlete

When did you begin participating in this sport?

At the age of 12, I met Anne Arnold (Echuca S.O. mum & volunteer) and she asked if I would like to try swimming for Special Olympics. I loved it so much that I came back next week. I have been involved with S.O. ever since.

How often do you train for your sport?

Twice a week Monday & Friday at Echuca YMCA pool

Do you do any other sports?

I participate in basketball and Ten Pin

Bowling. I have played Ten pin Bowling in the invitational games in Canberra 2002 and have played basketball in the invitational games in Adelaide 2008

Who is your sports hero/mentor?

I love all sports identities.

Have you attended a national games before?

No. this is my first National Games and I am looking forward to it very much. I am training very hard and loving it!

Fruits & Veggies
Do you eat enough?



Grab an apple and take a bite, fruits & vegetables keep me right

Nature's goodness just for me, delicious juicy energy

Crunch a carrot, munch a pear. Everyone deserves their share

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

Athlete's who eat health know that fruit and veggies make you grow

Eat 5 fruits and veggies everyday, that's the healthy athletes way!



Special Olympics
Victoria

Upcoming Events & State Team Training for October

Uniform Try-on Date



Sunday, October 11, 2009

Location:

Mordialloc Community Centre
115a Warren Road
Mordialloc

2010 SO National Games Ambassadors:

Renae Camino (Basketball)

Rachael Sporn (Former Olympic Basketball, and 2008 Olympics Commentator)

Katrina Webb (Former Gold Medal Paralympian)

Ali Carle (Radio TripleM)

Ashley Walsh (ABC Radio).

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

INTRODUCING...

2010 SOV State Team Management

Team Manager—Charles Kennedy
Assistant Team Manager—Phil Parson
Sports Manager—Moiria Ryde
Team Medical Officer—Dr. Elizabeth Crouch

Head Coaches

Aquatics—Shirley Milgate
Athletics—David Milne
Basketball—Ron Lovell
Bocce—Sue Hawkins
Football—Juan Carlos Loyola & Jack McNeilly
Golf—Mark Files
Gymnastics—Silvija Simpson
Softball—Barbara Turner
Tennis—Maria and Nicole Vallos
Tenpin Bowling—Linda Scott
Sailing –Morgan Staley



Just a reminder that all the information for the National Games can be downloaded from the SOA website on the For Members page, e.g. Factsheets, registration forms and early arrival information. Please also note the timings for the opening and closing ceremonies which will be held at the **Distinctive Homes Dome:**

Opening Ceremony

Mon 19 April 2010, 4.30 – 6.30 pm

Closing Ceremony

Friday 23 April 2010, 6.00 pm – 9.30 pm



Important news about *The Victorian*

The Victorian is going digital. Please complete the form below to determine how you would like to receive the monthly newsletter. This will be the last issue

mailed to you, unless you prefer to receive *The Victorian* by POST. Hurry, get your preference in before you miss an edition. **Please reply by October 1, 2009.**

I would like to continue receiving *The Victorian* and prefer to receive it by
(please check one):

By Australia POST, my name is _____

By email, my email address is _____

I will download it from the SOV website (www.specialolympicsvic.org.au/newsletter)

Please return your selection by mail to:

Editor: Aimée Reid
Special Olympics Victoria State Office
Suite 9, Town Hall Hub
27 Bank Street
Box Hill VIC 3128

Or by email to:

Attention : newsletter preferences
info@specialolympicsvic.org.au



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