Dave Manwiller to be inducted into Hall of Fame

Dave Manwiller spent his entire professional career teaching special education. And when he retired after 33 years as an educator and football coach, he decided to keep making a difference in the lives of people with intellectual disabilities as the Area Director for the Kent Wild Kats.

“After 33 years of teaching special education, the continuation of involvement with Special Olympics seemed natural,” he said. “No matter how a day goes, it always gets better when I attend practices, summer camp, the plunge or any other event.”

The next event Dave attends will be one during which he will receive the organization’s highest honor, when he is inducted into the Special Olympics Delaware Hall of Fame at the Night of Heroes on October 11.

“This is an honor I never dreamed of receiving,” he admitted.

Dave served as the Charlton School’s Special Olympics program director for more than 20 years, coordinating the school’s involvement in several sports.

continued on p. 9

Volunteer as a coach and be inspired

Behind every good athlete is an inspiring coach ...

A coach may be a teacher, family member, a college student, a friend ... or someone who is simply motivated to change others’ lives and their own!

Volunteers and coaches are truly the backbone of Special Olympics Delaware, and your dedication ultimately allows us to fulfill our mission of providing year-round sports training and athletic competition.

WE NEED COACHES!

Each Area Program (Wilmington, MOT, Newark, Kent and Sussex) is looking for more coaches to help with sports training. We are currently looking for help in the following two sports for the upcoming sports seasons:

☑ BOWLING   ☑ BASKETBALL

The more coaches we have, the more athletes we can help! Please consider giving your time. If you would like to coach for Special Olympics, we want to hear from you. To learn how to get started, please contact Carly Thompson at cthom@udel.edu.
Special Olympics Delaware invites you to learn about our life-changing programs and new initiatives, and hear about how our athletes have triumphed over extraordinary obstacles. Our goal is to raise funds and awareness that can help to sustain our programming, so that we can continue to create a world of inclusion where every person is accepted and welcomed.

We are offering two special one-hour opportunities for interested individuals.

- **Breakfast Fundraiser on Thursday, November 9 at the Sheraton Wilmington South in Wilmington.** (Arrive by 7:30am)
- **Luncheon Fundraiser on Wednesday, November 15 at the Atlantic Sands Hotel in Rehoboth Beach.** (Arrive by 11:45am)

Both events are free and open to anyone who wishes to learn more about our mission and make a difference. Kindly RSVP to Ann Grunert at agrunert@udel.edu or Lisa Smith at lismith@udel.edu.

Establishing sustainable capabilities is a critical focus as we continue to be a transformative power in the lives of all those who are touched by our program. Please consider how you can help create these opportunities of accomplishment every day for our athletes. With your support, we are champions together.
Special Olympics Delaware is pleased to announce the 2018 Team Delaware members going to the Special Olympics USA Games next year in Seattle! One year from now – July 1-6, 2018 – more than 4,000 Special Olympics athletes and coaches from all 50 states and the District of Columbia will gather in Seattle to compete before tens of thousands of spectators and volunteers. The 2018 USA Games will showcase the limitless talents of people with intellectual disabilities while promoting the barrier-breaking power of sport to promote inclusion and acceptance. Among those 4,000 athletes and coaches will be the 31 members of Team Delaware:

**Track & Field**
- Coach: Rob Bailey, Sussex Riptide
- Antonio Bowe, Sussex Riptide
- Christi Theron, Wilmington Wizards
- Sasha Hudson, Sussex Riptide
- Jillian Mathews, Kent Wild Kats

**Swimming**
- Coach: Michelle Goldstein, Wilmington Wizards
- Torie Moore, Newark Dragons
- Eric DiSabatino, Newark Dragons
- Ginger Shaud, Sussex Riptide
- Tyler Kennedy, Wilmington Wizards
- Scott Rohrbach, Wilmington Wizards

**Tennis**
- Coach: Theresa Moore, Newark Dragons
- Malik Bradford, Newark Dragons
- Erin Bailey, Wilmington Wizards

**Powerlifting**
- Coach: Eric Neil, Wilmington Wizards
- Anthony Borregine, Wilmington Wizards

**Bowling**
- Coach: Bonnie Smith, Newark Dragons
- Crystal Ho, MOT Tigers
- Justin Bates, MOT Tigers
- Sara Giles, Wilmington Wizards
- Zachary Martin, Newark Dragons

