



**“Let me win. But if I cannot win,
let me be brave in the attempt.”**
- Special Olympics Athlete Oath

Delaware Law Enforcement Torch Run Celebrates 25th Anniversary

The Law Enforcement Torch Run is a worldwide story of success, friendship, respect and commitment between law enforcement officers and Special Olympics athletes. Law enforcement officers carry the Flame of Hope to the Opening Ceremonies of local, national and international Special Olympics games - raising money and awareness for Special Olympics along the way.



Every year, more than 750 Delaware law enforcement officers participate in Special Olympics as Guardians of the Flame. In the 25-year history of Delaware Law Enforcement for Special Olympics, over \$3.5 million has been raised.



Twenty-five years ago, the Law Enforcement Torch Run program started in Delaware as a public awareness campaign to support Special Olympics Delaware.

“In 1987, we ran a total of 100 miles in one day — from Georgetown to Dover and from Wilmington to Dover — to the Summer Games at Delaware State University,” recalled John Miller, state director of Delaware Law Enforcement for Special Olympics. “We raised \$2,000 that first year and were quite proud of our fundraising amount. Since then Delaware law enforcement and Special Olympics Delaware have formed an everlasting bond that is almost beyond description.”

Continued on p. 3



POLAR BEAR PLUNGE FESTIVAL FEB. 3-5, 2012

Seize the Freeze! Register today for the **COOLEST** event of the year and join more than 2,500 people as they “freeze their fur off” for a great cause.

Register for the plunge online by visiting the SODE Plunge website at www.plungeDE.org. And what’s better than plunging by yourself? Plunge with a team and invite your family and friends!

See page 5 for MORE POLAR BEAR PLUNGE FESTIVAL WEEKEND details. So get ready, get set and join the fun at Rehoboth Beach on Feb. 3-5, 2012.

TOGETHER, WE CAN MAKE A DIFFERENCE!



SPORTS UPDATE...



CHILL OUT WITH WINTER SPORTS

Did you know that Special Olympics Delaware now offers Snowshoeing in addition to Alpine (downhill) and Nordic (crosscountry) skiing? Catch some of the winter action by trying out one of these cool sports! For more information on how

to get started in Winter Sports, please contact **Mark Wise at mwise@udel.edu**.

Do Track & Field!

If you or someone you know is interested in Track & Field, sign up by contacting your Program Director or contact **bzullo@udel.edu** From the 100-meter walk to shot put to the long jump, athletes of all ability levels have numerous opportunities to compete in track & field events. Start your spring training, and get ready for the 2012 Special Olympics Summer Games Summer Games are set for June 8-9, 2012!



BASKETBALL SEASON STARTS SOON!

Basketball season starts up this winter after Jan. 1, 2012 - so don't forget to sign up for a team! If your team or school does not offer basketball and you'd like to join another team in your area, please **contact bzullo@udel.edu**.

In addition to team competition, Special Olympics Basketball also offers individual skills competitions to allow athletes to train and compete in basic basketball skills. Events are offered for all ability levels.

SUSSEX COUNTY YOUTH BASKETBALL SIGN-UPS ONLINE

Looking for athletes eligible for Special Olympics to come out and play team basketball in Sussex County.

All abilities are welcome - there is **NO COST** to participate! (Uniforms will be provided.)



WHO:

Special Olympics athletes (males and females ages 8-15) who are interested in Special Olympics Team Basketball.

WHEN:

Sundays starting Jan. 15, 2012 from 2-3:30pm.
Games will be held on the following Sundays:
(Jan.) 1/15, 1/22, 1/29 (Feb.) 2/5, 2/12, 2/19, 2/26

WHERE:

Beacon Middle School, 19483 John J. Williams Highway,
Lewes, DE

HOW TO REGISTER:

Come to Beacon Middle School on January 8 (2:00pm) to register and show your skills in practice OR register online by visiting www.sode.org - click on the Sussex County Youth Basketball Sign-ups button.

Questions? Contact **Jim Watson at 302.228.4235**.



POWERLIFTING TRAINING WITH LAW ENFORCEMENT!

