COOL EVENTS coming up!

Kick off the holiday season with a fun run/walk that supports a great cause. Be a fan of Special Olympics!

5K REINDEER RUN and ROMP
Friday, December 6, 2013 in Downtown Newark
Awesome nighttime run - let the festivities begin!

The 8th annual Reindeer Run & Romp is a 5K loop beginning at Academy Street and Delaware Avenue (start line is in front of the Aetna Fire Station in downtown Newark) and is held in conjunction with the City of Newark’s Department of Parks & Recreation “Winterfest” celebration. It is the perfect way for the community, families and friends to support Special Olympics Delaware!

RUNNERS AND WALKERS ARE WELCOME!
PRE-REGISTER online or download the registration form at www.sode.org.
Race Packets will be available for early pickup on Wednesday (12/4) at the Wilmington Running Company in Greenville and on Thursday (12/5) at the Special Olympics office. On-site Registration opens at 5:00pm at the Aetna Fire Station on Academy Street and Delaware Avenue in Newark.

11th Annual Turkey Trot

Get moving after you gobble, gobble and have some fun at the Sea Colony Turket Trot!

SUNDAY, DECEMBER 1, 2013
Race Start is 9:00am
Registration begins 7:00am at the Freeman Fitness Center located one mile west of Route 1 and Sea Colony Marketplace. The first 200 participants receive a race T-shirt.

For more information, please call (302) 539-4511.
Special Olympics 2014 USA Games

WHEN:  JUNE 14 – 21, 2014

The Special Olympics USA Games will be hosted by New Jersey June 14-21, 2014. Nearly 3,500 athletes will compete in 16 Olympic-style team and individual sports, with the support of 1,000 coaches, 10,000 volunteers and 70,000 family, friends and spectators. The Special Olympics USA Games will celebrate the Special Olympics movement, promote the ideals of acceptance and inclusion through sport and showcase athletes from throughout the U.S. and the abilities of people with intellectual disabilities. The 2014 USA Games will also highlight Special Olympics’ work in sport, education, health and communities.

Founding partners for the 2014 Special Olympics USA Games include Barnabas Health, HESS, PSE&G, ShopRite, Toys “R” Us and the WWE.

Congratulations!

2013 Special Olympics Delaware - Outstanding Awards

Wawa
OUTSTANDING CORPORATION

Good Sam RV Club
PRESIDENT’S AWARD

Delmarva Broadcasting Company
OUTSTANDING MEDIA

Delaware State Fair, Inc.
OUTSTANDING ORGANIZATION

Danny Hall
OUTSTANDING VOLUNTEER

Elizabeth Nolan
OUTSTANDING ATHLETE

Janie Miller
LIFETIME ACHIEVEMENT

The Jasper Little Family
OUTSTANDING FAMILY

Tim and Becky Arnold
OUTSTANDING COACHES

Daniel Keever
OUTSTANDING YOUTH LEADER

Special Olympics Delaware: One Team, One Vision.
### Team Delaware

**Special Olympics 2014 USA Games**

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<th>Role</th>
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<td><strong>Hd. of Delegation (HOD)</strong></td>
<td>Mark Wise</td>
<td><strong>Bocce Head Coach</strong></td>
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<td>Tim Kiser</td>
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<td><strong>Basketball</strong></td>
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<td>Samantha Cox (Athlete)</td>
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**Middletown High School Unified Soccer Team**

- Unified Soccer: Ian Satch (Athlete)
- Unified Soccer: Nadya Moore (Athlete)
- Unified Soccer: Sarah Kenney (Athlete)
- Unified Soccer: Kyle Morris (Athlete)
- Unified Soccer: Mikayla Buterbaugh (Athlete)
- Unified Soccer: Kylee Derrickson (Unified Partner)
- Unified Soccer: Josh Derrickson (Unified Partner)
- Unified Soccer: Alexis Meehan (Unified Partner)
- Unified Soccer: Michael Flanagan (Unified Partner)
- Unified Soccer: Mackenzie Frail (Unified Partner)

**Congratulations to all our participants for representing Team Delaware!**

**Team Delaware is proudly presented by Wawa.**
Special Olympics athletes saddle up at Equestrian Competition

By Matthew Speiser

WILMINGTON – On September 21, more than 65 athletes saddled up to partake in the age old sport of equestrian at the Carousel Park Equestrian Center in Wilmington.

The riders hailed from all over the Delaware and Pennsylvania area, donning their breeches and chaps, eager to showcase their skills to friends and family on this warm Saturday in early autumn. The athletes competed in various equine events, including Dressage, English Equitation, Stock Seat Equitation, and Working Trails.

“I’ve never rode in front of a crowd before, but I’m not nervous, I’m excited,” said Lara Bruno, a first-time Special Olympian and honorary torchbearer for the day’s festivities.

Lara and her horse, Auggie, performed their way straight on to the podium, where Lara received her first ever medal to a bevy of cheers from the audience, which included many of the riders’ family members and friends.

“For children with stiff muscles and who are gait walkers, riding a horse sort of mimics the movement of walking,” explained Gabby Cohen, mother of Tracy Cohen, a rider with Cerebral Palsy from the Ivy Hill Equestrian Center in Bucks County, Pa. “It helps with coordination, balance, and fine motor skills. It also helps with attention, following directions, and verbalization because there is a sort of connection between the rider and the animal.”