**Bocce**
- Coach: Joe Wood, Kent Wild Kats
- Gene Giuliani, Newark Dragons
- Reggie Miller, Sussex Riptide
- Laura Kelly, Newark Dragons
- Nichole Rudolph, MOT Tigers

The Special Olympics USA Games is a premier, national sports competition that showcases the power and joy of sports at the highest levels. The USA Games take place every four years. Previous host cities were Ames, Iowa (2006); Lincoln, Nebraska (2010); and Lawrenceville, New Jersey (2014).

**Law Enforcement Torch Run Final Leg:** Joelle Ryan, UD Police

**Head of Delegation** Gary Cimaglia
**Asst. Head of Delegation** Carly Thompson
**Asst. Support Staff** Mark Wise
**Asst. Support Staff** Mary Moore

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The World Games are flagship events for the Special Olympics Movement. They take place every two years and alternate between Summer and Winter Games. Our next World Summer Games will be held in Abu Dhabi, United Arab Emirates. The Games will be held on March 14-21, 2019. Look for more information on how to apply for the 2019 World Summer Games!
Coaches Education - Bowling Clinics

Special Olympics is committed to coaching excellence because it benefits both coaches and athletes at the same time. As part of our commitment to coaching excellence, Special Olympics Delaware will be offering 3 clinics for all coaches who are involved in the sport of Bowling:

Wed., November 8 - New Castle Bowlerama - 6:30 - 9:00pm
Mon., November 13 - Sussex County - Millsboro Lanes - 6:30 - 9:00pm
Tues., November 14 - Kent County - Rodney Village - 6:30 - 9:00pm

Look for additional coaches education opportunities throughout the year as we continue to promote coaching excellence! For more information, please contact Mark Wise at mwise@udel.edu.

Coaches Summit at Del. State University

Our athletes deserve the most knowledgeable coaches who are trained, who can access sport-specific coaching guides and rules, who provide the safest environment in which to train and compete, and who receive ongoing education.

Thank you to all the coaches who were able to attend the Coaches Summit on August 23 at DSU. Special thanks to DSU’s Bob Martin, and to presenters Mike Lewis and Heidi Mizell, for their help. KUDOS to all our Special Olympics Delaware coaches who are committed to being the best they can be! Thank you, coaches!
2017 SODE FALL FESTIVAL set for October 28

Fall sports training is in full swing as athletes and their coaches get ready for the annual SODE Fall Sports Festival. The event will take place on the beautiful campus of St. Andrew’s School in Middletown on the weekend of October 28, 2017.

Special Olympics Delaware athletes will fill up the courts and fields to compete in soccer, flag football, bocce, long distance running/walking and volleyball. Young Athletes demonstrations will also be held -plus- don’t miss the fun festivities at Olympic Village!

A big thanks to Chase as the proud sponsor of the annual Fall Festival, as well as St. Andrew’s School, for their leadership in supporting this event for our SODE athletes.

Join us for Opening Ceremony!
11:00 am at Sipprelle’s Field House, St. Andrew’s School

FAMILY INFORMATION

Concessions: Will be available for purchase.

Souvenirs: Available at Olympic Village.

Seating: There will be seating available at all venues, but limited. If your athlete is competing outdoors (soccer, flag football), please bring a sports chair.

Safety Guidelines: For the safety of the competitors, family members will not be permitted inside the competition areas. We appreciate you following the directional signs and staying “outside the competition ropes” to allow for a safe and fair competition for all athletes.
Special Olympics Delaware and the Delaware Interscholastic Athletic Association (DIAA) are once again kicking off a new season of Special Olympics Unified Flag Football this fall. High schools from across the state will be competing in a bi-weekly schedule followed by playoffs and a state championship. Come and watch, support our Unified Teams and be a fan! #ChooseToInclude