Try the sport of powerlifting and participate in year-round training with Law Enforcement - and then compete at Summer Games! Powerlifting is a great sport for general fitness AND you can still participate in other sports.

WHO:

Special Olympics athletes (males and females ages 16 and above). Training will involve weights, dumbbells and machines and is geared for each athlete's capabilities. All strength levels are welcome.

WHEN & WHERE:

Trainings begin in early March at a location close to you. Times are TBD, but will be convenient for all. Trainings will be held once or twice a week for an hour each session. There will be a 12-week training period to prepare for Summer Games.

HOW TO REGISTER:

Go to our website at www.sode.org and click on "Sports and Competitions" then click on the "Powerlifting" tab. Register online using the link provided.

Questions? Contact **Gary Cimaglia at gcmag@udel.edu**.



Special Olympics
Delaware

Main Office:

619 S. College Ave.
Newark, DE 19716-1901
Phone: 302.831.4653
Fax: 302.831.3483

sode@sode.org

Websites: www.sode.org
www.plungede.org

Ann Grunert
Executive Director
302-831-3480
agrunert@udel.edu

STAFF

Jon Buzby
Director of Media Relations
302-831-3484
jbuzby@udel.edu

Gary Cimaglia
Senior Director of Sports
302-831-3481
gcimag@udel.edu

Ruth Coughlan
Director of Communications
302-831-4048
coughlan@udel.edu

Lisa Smith
Director of Special Events
302-831-3482
lismith@udel.edu

Cheryl Talmo
Office Manager
302-831-3223
ctalmo@udel.edu

Mark Wise
Director of Sports Training and
Volunteer Management
302-831-4669
mwise@udel.edu

Sue Zebley
Database Manager/Receptionist
302-831-4653
szebley@udel.edu

Brenda Zullo
Director of Athlete Development
302-740-1045
bzullo@udel.edu

Editors:
Ruth Coughlan
Jon Buzby



Law enforcement torch runners carry the torch through Wilmington en route to the 2011 Summer Games

That bond is made up of over 1,000 law enforcement personnel, including chiefs, patrolmen, officers, deputies, and agents from every branch of federal, state, county and municipal agencies. These individuals, collectively, have dedicated their time and support over the years to raising funds and awareness for over 3,500 Special Olympics Delaware athletes.

“It’s been an amazing partnership and a beautiful friendship,” Miller added.

In addition to raising funds and awareness, law enforcement officers are in attendance

to present medals at every single competition Special Olympics Delaware hosts. Location and size doesn’t matter. Whether it’s a small young athletes event in Felton or the Summer Games in Newark, police officers from every agency make sure the athletes feel honored not only by the medal hung around their neck, but by the person presenting it to them.

“Without a doubt, our athletes enjoy receiving a medal from a police officer as much as they would a celebrity or sports star,” said Ann Grunert, SODE executive director. “To them, the officer is a celebrity. The look on the athletes’ faces when they receive a medal from a uniformed police officer is absolutely priceless.”

The 100 miles trekked in 1987 proved to be just the first leg of what is now over 4,000 miles logged during 25 Torch Runs. As the miles have added up, so has the money, with nearly \$3.5 million raised.



“Special Olympics Delaware means everything to Delaware law enforcement,” Miller emphasized. “We thank them for allowing us to be a part of it.”

And to Delaware law enforcement: Special Olympics Delaware thanks you for 25 remarkable years.



REMINDER

Remember.... All athletes must have a current “Application for Participation” (Medical Release Form) on file with SODE before training sessions begin for Winter Sports. Forms are good for 3 years from the date of the physician’s signature. If you need to submit a new form, please keep in mind the following due dates:

| | |
|----------------------------------|---------------------------|
| ✓ Basketball and Winter Sports | Forms due by Jan. 9, 2012 |
| ✓ Rollerskating and Summer Games | Forms due by Apr. 9, 2012 |

IMPORTANT!
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.

carpe freezum

SEIZE THE FREEZE!

Join us for the coolest
event of the year at the
POLAR BEAR PLUNGE

weekend festival
February 3-5

at Rehoboth Beach

Dare to plunge for
a great cause
and take part in all the fun
weekend festivities!