Carly Thompson is the woman responsible for making this event possible each year. Thompson is a volunteer with Special Olympics Delaware and also runs the therapeutic riding program at Carousel Park. She has been riding since she was a young girl and has always been fascinated by the benefits therapeutic riding can have on children with special needs. Upon graduating, Thompson implemented a therapeutic riding program right in her hometown.

“I think it is very important that there are programs like this around,” she explained. “I think it is very important that we offer it to these people because it’s amazing to see what they can do on a horse.”

The awards podium remained crowded all afternoon and the horses kept rotating in and out of the stables, their coats glistening in the September sun, ready to bring their riders to glory. As the judges placed a medal around Tracy Cohen’s neck for her performance in English Equitation, her mother, Gabby, stood there snapping pictures and chanting her name.

“What I like most about this event is your chance to see your child do something that other children without special needs sometimes can’t even do, it’s a very proud moment,” Gabby said beaming.

She then turned to embrace her daughter as she ran off the stage and leaped into her mother’s open arms.

Matthew Speiser, a UD senior, is an intern with SODE.
Inaugural ‘Spring Training’ event is March 9

Our athletes, coaches and families have spoken …

A recent survey almost unanimously revealed that there are several reasons Healthy Athletes components were not as well attended as “expected” at recent Special Olympics competitions.

“We don’t have time between competitions.” “We’d rather spend our breaks hanging out with friends from other teams we don’t otherwise see.” “We like watching our teammates play their games.”

All very valid and understandable reasons that fewer than 25 percent of registered athletes at a competition took advantage of the opportunity to have their teeth, ears, eyes or feet examined by medical professionals and in some cases receive free glasses, molded insoles or hearing aids. But we also feel very strongly that this is a valuable opportunity not only for our athletes, but for the medical professionals — and in some cases, students in training — to gain valuable experience working with our population.

And we listened …

On March 9, 2014, at Clayton Hall on the University of Delaware campus, Special Olympics Delaware will take the tarps off the inaugural Spring Training event. The anchor components are the four major Healthy Athletes screenings: Special Smiles, Opening Eyes, Healthy Hearing and Fit Feet.

In addition, fun and educational activities and sessions — including music, food and dancing — are going to be offered for athletes, Unified partners, caregivers and other family members, making this event attractive to the entire Special Olympics family.

The event is open to all Areas, but we also plan to offer Spring Training downstate in 2015 and then alternate upstate and downstate in subsequent years.

Stay tuned as more information will follow. But for now, mark your calendars for March 9 as we look forward to starting a new annual rite of spring.
HEALTHY NEWS YOU CAN USE

Healthy winter hints:

The clocks have fallen back and the cold weather is quickly setting in. Both are great excuses, or at least ones people use, not to work out or to shorten the exercise routine you do have. But unfortunately, when it gets dark earlier we tend to linger inside longer, with the pantry and refrigerator just a few steps away from the couch we are sitting on. The temptation is obvious, as will the weight gain be if you aren’t careful.

So how can you avoid putting on extra pounds during the winter months?

1. Go outside. Easier said than done, but just because it’s colder outside doesn’t mean that you can’t be outside. You might not want to play baseball, but bundle yourself and the kids up and head out for a winter walk. Not only are you exercising, but just as importantly, you are staying away from the temptation to snack purely out of boredom.

2. Avoid the kitchen. If you have to be inside, if at all possible hang out in a room that’s on a different floor than the kitchen. Think back to the last time you were in the basement and needed something upstairs but decided it wasn’t important enough to trudge up the steps to get it. Snacks fall into that category too.

3. Keep a workout routine. If you spent all summer and fall running or walking and it just gets too cold to do so outside, try to come up with alternatives inside. Which activity burns more calories: playing cards or engaging in an intense game of air hockey or table tennis? How about dusting off that exercise bike or doing an aerobic or other exercise workout while following along on a DVD. Anything is better than sitting and watching reruns on television.

4. Limit desserts. If you find yourself exercising less, the only alternative might be to eat less. Think about what sweets you eat during the day. On average, people have a dessert after lunch and dinner and then inevitably an “extra” sweet or two at some point in the day. It might be a pastry in the morning with breakfast, a candy bar in the middle of the afternoon or bowl of ice cream right before bedtime. If you can eliminate at least one of those extra sweets, most likely you’ll be saving at least 200 calories each day. Imagine the benefits if you eliminate two … or even all three.

Sitting down for the Feast

Thanksgiving might be the one day of the year when you can say, “I ate enough today for the entire week,” and it’s not an exaggeration. There’s a reason you sit down to a “feast” and not just a meal. But you can enjoy the feast, and even have seconds, without paying for it at your waistline.

Sure, the first time the food is passed, take a little bit of all your favorites. But when it’s time for seconds, keep these facts in mind.

1. A wing with skin (256 cal.) has almost 100 more calories than a piece of white meat without skin (158 cal.)

2. Love your potatoes? The second time around skip the sweet ones. One cup with marshmallows has more than 550 calories.

3. Pass the gravy? How about pass it along. Adding a very small amount to one food isn’t bad. But does that really ever happen at Thanksgiving? For your second round, keep it dry.

4. For your second slice of pie, avoid pecan. An average slice has more than 500 calories and 27 grams of fat vs. the same size slice of pumpkin (300 cal., 14g fat).