**2017 Unified Flag Football Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Game</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Monday, Oct. 2nd</td>
<td>3:30pm</td>
<td>Mt. Pleasant vs. William Penn</td>
<td>Mt. Pleasant</td>
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<tr>
<td>Tuesday, Oct. 3rd</td>
<td>7:00pm</td>
<td>Caesar Rodney vs. Dover</td>
<td>Caesar Rodney</td>
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<td>3:30pm</td>
<td>McKean vs. Glasgow</td>
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<td>Middletown vs. Seaford</td>
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<td>Newark Charter vs. Delcastle</td>
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<td>4:00pm</td>
<td>Smyrna vs. Woodbridge</td>
<td>Smyrna</td>
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<td>3:30pm</td>
<td>Delcastle vs. Mt. Pleasant</td>
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<td>Glasgow vs. Newark Charter</td>
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<td>Middletown vs. Dover</td>
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<td>Seaford vs. Smyrna</td>
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<td>William Penn vs. McKean</td>
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<td>3:30pm</td>
<td>Woodbridge vs. Caesar Rodney</td>
<td>Woodbridge</td>
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<tr>
<td>Tuesday, Oct. 17th</td>
<td>3:30pm</td>
<td>Delcastle vs. William Penn</td>
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<td>Dover vs. Woodbridge</td>
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<td>Glasgow vs. Mt. Pleasant</td>
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<td>Newark Charter vs. McKean</td>
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<td>Seaford vs. Caesar Rodney</td>
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<td>3:30pm</td>
<td>Smyrna vs. Middletown</td>
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<tr>
<td>Tuesday, Oct. 24th</td>
<td>7:00pm</td>
<td>Caesar Rodney vs. Smyrna</td>
<td>Caesar Rodney</td>
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<td>Dover vs. Seaford</td>
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<td>McKean vs. Delcastle</td>
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<td>Mt. Pleasant vs. Newark Charter</td>
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<td>3:30pm</td>
<td>Woodbridge vs. Middletown</td>
<td>Woodbridge</td>
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<tr>
<td>Tuesday, Oct.31st</td>
<td>TBD</td>
<td>Playoffs - Round 1</td>
<td>Home Field of Higher Seeded Team</td>
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<tr>
<td>Tuesday, Nov. 7th</td>
<td>TBD</td>
<td>Playoffs - Round 2</td>
<td>Home Field of Higher Seeded Team</td>
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<tr>
<td>Tuesday, Nov. 14th</td>
<td>TBD</td>
<td>Playoffs - Round 3</td>
<td>Home Field of Higher Seeded Team</td>
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<tr>
<td>Saturday, Dec. 2nd</td>
<td>TBD</td>
<td>State Championship</td>
<td>University of Delaware</td>
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Special Olympics Unified Champion Schools (formerly known as Project UNIFY Schools) bring youth with and without intellectual disabilities together through sports and education to create school communities of acceptance and respect.

A Special Olympics Unified Champion School is a combination of three components:
1) Whole School Awareness and Involvement
2) Inclusive Youth Leadership
3) Inclusive Sports

With sports as the foundation, Unified Champion Schools offer a unique combination of effective activities that equip young people with tools and training to create sports, classroom and school climates of acceptance, where students with disabilities feel welcome and are routinely included.

Spread the Word to End the Word will take place on Wednesday, March 7, 2018.

The Spread the Word to End the Word movement began in 2009 during the Special Olympics Global Youth Activation Summit at the 2009 Special Olympics World Winter Games. Since then, thousands of schools across the nation have made the commitment to “Pledge Respect” by eliminating the casual and demeaning use of the R-word (“retard”).

Schools and school districts have embraced the national campaign as a way to promote kindness, stop bullying, and teach respect for all people.

Do you want to play sports on the University of Delaware campus and make new friends? Then intramural Unified Flag Football may be a perfect fit for you!

The University of Delaware Recreation Department and Special Olympics Delaware are partnering to bring a new intramural league to campus this fall. If you meet the guidelines below and are interested in playing please contact Kylie Frazer (kfrazer@udel.edu).

Requirements to participate:
- Ages 18 thru 40
- Current SODE athlete with a valid physical
- Committed to attending once per week (Thursday nights from 6:45 - 7:45pm) starting September 21st through the end of October.
Matt Montgomery to be recognized as SODE 2017 Outstanding Athlete at Night of Heroes

Matt Montgomery has spent the past two decades honing his skills competing in a variety of sports through Special Olympics. From his start with the Mary Campbell Center Youth program through his current participation with the Wilmington Wizards, Special Olympics has enhanced Matt’s life in ways he never thought possible.

“I’ve always had a passion for sports,” he explained. “Through the Mary Campbell Center and Special Olympics Delaware, I was given a chance to participate and excel in something I love rather than just watching from a sideline.”

Matt has spent the better part of the last several years expanding his roles in the organization beyond the sideline. Matt delivers speeches about how much Special Olympics means to him. He raises money at fundraisers and volunteers at them when he’s not participating. And through his role on the Athlete Input Council, Matt even helps make sure his fellow athletes’ voices are heard.

Matt’s deep-rooted involvement in the organization has earned him the honor of being named the 2017 Special Olympics Delaware Outstanding athlete.

“It feels so awesome,” Matt said of the honor. “It’s one of the greatest feelings ever. I’ve worked and trained hard, and I’ve been very fortunate to be able to take advantage of the many programs SODE has to offer. To have others see all that I have accomplished and honor me in such a special way, means the world to me.”

Matt currently competes in flag football, bowling, basketball and swimming.

“I really don’t know which is my favorite,” he admitted. “I enjoy all sports because of the excitement and challenges. I also enjoy competing with all of my friends.”

Matt serves on the athlete input council for the Wilmington Wizards, where he has a chance to make sure not only his voice, but those of his peers, are heard in regards to matters relating to Special Olympics. He also volunteers at several events throughout the year, most notably the Truck Convoy, Breakfast of Champions, Red Robin Tip-A-Cop and Over the Edge. And he’s a Polar Bear. Last year Matt raised nearly $1,000 plunging in the frigid ocean.

Matt was recently named the Special Olympics Delaware Honorary Ambassador to the New Castle County Fire Fighter’s Association. In that role he attends meetings and events at various fire companies across the county, and even gets to ride along in parades. Matt works as the official “mixer” at Waggies by Maggie and Friends and also volunteers at Hagley Museum and Library.

All of these accomplishments and opportunities were made possible in part due to his involvement with Special Olympics Delaware.

“Special Olympics means everything to me,” Matt said. “It’s about making friends. It’s about being accepted for who I am. It’s about opportunity. And most of all, it’s about being able to train and compete year-round in so many different sports and activities.”
Dave Manwiller - Hall of Fame (from p. 1)

including soccer, bowling, basketball, roller skating, and track and field. He was pivotal in keeping the school involved in the program through staff changes and budget cuts, and leading up to and even after his official retirement, helped ensure a smooth transition for his successor.

“He saw to it that all students were able to participate at some level if they wanted,” said Merry Jones, whose daughter attended Charlton.

As an Area Director, Dave oversees every aspect of the Kent Wild Kats including coach and athlete recruitment and retention, scheduling, family involvement, and several other aspects that often go unnoticed. He is also the first to pitch in whenever asked, whether it be serving as a counselor at summer camp or working on the operations team at the Polar Bear Plunge.

“No matter how big or small the request, he addresses every concern from our coaches, athletes and parents with sincerity and expertise,” Jasper and Vanessa Little agreed. “His positive attitude, level-headedness, and great leadership skills set a wonderful example for all to follow and reflect greatly upon Special Olympics Delaware and the Kent Wild Kats.”

“I am very humbled to be honored with a Hall of Fame induction,” Dave said. “It is a reward and honor in itself to watch an athlete smile or get a hug from an athlete who is just genuinely happy to be a part of our program.”
Please join us for a day of fun, music and community celebration as truckers come together to show their support for Special Olympics!

SATURDAY, OCTOBER 7, 2017

Sign up to be a part of the World’s Largest Truck Convoy fundraising event as Delaware truck drivers and the Law Enforcement community unite to raise funds and awareness for Special Olympics Delaware athletes.

Note: We have a NEW route!
Cheer on the Truck Convoy -- bring your families to watch and help us celebrate the day! Our “Cheer Locations” are in Felton and Harrington:

- Felton Community Fire Company, Felton
- Lake Forest Elementary North, Felton
- Taylor & Messick, Harrington
HELP US SUPPORT SPECIAL OLYMPICS

Join us for TIP-A-COP

Thursday, Oct. 19
11am-2pm & 5-9pm

Local law enforcement officers will spend the day at the 3 Red Robin® restaurants throughout the state serving you! 100% of the tips you donate to the officers will benefit Special Olympics Delaware.

Brandywine: 6100 Brandywine Pkwy
Wilmington, DE 19803

Christiana: 101 W Main St.
Newark, DE 19702

Glasgow: 2496 Pulaski Highway
Glasgow, DE 19702

Thank you to all our Law Enforcement volunteers and SODE athletes who assisted at the 2016 Red Robin event!
(Shown: Tina & Tommy Fields, Laura Scott, Karla Carrio, Torie Moore, Geoffrey Staggell. Not Shown: Ashlie Lake, Matt Montgomery, Laura Kelly, Beth Ann Fuhs, Brian Truitt, Deb McDaniel, and Gene Giuliani.)

Go Over the Edge on 05.10.18

Registration is open for the May 10, 2018 event! Don’t miss out on this amazing opportunity before it gets sold out … visit www.sode.org and sign up to go “Over the Edge” today!
Friday, December 1

Reindeer Run

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.

Holiday-themed costume contest and other entertainment along the course, sponsored by Capital One.

Course lit by luminaries to light your way! Antlers available for purchase for $1.00 -plus- free face-painting for children.

Post-event refreshments for all participants!

Goodie bag & discounts offered by downtown Newark merchants (must show bib number to qualify for discounts.)

Visit www.sode.org for more information on registering for the Reindeer Run.

BE A FAN! VOLUNTEER. SUPPORT. COACH. COMPETE.
2018 LEWES POLAR BEAR Plunge
Rehoboth Beach

SUNDAY * FEBRUARY 4TH * 2018
BENEFITING SPECIAL OLYMPICS DELAWARE

WWW.PLUNGEDEDE.ORG

PLUNGE WEEKEND FESTIVAL • FEBRUARY 2-4
5K RUN TO THE PLUNGE • ICE SCULPTING DEMO • RESTAURANT CHILI CONTEST • HOT WING SAMPLING • POLAR ICE CREAM THROWDOWN

Wawa

WWW.SODE.ORG
The Healthy Athletes program is dedicated to providing health services and education to Special Olympics athletes, and changing the way health systems interact with people with intellectual disabilities.

**HEALTH AND WELLNESS THROUGH HEALTHY HABITS**

Health, fitness and nutrition are important goals so that Special Olympics athletes can perform at their very best. The more we can do to change behaviors that will increase good eating and hydration habits, the more changes we will see in our athletes increasing their performance on and off playing field.

Below are just a couple of examples of Healthy Habits for athletes to keep in mind:

**MAINTAIN HYDRATION**

- **2 hours before exercise**: Drink 16 oz. of fluids
- **15 minutes before exercise**: Drink 8-16 oz. of fluids
- **During exercise**: Drink 4-16 oz. every 15-20 minutes based on tolerance
- **After exercise**: Drink 16-24 oz. per pound of body weight lost during exercise

**BUILD A HEALTHY PLATE**

**EASY TRAINING / WEIGHT MANAGEMENT:**

- **FATs**: 1 Teaspoon
- **Whole Grains**: Pasta, Rice, Potatoes, Cereals, Grains, Legumes
- **Lean Protein**: Poultry, Beef, GameLamb, Fish, Eggs
- **Low-Fat Dairy**: Soy (e.g., Tofu, Tempeh), Legumes, Nuts
- **Flavors**: Salt/Pepper, Herbs, Spices, Vinegar, Salsa, Mustard, Ketchup

**MyPlate Guidelines**

- 30% Vegetables
- 20% Fruits
- 30% Grains
- 20% Proteins

Half of your plate fruits and vegetables

Half of your grains full

Low-fat/non fat milk

BE A FAN! VOLUNTEER. SUPPORT. COACH. COMPETE.
Families Day at the Beach

More than 200 athletes and family members attended the 26th annual Families Day at the Beach on Sept. 16 at Cape Henlopen State Park.

The winners of the fishing tournament were, left to right, Terry Downing (first fish at 10:05 a.m.), Reggie Miller (most fish -10), and Suzanne Schaible (largest fish - 15” flounder). Special thanks to the Delaware Mobile Surf-Fishermen -- president Bruce West (left) and member Tim Wallace (second from right) Many thanks to Janie Miller (shown on the far right) and family, Delaware Mobile Surf-fishermen, Lighthouse View Bait & Tackle, Rising Sun Masonic Lodge #4 -Milton, Rehoboth Beach Kiwanis Club, Rehoboth Beach Lions Club. Thanks also to the Cape May - Lewes Ferry, Fifer Orchards, and McDonald’s Rehoboth Beach for their annual support.

United Way

The United Way campaign is kicking off during the month of September and will continue into the fall. You may designate any portion of your United Way contribution to Special Olympics Delaware by indicating our name and address (listed below) in the donor designation area located at the bottom of the pledge form. Thank you for your support!

Agency # 9026
Special Olympics Delaware
University of Delaware
Newark, DE 19716-1901

DID YOU KNOW?
Use AmazonSmile and earn $$ for SODE

Log in to smile.amazon.com (same login as your Amazon account) and designate your charity of choice as “Delaware Special Olympics” Super easy if you already do a lot of shopping at Amazon!
<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>LOCATION</th>
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<tr>
<td>Sat., Oct. 7</td>
<td>Volleyball mid-season Competition</td>
<td>Wilmington Christian School, Hockessin</td>
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<tr>
<td>Sat., Oct. 7</td>
<td>Truck Convoy (LETR Fundraiser)</td>
<td>Delaware State Fairgrounds, Harrington</td>
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<tr>
<td>Sun., Oct. 8</td>
<td>Soccer mid-season Competition</td>
<td>Delaware Union Fields, Dover</td>
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<td>Wed., Oct. 11</td>
<td>Night of Heroes Awards Ceremony</td>
<td>Executive Banquet and Conf. Center, Newark</td>
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<td>Sat., Oct. 28</td>
<td>2017 SODE Fall Sports Festival</td>
<td>St. Andrew’s School, Middletown</td>
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<td>Wed., Nov. 8</td>
<td>Bowling Coaches Clinic</td>
<td>New Castle Bowlerama (6:30-9:00pm)</td>
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<td>Thurs., Nov. 9</td>
<td>Champions Together Breakfast Fundraiser</td>
<td>Wilmington Sheraton South Hotel</td>
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<td>Wed., Nov. 13</td>
<td>Bowling Coaches Clinic</td>
<td>Millsboro Lanes, Sussex (6:30-9:00pm)</td>
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<tr>
<td>Thurs., Nov. 14</td>
<td>Bowling Coaches Clinic</td>
<td>Brunswick Doverama, Kent (6:30-9:00pm)</td>
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<tr>
<td>Wed., Nov. 15</td>
<td>Champions Together Luncheon Fundraiser</td>
<td>Atlantic Sands Hotel, Rehoboth Beach</td>
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<tr>
<td>Fri., Dec. 1</td>
<td>Reindeer Run</td>
<td>Academy St. in Downtown Newark</td>
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<tr>
<td>Sat., Jan. 20</td>
<td>Area Bowling Tournaments</td>
<td>NCC Bowlerama, Prices Lanes, Brunswick Doverama, Millsboro Lanes</td>
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<tr>
<td>Feb. 2-4</td>
<td>Plunge Weekend Festival</td>
<td>Rehoboth Beach</td>
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<td>Sat., Feb. 3</td>
<td>5K Run to the Plunge</td>
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<td>Sun., Feb. 4</td>
<td>Lewes Polar Bear Plunge</td>
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<tr>
<td>Sat., Feb. 17</td>
<td>State Bowling Tournament</td>
<td>Brunswick Doverama</td>
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<tr>
<td>Mar. 24-25</td>
<td>State Basketball Tournament</td>
<td>University of Delaware</td>
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