Don't be left out
in the cold!



2012 Benefiting **SPECIAL OLYMPICS** Delaware

LEWES POLAR BEAR PLUNGE

WEEKend Festival
February 3-5, 2012
ReHOboth BeaCH, DE
PlunGE, SuNday @ 1 pm
www.plungede.org

5K rUn to the PlunGE Ice SculPting DeMonStration
PoLAr BeaR CaKE- Off ResTaUrant CHILI ConTest
ActiVitiEs for ChildRen & So mUch MoRe

Wawa Comcast

Sands CAPE-GAZETTE CMC THE LEWES POLAR BEARS

Special Olympics Ranked Number One Nonprofit For People With Disabilities



Washington, D.C. – 25 August 2011 – **Special Olympics** has earned the number one spot on a newly released national list of high-impact nonprofit organizations serving people with disabilities. Ranked first of 11 leading nonprofit organizations serving people with disabilities, Special Olympics was awarded this top distinction by Philanthropedia.

“On behalf of our entire Special Olympics movement worldwide, we are honored to be given this prestigious ranking from Philanthropedia,” said Dr. Timothy P. Shriver, Chairman and CEO of Special Olympics. “This recognition reflects the hard work of all our athletes, coaches, volunteers and leadership to show the world the power of sport to create acceptance and inclusion for people with intellectual disabilities.”

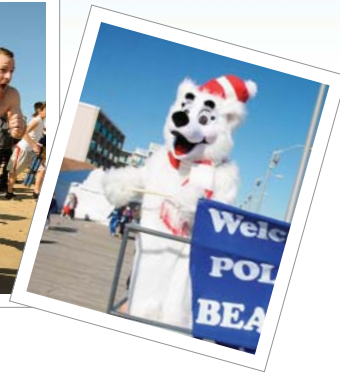
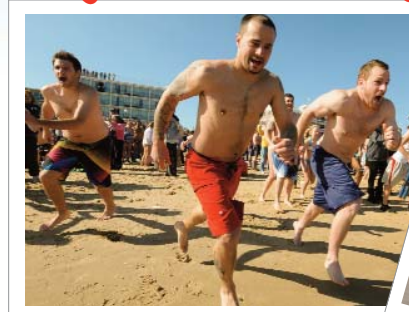
In the review, one expert commented, “Special Olympics International (SOI) was out front in breaking stereotypes about people with disabilities, especially developmental disabilities. SOI showed parents as well as the general public that the people with disabilities could be involved in sports and recreation, function as members of teams and live full lives.” Special Olympics was also recognized for its strengths in leadership marketing, as well as for its dedicated network of volunteers and organizational reach.



Saturday - Run to the Plunge and Polar Bear Cake-Off



Sunday - Polar Bear Plunge



PLUNGE WEEKEND SCHEDULE OF EVENTS

FRIDAY, FEBRUARY 3 5:00 p.m. - 8:00 p.m.:

Plunge registration/check-in open at the Atlantic Sands Hotel, located on Baltimore Avenue and the Boardwalk. Run to the Plunge participants may also register here on Friday night.

SATURDAY, FEBRUARY 4

9:00 a.m. - 3:00 p.m.: Polar Bear Cake-Off at the Rehoboth Beach Convention Center. Come see contestants from TLC's "Cake Boss: Next Great Baker" compete to see who can create the best Polar Bear Cake. Admission is free.

10:00 a.m.: Ice Sculpting Demonstration, sponsored by BOSS Enterprises.

10 a.m. - 1 p.m. and 5 p.m. - 9 p.m.: Plunge registration/check-in at the Atlantic Sands Hotel for Polar Bears only (runners must register at the Run on Saturday).

11:00 a.m.: Run to the Plunge registration/check-in under the tent near the Bandstand on Rehoboth Avenue.

1:00 p.m.: 5k Run/Walk to the Plunge

1:30 p.m.: Ice Sculpting judging (in front of Atlantic Sands Hotel)

3:00 - 6:00 p.m.: Chili Contest sponsored by Peninsula Oil & Propane

5:00 - 9:00 p.m.: Plunge registration/check-in at the Atlantic Sands Hotel.