Bank of America

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.
SPORTS UPDATE . . .

Get in the game and try a new sport! All athletes who train in a winter sport are eligible to participate at the state level competition. Winter gear and equipment are provided for each athlete by Special Olympics Delaware at no charge. Call your Area Director today for more information on how to sign up!

FIGURE SKATING

Come join us -- Special Olympics Figure Skating has begun! We are skating at the Skating Club of Wilmington on Wednesday evenings from 6:45-7:40 pm.

We have people of all abilities and there is no charge to participate. Sessions will be running in Wilmington until PA Winter games in February.

You may use your own skates or you may use rentals. To be prepared please plan on wearing knee-high thin socks, yoga pants or sweat pants (snow pants may be restrictive; no jeans please), layering shirts, and gloves. Long hair should be tied back with a hair band. The program will then continue at the University of Delaware Fred Rust Arena for the spring and summer sessions during the least crowded learn to skate classes (either Tuesday, Wednesday or Saturday.) Please contact Heidi Mizell at Heidi.Mizell@delautism.org or 302-224-6020 for more information on Figure Skating.

IMPORTANT:

All participating athletes must have a current “Application for Participation” (medical release form) on file with our Special Olympics office before training sessions begin for any sport. Forms are good for 3 years from the date of the medical professional’s signature.

Due dates to submit your medical release form for Winter Sports and Bowling is by November 25, 2013. Due dates to submit your medical release form for Basketball is by February 10, 2014.

NEW! Team Spiritwear Apparel:

If you have missed the window of opportunity to purchase Area team apparel in November, don’t worry ... a second round of orders will be placed by February 2014 for the spring sports season! Keep checking the website for the spring order form after January 1, 2014. Anyone who wishes to place an order must submit a complete form with payment to the Special Olympics Delaware office.

SPECIAL OLYMPICS DELAWARE: ONE TEAM, ONE VISION.
Dash over to the Reindeer Run

Friday, December 6
Downtown Newark
with luminaria-lit trails

Fun for the whole family ... holiday-inspired merriment!

- Entry fee is $25 for pre-registered participants; $30 for day-of registration. All registered participants will receive a cool long-sleeve event T-shirt & jingle bells.
- Chip timing for runners provided by Mid-Atlantic Timing and sponsored by Gore Running Wear™.
- Course lit by luminaries & holiday entertainment.
- Antlers will be available for purchase ($1); free face-painting for children.
- Post-event refreshments
- Goodie bag & discounts offered by downtown Newark merchant (must show bib number to qualify for discounts.)
- SODE athletes participating in Long Distance Running/Walking will compete at the 5K event!

Avoid the lines and check in early

Early Check-in and Registration

Wednesday, Jan. 29  8:00am-7:00pm
Special Olympics office in Newark

Friday, Jan. 31  5:00-8:00pm
Atlantic Sands Hotel, Rehoboth

Saturday, Feb. 1  4:00 - 8:00pm
Atlantic Sands Hotel, Rehoboth

RUN TO THE PLUNGE
Register today for the 5K run/walk and then

TAKE THE PLUNGE!
Take a dip in the chilly waters on February 2, 2014 and leave with the warm feeling of helping a great cause! If you can raise $75 in donations, you can participate in the 23rd annual POLAR BEAR PLUNGE to benefit Special Olympics Delaware. Grab your friends, your co-workers and your family -- and make it a team effort!
2014 PLUNGE FESTIVAL

JANUARY 31 - FEBRUARY 2, 2014

FRIDAY, JANUARY 31
5:00 p.m. - 8:00 p.m.
Plunge registration and Plunge early check-in opens at the Atlantic Sands Hotel, located on Baltimore Ave. and the Boardwalk. Run to the Plunge participants may also register here on Friday night.

SATURDAY, FEBRUARY 1
10:00 a.m.: Ice Sculpting Demonstration at the Rehoboth Bandstand.
11:00 - 12noon: Pooch Plunge on beach at the end of Rehoboth Ave.
10am - 4:00 p.m.: Convention Center Activities
   Ice Cream Throwdown
   Hot Wing Sampling
   Children’s games and activities
   TOMS (buy a pair, a pair is donated)
   Photo Booth
1:00 p.m.: 5K Run/Walk to the Plunge
1:30 p.m.: Ice Sculpting judging
3:00 - 5:00 p.m.: Restaurant Chili Contest
4:00 - 8:00p.m.: Plunge registration/early check in. (Atlantic Sands Hotel)

SUNDAY, FEBRUARY 2
10:00 a.m.: Plunge check-in and Day-of (walk-in) registration opens on Rehoboth Avenue and the Boardwalk near the Bandstand.
1:00 p.m. sharp: LEWES POLAR BEAR PLUNGE
Sponsored by Wawa and Comcast.
Join us for the Apres-Plunge Party at the Rehoboth Beach Convention Center immediately after the Plunge!

CREATE A TEAM ... BRRRRRRRING IT ON!

Whether your family and friends want to form a big team or you have a company or business team that want to join you for this great cause, it’s simply more fun to PLUNGE TOGETHER!
Join us on Sunday, February 2 for the Polar Bear Plunge to benefit Special Olympics Delaware and dare to make a difference!
All team members must register as individual Polar Bears. Pre-register before the deadline and receive your hoodie sweatshirt at the Plunge!