SUNDAY, FEBRUARY 5

10:00 a.m.: Plunge registration/check-in opens under the tent on Rehoboth Avenue and the Boardwalk near the Bandstand.

1:00 p.m. sharp:

21st annual LEWES POLAR BEAR PLUNGE



Join us for the Apres Plunge Party at the Rehoboth Beach Convention Center immediately after the Plunge!

REGISTER ONLINE BY VISITING WWW.PLUNGEDE.ORG - It's as easy as 1-2-3!

1. Click on "Register Online". On the Firstgiving page, click the green button and Pre-Register with \$10 OR Register with the full \$50 minimum donation.
2. Continue to create your Firstgiving page and complete ALL steps until you finish payment.
3. You may continue to raise more funds through your personal Firstgiving page for added incentives. Send your link to family & friends!
4. **REMEMBER to register before January 26** to guarantee your Polar Bear Plunge sweatshirt on the day of the event!...
5. AND ... it's never too late to plunge! Last-minute polar bears can register on the day of the event and your Plunge sweatshirt will be mailed post-event.

Is your school COOL enough to plunge?

Cool Schools is an initiative that allows schools throughout the state to show their school spirit while showing their support for Special Olympics Delaware athletes by taking the Plunge.

Plus! Visit the Project UNIFY tent on the boardwalk and sign the banner to pledge *Respect* as part of the "Spread the Word to End the R-Word" campaign.

Want to start a Cool Schools team? Email us at unifySODE@gmail.com to get a free Plunge Toolkit complete with instructions, posters, cards, and recruit friends, family, teachers!

Go to www.plungeDE.org and click on Cool Schools for more information.





HEALTHY ATHLETES Update

HEALTHY NEWS YOU CAN USE



Volunteers from Bank of America (below) conducted the Healthy Athletes program at the 2011 NCCo soccer skills events at UD. A Bank of America employee helps a Special Olympics athlete at the balance beam station (top photo) and at the “healthy choices” nutrition table (shown above).



The newest component of Healthy Athletes made its debut at all three Special Olympics Delaware soccer skills events this fall. TRAIN — Testing Recreational Activities and Improving Nutrition — offers athletes the opportunity to learn about and participate in a variety of sports skills, nutritional choices, and healthy behaviors.

The sports skills stations included walking on a balance beam, testing flexibility by way of a sit-and-reach exercise, and performing a standing broad jump.

The nutritional component challenged athletes to make healthy drink and snack choices: Should you choose a bottle of water or a soda? How about a candy bar or a granola bar? Pretzels or chips?

At the healthy behaviors activity, athletes learned how to properly wash their hands by lathering up with a special lotion that, when held under a fluorescent light, showed what spots were missed.

Employees from Bank of America conducted the programs at the New Castle and Kent County events, while nursing students from Del.Tech-Georgetown led the activities at the Sussex

County event. As part of their hands-on experience, the nursing students evaluated the program and offered suggestions for the future, which were then shared with Special Olympics programs all over North America.



Nursing students from DelTech (Georgetown) help with the hand-washing station (top) and at the sit-and-reach station (above) during the Sussex County soccer skills event

Winter workout hints:

Chilly temperatures and early sunsets make it even more challenging to maintain a workout routine during the winter months. Yet, with the calorie-filled holidays upon us, it's more important than ever to keep up your exercise habits even as the temperatures plunge.

How many of us make it a New Year's resolution to work out, but by the end of January we are 5-10 pounds heavier than when the clocks changed back. Here are some hints to not only tackle weight loss down the road, but to prevent weight gain now.

1. Set an attainable walking distance for yourself each week and then plot out how you will obtain your goal. During a milder winter week you might be able to walk outside. But if not, be sure to get to the mall or some other indoor area where you can walk to reach your distance. If you walk at night, do so only in safe areas and always take a family member or friend with you.