BE BOLD ...GET COLD!
Join the Cool Schools challenge and get your team signed up! Cool Schools is about schools taking the plunge to promote awareness, acceptance and respect of Special Olympics athletes through Project UNIFY. Students, teachers, family and friends can join your team! Visit www.plungede.org to register yourself today. PLUS ... Help us to kick off the Spread the Word to End the Word campaign on the boardwalk!
Schools are back in session and so is Special Olympics Project UNIFY! More than 230 participants attended the SODE Project UNIFY youth leadership conference on October 17. With 180 students and faculty members representing 18 Delaware high schools, the conference was full of enthusiastic youth eager to learn more about social inclusion, creating welcoming schools that value all people, and how small steps toward leadership can create a big impact.

Special Olympics Project UNIFY® is a national education-based program that uses the sports and education initiatives of Special Olympics to activate youth to promote school communities where all young people are agents of change – fostering respect, dignity and advocacy for people with intellectual disabilities.

Check out our new Project UNIFY page at www.sode.org/project-unify to learn more about this youth initiative! For questions on how to get your school involved, contact Kylie Melvin (kymel@udel.edu) or Ruth Coughlan (coughlan@udel.edu).

The spring sessions of Communicate with Confidence will be held in Newark and Dover beginning late February. Conducted by members of Toastmasters, athletes and their mentors meet for eight weeks to learn how to express themselves and give award presentations! Interested athletes and mentors should contact Brenda Zullo at bzullo@udel.edu or 302-831-3479.

SPRING TRAINING
Get ready for Spring Training 2014! This will be our first ever SODE health event, featuring Healthy Athletes stations and fun health-related activities. Mark your calendars for Sunday, March 9 at Clayton Hall, UD campus in Newark. (See p. 5 for information.)

Thank you to University of Delaware Student Athlete Advisory Council (SAAC) and Law Enforcement for a successful Pigskin Pass event on November 2, 2013!

Delaware and Maryland student athletes took part in the 2013 Pigskin Pass to benefit Special Olympics Delaware and Maryland. The Blue Hens ran a football from Newark to Aberdeen, Md., and passed it off to Towson student-athletes who took it the rest of the way to Towson - a combined distance of 58 miles! Our sincere thanks to all student-athletes who raised over $21,000 for the Special Olympics programs in Maryland and Delaware!

SODE athlete, Laura Scott, poses with Special Olympics Maryland athletes during halftime at the UD vs. MD football game at Towson University.

Raise money for Special Olympics while you walk, run or bike with Charity Miles
Take your cellphone with you when you walk, run or bike and you can raise money for Special Olympics through Charity Miles! Just download the Charity Miles app, sign up, and when you get ready to head out to exercise, log in, choose Special Olympics as your charity of choice, and start moving. You’ll earn 25 cents for every mile you walk or run and 10 cents for every mile you bike (a GPS system tracks your mileage). What an easy, great fundraiser -- it’s a no-brainer! So be sure to download the app and sign up before your next workout. (Hint: be sure to enable your location services in your phone settings.)
Newark Dragons sports have taken over the city! With Volleyball, Bocce, Flag Football, Soccer, and Long Distance Running all in full swing, our athletes are training hard in preparation for several competitions throughout the fall. Thanks to our wonderful coaches, the athletes are all smiles as they build their skills while having a great time. Be on the lookout for anyone sporting a Dragons T-shirt around town, and be sure to ask them how much fun they’re having! As always, please contact me to see how you can get involved.

**AREA PROGRAM: Newark Area**

**SODE - NEWARK DRAGONS**

**AREA DIRECTOR: TIM KISER**

Email: sode.newark@gmail.com  
Phone: 302-593-0052

Newark Dragons Holiday Party!

**When:** Sunday, Dec. 8  
**Where:** George Wilson Comm. Center in Newark  
**303 New London Rd.**  
**Time:** 2:30 to 4:30pm

Music and refreshments! Donations of cookies that can be shared will be appreciated. Please RSVP to Connie Callahan at call2135@msn.com or 302-731-4612 by Monday, December 2. Thank you!

**Bowling:** Practices are Saturdays 9-11am at AMF Price Lanes on Kirkwood Hwy., beginning Nov. 9 - Jan. 4.

**Fitness Fridays:** Friday nights at the Hockessin Athletic Club from Dec. 6 - Dec. 20. It’s free and open to athletes ages 13 and older. Contact Mark Wise at mwise@udel.edu.

**COMING SOON:**

**Holiday Party on Sunday, Dec. 8**

**Newark Dragons Holiday Party!**

**When:** Sunday, Dec. 8  
**Where:** George Wilson Comm. Center in Newark  
**303 New London Rd.**  
**Time:** 2:30 to 4:30pm

Music and refreshments! Donations of cookies that can be shared will be appreciated. Please RSVP to Connie Callahan at call2135@msn.com or 302-731-4612 by Monday, December 2. Thank you!

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**Social Manager:** Connie Callahan  
**pek@udel.edu**

**Volunteer Manager:** Sherri Close  
**libbabyangel0000@aol.com**

**Family Liaison:** Pam Rhea  
**rhea1357@comcast.net**

**Athlete Liaison:** Laura Kelly  
**geneg1221@comcast.net**

**Area Director:** Tim Kiser  
**sode.newark@gmail.com**

**Athlete Liaison:** Gene Giuliani Jr.  
**geneg1221@comcast.net**

**Athlete Liaison:** Susan Whittig  
**swhittig@gmail.com**

**Athlete Leadership Coordinator:** Pat Kelly  
**pek@udel.edu**

**Family Liaison:** Pam Rhea  
**rhea1357@comcast.net**

**Social Manager:** Connie Callahan  
**call2135@msn.com**

**Volunteer Manager:** Sherri Close  
**libbabyangel0000@aol.com**

**Registration Manager:** Rose Dagg  
**Busymom1027@aol.com**

**Group Home Liaison:** Rose Dagg  
**Busymom1027@aol.com**

**Area Director:** Tim Kiser  
**sode.newark@gmail.com**

**Athlete Liaison:** Gene Giuliani Jr.  
**geneg1221@comcast.net**

**Athlete Liaison:** Laura Kelly  
**geneg1221@comcast.net**

**Athlete Leadership Coordinator:** Pat Kelly  
**pek@udel.edu**

**Family Liaison:** Pam Rhea  
**rhea1357@comcast.net**

**Social Manager:** Connie Callahan  
**call2135@msn.com**

**Volunteer Manager:** Sherri Close  
**libbabyangel0000@aol.com**

**Registration Manager:** Rose Dagg  
**Busymom1027@aol.com**

**Group Home Liaison:** Rose Dagg  
**Busymom1027@aol.com**

**YAP**

**MATP**

**Volleyball:** Lynne Sheats  
**sharyn.sheats@siemens.com**

**Bocce (4 person):** Steff Dickson  
**stephanie.dickson@siemens.com**

**Soccer:** Therea Moore  
**tmoorede@comcast.net**

**Flag Football:**

**Masters Sports**

**Cycling**

**Golf:** Bob Kearns  
**bobkjpm@verizon.net**

**Long Distance Running**

**Equestrian**

**Winter Sports (Alpine, Snowshoe, Cross Country):** Kevin Chong  
**enon125@gmail.com**

**Bowling:** Bonne Smith  
**BL5smith800@comcast.net**

**Figure Skating:** Heidi Mizell  
**Heidi.Mizell@delautism.org**

**Basketball:** Stephanie Woodard  
**newarkdragonsbasketball@gmail.com**

**Aquatics:** Erin Lawler  
**emlawler50@gmail.com**

**Athletics:** Dwayne Olivieri  
**dolivieri@comcast.net**

**Bocce (2 person):** Steff Dickson  
**stephanie.dickson@siemens.com**

**Roller Skating**

**Softball**

**Powerlifting:** Sara Jastrebski  
**sjaustrebski@gmail.com**

**Tennis:** Corrine Pearson  
**soaringeagle14@verizon.net**

**Winter**

**Spring**
### Sussex RipTide

**AREA DIRECTOR: KRIS JARECKI**  
Email: sode.esussex@gmail.com  
Phone: 302-245-6945  

**ASST. AREA DIRECTOR: CAROL BREEDING**  
Email: sode.wsussex@gmail.com  
Phone: 302-542-6465

---

**SPORTS UPDATE**

**Basketball:**  
Practices are Sundays at Beacon Middle School, beginning Jan. 5 or 11 (TBA closer to date)  
1:00 - 2:30 for ages 8-16 and  
2:30 - 4:00 for ages 17 and older.

**Bowling:**  
Practices are 1:00 p.m. at Seaford Bowling Lanes on the following remaining Saturdays: Nov. 9, 16, 23; Dec. 14, 21.  
Practices also held on Tuesdays at 4:45 p.m. at Millsboro Lanes beginning November 5.

Thank you coaches, athletes and volunteers for making the Cycling event a lot of fun!
If you are interested in serving in an Area Leadership role that is vacant, please contact your Area Director.

**SODE - MOT TIGERS**  
**AREA DIRECTOR: BONNIE WAGNER**  
Email: sode.mot@gmail.com / Phone: 302-740-9108

**MOT Area Swim Director Needed:**

The MOT area is in need of a swim director and swim volunteers. The season runs from March until June. If interested, please contact Bonnie Wagner directly for more details by email at sode.mot@gmail.com or 302-740-9108.

**Bowling:**

Mid-County Bowling Alley (Middletown) on Saturdays from 2 - 4. Contact Matt Mahoney at crabduck8@verizon.net. Bowlerama (New Castle) on Sundays from 1-3. Contact Ed & Shirley Redmond at eredm97@aol.com.

---

### Area Program: MOT Area

<table>
<thead>
<tr>
<th>Area Director</th>
<th>Bonnie Wagner</th>
<th><a href="mailto:sode.mot@gmail.com">sode.mot@gmail.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Athlete Liaison</td>
<td>Glen Scrafford</td>
<td><a href="mailto:shirleylafrancis@aol.com">shirleylafrancis@aol.com</a></td>
</tr>
<tr>
<td>Athlete Liaison Mentor</td>
<td>Wanda Scrafford</td>
<td><a href="mailto:shirleylafrancis@aol.com">shirleylafrancis@aol.com</a></td>
</tr>
<tr>
<td>Family Liaison</td>
<td>Kim Bates</td>
<td><a href="mailto:kabates66@aol.com">kabates66@aol.com</a></td>
</tr>
<tr>
<td>Social Manager</td>
<td>Ursula Graves</td>
<td><a href="mailto:ladybee073@msn.com">ladybee073@msn.com</a></td>
</tr>
<tr>
<td>Volunteer Manager</td>
<td>Rebecca Hallett</td>
<td><a href="mailto:rebecca.hallett2010@verizon.net">rebecca.hallett2010@verizon.net</a></td>
</tr>
<tr>
<td>Volunteer Manager</td>
<td>Ron Hallett</td>
<td><a href="mailto:runrun155@verizon.net">runrun155@verizon.net</a></td>
</tr>
<tr>
<td>Registration Manager</td>
<td>Susan Scott</td>
<td><a href="mailto:susanscott31@verizon.net">susanscott31@verizon.net</a></td>
</tr>
<tr>
<td>Registration Manager</td>
<td>Jean Beck</td>
<td><a href="mailto:jeanbeck@comcast.net">jeanbeck@comcast.net</a></td>
</tr>
<tr>
<td>Group Home Liaison</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| YAP | Rebecca Hallett | rebecca.hallett2010@verizon.net |
| MATP | | |

| Volleyball | Kathy Denny | kdenny01@yahoo.com |
| Bocce (4 person) | Pat Bomba | pdbomba@yahoo.com |
| Soccer | Chris Popp | christopher.popp@state.de.us |
| Flag Football | Alex Poholsky | apoholsky@gmail.com |
| Masters Sports | | |
| Cycling | | |
| Golf | | |
| Long Distance Running | Dana White | dnwhite1@comcast.net |
| Equestrian | | |

| Winter Sports (Alpine, Snowshoe, Cross Country) | | |
| Bowling | Ed & Shirley Redmond | eredm97@aol.com |
| Bowling | Matt Mahoney | crabduck8@ymail.com |
| Figure Skating | | |
| Basketball | Bruce Graves | bgravesfam@msn.com |

| Spring | | |
| Aquatics | | |
| Athletics | | |
| Bocce (2 person) | Pat Bomba | pdbomba@yahoo.com |
| Roller Skating | | |
| Softball | Theresa Constantini | tconstantini012@verizon.net |
| Powerlifting | | |
| Tennis | | |

---

Coach Chris Popp leads a drill with athlete Jamie Wagner at soccer practice. Vicky Bogia, team volunteer, looks on and supports the athletes.
## SODE - WILMINGTON AREA
**AREA DIRECTOR:** Dave Cloud  
Email: sode.wilmington@gmail.com  
Phone: 302-416-0041

### AREA PROGRAM: Wilmington

**If you are interested in serving in an Area Leadership role that is vacant, please contact your Area Director.**

### Athlete Liaison
- Matt Montgomery  
  Email: mattmontyhhst@gmail.com
- David McElrath  
  Email: davidmcelrath82@yahoo.com
- Brian Truitt  
  Email: bmillstonebt@gmail.com
- Paula Talarowski  
  Email: paula@talarowski.com
- Phil Saxon  
  Email: phil.saxon@state.de.us

### Athlete Leadership Coordinator
- Cyndi White  
  Email: partywith5@verizon.net

### Family Liaison
- Shirley Bailey  
  Email: Shirley.Bailey@nemours.org
- Karleen O'Brien  
  Email: kobrien@marycampbellcenter.org

### Social Manager
- Fred Bevans  
  Email: fbevans328@aol.com
- Mary Giles  
  Email: wallab130@aol.com

### Volunteer Manager
- John Olley  
  Email: wehaykids12@verizon.net

### Registration Manager
- Linda Cardall  
  Email: lcard2503@aol.com
- Judy Little  
  Email: little@csi-de.org

### Group Home Liaison
- Linda Cardall  
  Email: lcard2503@aol.com

### Volunteer Manager
- Debbie McCann  
  Email: debramccann@verizon.net
- Mary Giles  
  Email: wallab130@aol.com

### Registration Manager
- John Olley  
  Email: wehaykids12@verizon.net

### Group Home Liaison
- Judy Little  
  Email: little@csi-de.org

### Volleyball
- Lisa McCarley  
  Email: lisamarie_mccarley@bnymellon.com

### Bocce (4 person)
- Anne Henderson  
  Email: abcdhen@aol.com

### Soccer
- Pierre Theron  
  Email: ptheron3@comcast.net

### Flag Football
- John Pribish  
  Email: jpribish@shonelumber.com

### Masters Sports
- Debbie McCann  
  Email: debramccann@verizon.net

### Cycling
- Wesley Davis  
  Email: wDavis8@its.jnj.com

### Golf
- Karen Messner  
  Email: kmessner@nccde.org

### Long Distance Running
- Karen Messner  
  Email: kmessner@nccde.org

### Equestrian
- Debbie McCann  
  Email: debramccann@verizon.net

### Winter Sports (Alpine, Snowshoe, Cross Country)
- Henry Tomczyk  
  Email: Heerlen1@gmail.com

### Bowling
- Steve Meeker  
  Email: board11ref@hotmail.com

### Figure Skating
- Michelle Goldstein  
  Email: shoediva27@comcast.net

### Basketball
- Scott Tamblyn  
  Email: scott.tamblyn@huber.com

### Aquatics
- Michelle Goldstein  
  Email: shoediva27@comcast.net

### Athletics
- Anne Henderson  
  Email: abcdhen@aol.com

### Bocce (2 person)
- Anne Henderson  
  Email: abcdhen@aol.com

### Roller Skating
- Scott Tamblyn  
  Email: scott.tamblyn@huber.com

### Softball
- Scott Tamblyn  
  Email: scott.tamblyn@huber.com

### Powerlifting
- Scott Tamblyn  
  Email: scott.tamblyn@huber.com

### Tennis
- Scott Tamblyn  
  Email: scott.tamblyn@huber.com

---

**HOLIDAY SOCIAL**

**Sunday, December 8**

1 - 4pm, New Castle Moose Lodge  
S. DuPont Hwy., New Castle, DE  
Food, Fun & Music! Please RSVP by December 1 to Dave Cloud at sode.wilmington@gmail.com.

**Bowling is underway** on Saturdays!  
Contact Henk Tomczyk at heerlen1@gmail.com.

**Basketball, winter sports and aquatics** updates are coming soon! Please check our Special Olympics Delaware - Wilmington Wizards area page at www.sode.org and view our Facebook for more information.

**Fitness Fridays:** Friday nights at the Hockessin Athletic Club from Dec. 6 - Dec. 20. It’s free and open to athletes ages 13 and older. Contact Mark Wise at mwise@udel.edu.

Our **Long Distance Running/Walking** Team has been training for two months and is getting ready for the **December 6, Reindeer Run & Romp in downtown Newark.** Come out and support our team or join in on the fun!
If you are interested in serving in an Area Leadership role that is vacant, please contact your Area Director.

**SODE - KENT WILD KATS**
**AREA DIRECTOR: DAVE MANWILLER**
Email: sode.kent@gmail.com
Phone: 302-233-8018

<table>
<thead>
<tr>
<th>Area Director</th>
<th>Dave Manwiller</th>
<th><a href="mailto:sode.kent@gmail.com">sode.kent@gmail.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Athlete Liaison</td>
<td>Andy Merovitz</td>
<td></td>
</tr>
<tr>
<td>Athlete Liaison</td>
<td>Robbie Larsen</td>
<td><a href="mailto:tybrrody@aol.com">tybrrody@aol.com</a></td>
</tr>
<tr>
<td>Athlete Leadership Coordinator</td>
<td>Bill Yonker</td>
<td><a href="mailto:byonker@aol.com">byonker@aol.com</a></td>
</tr>
<tr>
<td>Family Liaison</td>
<td>Lindsey Eichner</td>
<td><a href="mailto:lindsey.eichner@capital.k12.de.us">lindsey.eichner@capital.k12.de.us</a></td>
</tr>
<tr>
<td>Social Manager</td>
<td>Mary Ann Evans</td>
<td><a href="mailto:maeinou@yahoo.com">maeinou@yahoo.com</a></td>
</tr>
<tr>
<td>Volunteer Manager</td>
<td>Joe Wood</td>
<td><a href="mailto:joseph.q.wood@citi.com">joseph.q.wood@citi.com</a></td>
</tr>
<tr>
<td>Registration Manager</td>
<td>Merry Jones</td>
<td>merryl Jones@<a href="mailto:l@aol.com">l@aol.com</a></td>
</tr>
<tr>
<td>Group Home Liaison</td>
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</table>

<table>
<thead>
<tr>
<th>Area Director</th>
<th>Lindsey Eichner</th>
<th><a href="mailto:lindsey.eichner@capital.k12.de.us">lindsey.eichner@capital.k12.de.us</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>YAP</td>
<td>Stephanie Morrison</td>
<td><a href="mailto:stephanie.morrison@cr.k12.de.us">stephanie.morrison@cr.k12.de.us</a></td>
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<thead>
<tr>
<th>Fall Sport</th>
<th>Instructor</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volleyball</td>
<td>John Blanchfield</td>
<td><a href="mailto:blanchfield157@comcast.net">blanchfield157@comcast.net</a></td>
</tr>
<tr>
<td>Bocce (4 person)</td>
<td>Joe Wood</td>
<td><a href="mailto:joseph.q.wood@citi.com">joseph.q.wood@citi.com</a></td>
</tr>
<tr>
<td>Soccer</td>
<td>Ryan Bradford</td>
<td><a href="mailto:ryan.bradford@state.de.us">ryan.bradford@state.de.us</a></td>
</tr>
<tr>
<td>Flag Football</td>
<td>Jasper Little</td>
<td><a href="mailto:bravesfan302@aol.com">bravesfan302@aol.com</a></td>
</tr>
<tr>
<td>Masters Sports</td>
<td>Jesse Prall</td>
<td><a href="mailto:jesse@dogfish.com">jesse@dogfish.com</a></td>
</tr>
<tr>
<td>Golf</td>
<td>Bill Yonker</td>
<td><a href="mailto:byonker@aol.com">byonker@aol.com</a></td>
</tr>
<tr>
<td>Long Distance Running</td>
<td>Stephanie Morrison</td>
<td><a href="mailto:stephanie.morrison@cr.k12.de.us">stephanie.morrison@cr.k12.de.us</a></td>
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<tr>
<td>Equestrian</td>
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<tr>
<th>Winter Sport</th>
<th>Instructor</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter Sports (Alpine, Snowshoe, Cross Country)</td>
<td>Mike Lewis</td>
<td><a href="mailto:michael.lewis@cr.k12.de.us">michael.lewis@cr.k12.de.us</a></td>
</tr>
<tr>
<td>Bowling</td>
<td>Calvin Mackey</td>
<td><a href="mailto:cmaackey007@yahoo.com">cmaackey007@yahoo.com</a></td>
</tr>
<tr>
<td>Figure Skating</td>
<td>Mike Muhammed</td>
<td><a href="mailto:dglswharris@yahoo.com">dglswharris@yahoo.com</a></td>
</tr>
<tr>
<td>Basketball</td>
<td>Mike Campanicki</td>
<td><a href="mailto:jcampanicki@yahoo.com">jcampanicki@yahoo.com</a></td>
</tr>
<tr>
<td>Aquatics</td>
<td>Stephanie Morrison</td>
<td><a href="mailto:stephanie.morrison@cr.k12.de.us">stephanie.morrison@cr.k12.de.us</a></td>
</tr>
<tr>
<td>Athletics</td>
<td>Mike Lewis</td>
<td><a href="mailto:michael.lewis@cr.k12.de.us">michael.lewis@cr.k12.de.us</a></td>
</tr>
<tr>
<td>Bocce (2 person)</td>
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<td><a href="mailto:joseph.q.wood@citi.com">joseph.q.wood@citi.com</a></td>
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<td>Roller Skating</td>
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<td>Softball</td>
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<tr>
<td>Powerlifting</td>
<td>Calvin Mackey</td>
<td><a href="mailto:cmaackey007@yahoo.com">cmaackey007@yahoo.com</a></td>
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<tr>
<td>Tennis</td>
<td>Steve Knox</td>
<td><a href="mailto:sknox53@aol.com">sknox53@aol.com</a></td>
</tr>
</tbody>
</table>

**BOWLING**
Just a reminder- bowling practices are at Brunswick Lanes in Rodney Village Shopping Center on Sundays from 1 to 3 beginning November 10.

You will need $5.00 to cover the cost of your games. Shoes will be provided free of charge. You also need to make sure your physical is current.

Contact coach Calvin Mackey at cmaackey007@yahoo.com if you have any questions - or - contact Area Director Dave Manwiller at sode.kent@gmail.com.
## 2013-14 Special Olympics Delaware Calendar of Events

<table>
<thead>
<tr>
<th>Event Date</th>
<th>Event Description</th>
<th>Location</th>
</tr>
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<tbody>
<tr>
<td>Nov. 12-26, 2013</td>
<td>Schools BB Skills Competitions</td>
<td>School districts statewide</td>
</tr>
<tr>
<td>Sun., Dec. 1, 2013</td>
<td>11th Annual Turkey Trot - Fundraiser</td>
<td>Sea Colony, Bethany Beach</td>
</tr>
<tr>
<td>Fri., Dec. 6, 2013</td>
<td>Reindeer 5K Run &amp; Romp - Fundraiser</td>
<td>Downtown Newark, Academy St.</td>
</tr>
<tr>
<td>Sat., Jan. 11, 2014</td>
<td>Community Bowling Tournaments</td>
<td>(NCCo) Bowlerama and (Kent Co.) Doverama</td>
</tr>
<tr>
<td>Fri., Jan. 31 through Sun., Feb. 2, 2014</td>
<td>Polar Bear Plunge Weekend Festival</td>
<td>Rehoboth Beach</td>
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<tr>
<td>Feb. 9-11, 2014</td>
<td>Special Olympics Winter Games</td>
<td>Johnstown, PA</td>
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<tr>
<td>Tues., Feb. 18, 2014</td>
<td>Kent Schools Bowling</td>
<td>Doverama, Dover</td>
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<td>Wed., Feb. 19, 2014</td>
<td>Appoquinimink and Smyrna Schools Bowling</td>
<td>Milford Bowl, Milford</td>
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<td>Thurs., Feb. 20, 2014</td>
<td>NCCo Schools - Singles Bowling</td>
<td>NCCo Bowlerama</td>
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<td>Tues., Feb. 25, 2014</td>
<td>Sussex Schools Bowling</td>
<td>Milford Bowl, Milford</td>
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<tr>
<td>Thurs., Feb. 27, 2014</td>
<td>NCCo Schools - Doubles Bowling</td>
<td>NCCo Bowlerama</td>
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<tr>
<td>Sun., Mar. 9, 2014</td>
<td>Spring Training (Healthy Athletes)</td>
<td>Clayton Hall, Newark</td>
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<tr>
<td>Sat., Mar. 22, 2014</td>
<td>Dodgeball Madness - LETR Fundraiser</td>
<td>Caesar Rodney HS</td>
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<tr>
<td>Thurs., May 8, 2014</td>
<td>Over the Edge - Fundraiser</td>
<td>Downtown Wilmington</td>
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<tr>
<td>June 4-6, 2014</td>
<td>Law Enforcement Torch Run</td>
<td>Statewide</td>
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<tr>
<td>June 6-7, 2014</td>
<td>SODE Summer Games</td>
<td>University of Delaware</td>
</tr>
<tr>
<td>June 14-21, 2014</td>
<td>2014 Special Olympics USA Games</td>
<td>New Jersey</td>
</tr>
</tbody>
</table>

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