2. Dust off that old exercise bike or treadmill. You'll be amazed that both can be used for more than hanging laundry. If you get bored too easily on either, try reading a book or watching a show. If you put your bike next to your bed, you might be more motivated to hop on it before your day even begins. Fifteen minutes while watching the morning news is better than nothing.

3. Ever get winded walking up the stairs in your house? Do it more often over the winter and watch how much easier it is to take the same trek in the spring.

4. Buy yourself the gift of exercise and join the local gym. You'll be amazed how much more motivated you are to go work out when you've already paid to do so.



EAT THIS ... NOT THAT

'Tis the season to eat. Let's face it, as much as we all enjoy the holidays for time spent with family and friends, we also look forward to holiday parties filled with all kinds of food and treats. 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*):

- No piece of pie is "good" for you, but one of the unhealthiest is pecan pie. One slice of pecan pie has 678 calories and 51 grams of fat. Most other popular pies have approximately 20 grams of fat and less than 500 calories. So if you must have a piece of pecan pie, try taking just half a slice.
- Most of us will eat at least one dinner at a mall while holiday shopping. When looking around the food court trying to decide which line to stand in, keep in mind a slice of Sbarro New York style thin crust chicken and vegetable pizza has 530 calories and 17 grams of fat, while a Panda Express portion of mushroom chicken with mixed vegetables contains just 200 calories and 10 grams of fat.
- Trying to decide between a Cinnabon or Mrs. Fields chocolate chip cookie for dessert? The Cinnabon has 730 calories and 24 grams of fat (and that's before you ask for the extra icing). The cookie is much better for you – "only" 210 calories and 10 grams of fat. Just remember, only buy one!



- Seafood is a popular New Year's Eve dinner, so if given the choice should you pick shrimp or a crab cake? Shrimp are virtually fat free and 12 of them combined contain just 165 calories. On the other hand, another popular seafood choice, a crab cake, has 290 calories and 19 grams of fat in just one. And let's face it, most of the time a platter comes with two. So if possible, pick the shrimp. Or if you have to eat a crab cake, make it just one.



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.

Special Olympics Delaware Empowerment Conference Sunday, January 8, 2012

SPONSORED BY:



HURRY! Families and athletes can still register online at www.sode.org. Click on the "Empowerment Conference" button and follow instructions for online registration. For more information, please contact Brenda Zullo at bzullo@udel.edu.

★ FOR ATHLETES:

NINE exciting workshops to choose from!

- Basic First Aid
- Be More than an Athlete (Learn about coaching, etc.)
- Just Dance
- Glamorous! (Make a positive first impression)
- Zumba
- Emergency 911 (Emergency preparedness)
- Intro to "Communicate with Confidence"
- Art for the Brain
- Dollars and Sense



Plus - don't miss special guest speaker Karen Gaffney!

In 2001, Karen Gaffney completed a relay swim of the English Channel, the first person with Down

Syndrome ever to do so. In 2007, she became the first person with Down Syndrome to swim across Lake Tahoe, a distance of nine miles; a documentary was made about her swim titled "Crossing Tahoe: A Swimmer's Dream." During her life, she has completed 16 swims across San Francisco Bay, including the Escape from Alcatraz (triathlon).

★ NEW! FOR PARENTS AND FAMILIES:

BODIES, BOUNDARIES AND HUMAN SEXUALITY - (with Q&A session)

This workshop is designed to help parents and guardians become more comfortable and confident addressing sexuality issues that commonly surface among people with intellectual disabilities, as well as understand roles they play in supporting sexual learning. A Q&A session will be held after the break.

Presenter: Terri Couwenhoven, M.S., - Clinic Coordinator for the Down Syndrome Clinic of Wisconsin at Children's Hospital of Wisconsin



CAN WE TALK? (Parenting Forum)

Casual roundtable discussions intended as an open forum to help parents and families speak candidly about the struggles and joys of living with a child or family member with special needs.

Moderator: Teesie Bonk - Down Syndrome Association of Delaware

Special Olympics Athlete Leadership Program



Shown above (left to right): Alex Brathwaite, Scott Howard (toastmaster), Jordan Little, Lynn Marie Devaughn (toastmaster), Sasha Hudson, Elerese Thomas, Ginger Shaud. Not pictured: Will Gibbs, Kim Jones and Laura Passwaters.

Communicate with Confidence!

On November 5, Special Olympics Delaware celebrated the achievements of eight more athlete speakers as they gave their final presentations at the 2011 fall class of "Communicate with Confidence", an athlete leadership initiative.

Conducted by Toastmasters from Bank of America and W.L. Gore, athletes learned tips and techniques of effective communication in social settings, and each gave a three- minute presentation about their involvement in Special Olympics. These athletes join other athlete speakers as they promote self-confidence, independence and empowerment.

For more information on the next round of classes in February, contact Brenda Zullo at bzullo@udel.edu.

Dodgeball



Madness

Date: Saturday, March 24, 2012

Delaware Law Enforcement for Special Olympics is hosting the second annual Dodgeball Tournament at Caesar Rodney High School.

Teams must be made up of at least six players who are ages 16 and older (teams may enter up to two substitutes). All teams will be guaranteed five games with trophies awarded to first, second and third place teams.

For more information, contact Lisa Smith at lismith@udel.edu or call 302-831-3482.

DELAWARE NATIONAL GUARD **PLANE PULL** *benefiting Special Olympics Delaware*

Date: Sunday, May 6, 2012

The Delaware National Guard will host the Plane Pull event at the Delaware Air National Guard Base in New Castle on Sunday, May 6, 2012.



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.**



**Scratch this off your bucket list ...
Online registration is open!**

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 \$1,000) and their heart rate, for this once-in-a-lifetime experience of rappelling 17 stories down one of Wilmington's premiere business locations. Be a fan of bravery ... be a fan of fun ... and GO OVER THE EDGE for Special Olympics Delaware! **For more information, contact Ann Grunert at agrunert@udel.edu or visit our website at www.sode.org.**



**SAVE THE DATE
THURS. MAY 10, 2012**

Over the Edge building location is 300 Delaware Ave. in downtown Wilmington.



Special Olympics
Delaware
 Be a fan™

Non-profit Org.
US POSTAGE
PAID
 Wilmington, DE
 Permit No. 704

University of Delaware
 Newark, DE 19716-1901
 Phone: 302-831-4653
 FAX: 302-831-3483

www.sode.org
 www.plungede.org



2012 Special Olympics Delaware Calendar of Events

| | | |
|----------------------------|--|-------------------------------|
| Sunday, January 8 | Empowerment Conference | Clayton Hall, UD |
| Sunday, January 8 | Project UNIFY Leadership Conference | Clayton Hall, UD |
| Sunday, January 15 | Basketball Tip-off & Coaches/Athletes Clinic | UD Field House |
| Friday, February 3 | Plunge Check-in/Registration begins | Sands Hotel, Rehoboth Beach |
| Saturday, February 4 | Run to the Plunge / Polar Bear Cake-Off | Rehoboth Beach |
| Sunday, February 5 | Lewes Polar Bear Plunge | Rehoboth Beach |
| Sun.-Tues., February 12-14 | Winter Games | Johnstown, PA |
| Tuesday, Feb. 28 | Basketball Skills (Kent Co.) | DSU |
| Thursday, March 1 | Basketball Skills (New Castle Co.) | UD Field House |
| Friday, March 2 | Basketball Schools Team Tournament | UD Field House |
| Saturday, March 3 | Basketball Community Team Tournament | UD Field House |
| Thursday, March 8 | Basketball Skills (Sussex Co.) | Sussex Tech HS |
| Saturday, March 24 | Dodgeball Madness | Caesar Rodney HS |
| Thursday, April 5 | Kent Co. Community School MATP Aquatics | KCCS |
| Sunday, May 6 | Plane Pull | Delaware Air Natl. Guard Base |
| Thursday, May 10 | Over the Edge | 300 Delaware Ave., Wilm. |
| Friday, June 8 | 2012 Summer Games / Opening Ceremonies | Bob Carpenter Center |
| Saturday, June 9 | 2012 Summer Games | UD Sports Complex |

THANK YOU TO OUR YEAR-ROUND SPONSORS:

