Live the tradition and take the Plunge!

Sunday, February 4 at 1:00pm

Why is your Plunge important?

For nearly 50 years, Special Olympics Delaware has been inspiring children and adults with intellectual disabilities to become champions - celebrating unity, fitness, the joy of sports, and the strength of the human spirit.

The Lewes Polar Bear Plunge benefits our program and has grown to become our largest and most significant event to raise funds and awareness for our athletes. We serve more than 4,200 Special Olympics athletes in the state - yet, there are so many more who could participate in our program.

Your Plunge is important because it helps fuel our growth and sustains our mission to provide year-round sports training and athletic competition for individuals with intellectual disabilities. Please join us on February 4 and “Take the Plunge” for Special Olympics!

Sign up today at WWW.PLUNGEDE.ORG.
Winter is here and hundreds of athletes, coaches, families, and friends representing all corners of Pennsylvania and neighboring states, including Delaware, will participate in the upcoming Special Olympics Pennsylvania (SOPA) and Special Olympics Maryland (SOMD) Winter Games!

At SOPA, more than 350 athletes and 130 coaches will participate in three days of exciting winter sports from January 28-30, 2018 at the Seven Springs Mountain Resort in Greensburg, PA. Our Special Olympics Delaware Cross Country ski team (coached by Ed Baldwin, Wilmington Wizards) and Snowshoe team (coached by Kevin Chong, Newark Dragons) will travel to compete, along with their assistant coaches and team volunteers.

Athletes and coaches for snowshoeing have been training vigorously every week in preparation for their competition ... and the cold weather has certainly helped them feel ready for the environment they will face at the Winter Games!

Meanwhile, Special Olympics Delaware’s Alpine Ski team (coached by Tom Whitehair) will compete at SOMD’s Winter Games on February 25-27, 2018, which will be held at the Whitetail Ski Resort in Mercersburg, PA.

Weeks of hard work and dedication in training will be rewarded as athletes are cheered on at the event - so, be a fan and wish them “good luck” - or better yet, go and watch them compete!

Meanwhile, our SODE athletes who will be competing in Figure Skating have also been busy training at the Wilmington Skate Club. They will be looking forward to the SOPA Figure Skating Games which will be held on Saturday, March 10, 2018.

Thank you to all the coaches and families, and good luck, athletes!

The Special Olympics “Scarf Project” was started in 2009 by the yarn manufacturer, Red Heart. The project concluded in 2012 but individual state programs have chosen to continue the scarf project on their own. Here in Delaware, Claire Nollet voluntarily oversees the program.

“I first became interested in the Special Olympics because of my beloved brother, David Nollet, who loved to participate in SODE activities. When the “Special Olympics Scarf Project” went national a few years ago, I sent some scarves to Delaware, and got some friends in my knitting/crochet group involved,” Claire explained.

Claire runs a Facebook page for the scarf project and her group selects new colors every year. “This is my 6th year organizing the SODE group, but I really do very little work -- all of our terrific volunteers are the ones who generously make all the scarves for the athletes!” This year, more than 50 scarves have come in to the SODE office from New York, West Virginia, and even as far away as Alaska!

For information on 2019’s scarves, go to the Facebook page “Scarves for Special Olympics Delaware 2019 Winter Games". Thank you, Claire!
The USA Games take place every four years with previous host cities being: Ames, Iowa (2006); Lincoln, Nebraska (2010); and Lawrenceville, New Jersey (2014). Now, in its fourth year running, the next Special Olympics USA Games will take place in Seattle in July 2018. From July 1-6, 2018 more than 4,000 athletes and coaches from all 50 states and the District of Columbia will descend upon Seattle and the surrounding region.

Fourteen sports will be offered including swimming, flag football and soccer. 10,000 volunteers will be recruited to support the Games. 10,000 family members and friends and 70,000 spectators are expected to attend.

In addition to showcasing the awe-inspiring abilities of thousands of athletes with intellectual disabilities, the 2018 USA Games in Seattle will model the ideals of inclusion and celebrate the 50th anniversary of the Special Olympics movement.

Athletes and coaches for the following sports were selected: Bocce, Bowling, Swimming, Powerlifting, Tennis and Track & Field. Youth leaders will also be participating in a Youth Leadership experience at the Games, while a member of Law Enforcement will participate in the Torch Run.

**TEAM DELAWARE**

**Head of Delegation**
Gary Cimaglia, SODE

**Asst. Head of Delegation**
Carly Thompson, SODE

**Assistant Staff**
Mark Wise, SODE

**Assistant Staff**
Mary Moore, 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
Nicole Rudolph, MOT Tigers

**Powerlifting**
Coach: Eric Neil, Wilmington Wizards
Anthony Borreggine, Wilmington Wizards

**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

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

**Youth Leaders**
Mentor: Nate Threatts, Caesar Rodney High School
Chloe Griffiths, Smyrna High School
Willek Murphy, Smyrna High School

**Law Enforcement Torch Run**
Sgt. Joelle Ryan, University of Delaware Police Department
4K Run to the Plunge!

Join us as we celebrate our 10th Anniversary of the 5K Run/Walk to the Plunge! Presented by Jack Lingo Realtor, Saturday’s 5K Run (or Walk) to the Plunge is the perfect way for people of all ages and abilities to support the Weekend Festival.

Registration fee is $25 for pre-registration or $30 for day-of. All registered participants will receive a long-sleeve T-shirt and a hearty post-event snack.

Please visit www.plungeDe.org for additional information!

CHILI CONTEST AND FIRE & ICE

Buy a ballot card for the annual Chili Contest for only $5 - then try a tasty portion of chili in several downtown restaurants! You be the judge as you try the chili and indicate your favorites! Delicious culinary delights await you at this popular chili extravaganza starting on Saturday from 2:30-5:00pm.

Hold on to your hats ... Fire & Ice is back with more fiery wings, and cool down your palate with some ice cream from local creameries. Come visit the Rehoboth Beach Firehouse on Rehoboth Avenue and bring the family ... tastings are $1 for each sample (open from 12:00-3pm or while supplies last!)

SANDCASTLES AT THE PLUNGE!

Come and watch while local sand sculptors Andy West and Darrell O’Connor build a sandcastle just off the Rehoboth Beach Boardwalk! All are welcome to view the incredible creation!
Saturday, February 3  
Location: Atlantic Sands Hotel, Rehoboth Beach  
Time: 4:00 - 7:00 pm

Sunday, February 4  
Location: Rehoboth Ave. tent  
Time: 10:00am-12:55pm

Thank you for “bearing” with us …

The Apres-Plunge party tradition is on hold for 2018 due to location changes.

There will be no Apres-Plunge party this year … but don’t worry! We plan to be back next year at the newly-renovated Convention Center right in Rehoboth Beach!
So, get ready as we move the party in 2019 and hope to see you again then!

As always …

Thank you for taking the Plunge for Special Olympics!

SUNDAY, FEBRUARY 4 - PLUNGE DAY!

#GoForTheCold at the 2018 Lewes Polar Bear Plunge presented by WAWA! All Polar Bears who raise the $75 minimum will receive a hoodie sweatshirt. When you pre-register by midnight on Jan. 28, 2018, your sweatshirt is guaranteed. However, if you register after January 28, your shirt will be available post-event!

Make sure you arrive in plenty of time on Plunge Day to enjoy the sights and sounds of the Plunge festivities. Plan ahead … take advantage of all the Early Check-in dates and times and skip the lines when you arrive in Rehoboth Beach!

Plus … Ice carving is back at the Polar Bear Plunge! Catch our “ice artists” in front of the Atlantic Sands Hotel at the boardwalk … chill out and join us!
Save the date!

Special Olympics’ national campaign, Spread the Word to End the Word, will be taking place on Wednesday, March 7th. Schools across the state of Delaware will be showing their support by holding banner signings, assemblies and other various disability awareness activities. T-shirts will also be on sale, so students and faculty can promote respect and show their support of acceptance for all abilities.

If you’re not involved with a school program and interested in purchasing T-shirts, please contact Special Olympics Delaware at 302-831-4653.

**UD COURSE SIGNUPS FOR SODE ATHLETES**

Do you want to play soccer on the UD campus and make friends? The University of Delaware class, *Special Olympics Relationship Experience*, would be a perfect fit for you!

*If you meet the guidelines below and are interested in participating, please contact Mary Ward Hutchison at sode.mot@gmail.com.*

- Guidelines:
  - 18-35 years old
  - Current SODE athlete with a valid physical on file
  - Committed to attending practices once per week (Tuesday nights from 6:00-7:00pm) beginning in March and going thru early May

Special Olympics Delaware’s Unified Champion Schools programs were busy taking to the court in the month of December with nine basketball skills competitions taking place across the state. Over 1460 athletes and Unified partners from more than 57 schools across the state competed in county-wide competitions for both elementary and secondary age groups. The majority of competitions were held at local high schools where students took on the leadership role of serving as volunteers and made it an experience our athletes wouldn’t forget. Thank you to our host schools and/or volunteers from Aquinas Academy, Caesar Rodney, McKean, Middletown, Padua, Seaford, Smyrna, Sussex Tech and William Penn.
Special Olympics Delaware and the Delaware Interscholastic Athletic Association (DIAA) are piloting a new interscholastic sport this season, Special Olympics Unified Basketball.

Six teams across the state are taking part in this pilot season, which included games kicking off at Slam Dunk to the Beach and the Diamond State Classic. Schools will play a regular game schedule during the months of January and February before finishing off their season at the first ever DIAA/SODE Unified Basketball Showcase. Come, watch and be a fan as teammates are shooting their way to acceptance through Unified Sports.

**SLAM DUNK TO THE BEACH features Unified Basketball**

All six high school Unified basketball teams participating in this year’s Delaware Interscholastic Athletic Association pilot season competed in nationally recognized holiday tournaments. Cape Henlopen High School faced Appoquinimink and Middletown squared off against Caesar Rodney at the Slam Dunk to the Beach Tournament held in Lewes. McKean High School and Newark Charter played in the Diamond State Classic, held at the St. E Center in Wilmington. The six high schools are currently playing regular season games leading up to the “SODE/DIAA Unified Basketball Showcase - Shooting for Acceptance,” to be held on Feb. 23 at Middletown High School.
Volunteer today and be inspired.

Volunteers are the backbone of the Special Olympics movement. They are coaches, trainers, officials, event organizers, fundraisers and managers. They can also be unified partners -- playing alongside athletes with intellectual disabilities -- or fans cheering in the stands. Our volunteers are all ages and their commitments can range from an afternoon to a lifetime. Volunteering is rewarding for all - please consider giving your time!

Please contact our SODE Dir. of Volunteers, Carly Thompson at cthom@udel.edu for more information about volunteering -OR- contact the Area Director for each area program where you wish to volunteer:

1. **Special Olympics Wilmington**
   - Ed Capodanno & Joanne Cunningham, Area Directors
   - 302-383-3249
   - Email: sode.wilmington@gmail.com

2. **Special Olympics Newark**
   - John Miller, Area Director
   - 302-547-7864
   - Email: sode.newark@gmail.com

3. **Special Olympics MOT**
   - Mary Ward Hutchison, Area Director
   - 302-540-2863
   - Email: sode.mot@gmail.com

4. **Special Olympics Kent County**
   - Dave Manwiller, Area Director
   - 302-233-8018
   - Email: sode.kent@gmail.com

5. **Special Olympics Sussex County**
   - Kathy Ferber, Area Director
   - 302-542-0787
   - Email: sode.sussex@gmail.com

We need coaches!

- **Swimming**
- **Bocce**
- **Powerlifting**
- **Softball**
- **Tennis**
- **Track & Field**

If you’ve always wanted to coach for Special Olympics and would like to be a part of our upcoming Summer Games, please contact Carly Thompson at cthom@udel.edu

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**summer games**

The days will be getting longer before you know it – and that means it’s time to start thinking about training for Summer Games with Special Olympics Delaware!

**Save the date!**

The 48th SODE Summer Games will be held on June 8-9, 2018 at the University of Delaware sports complex in Newark.

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**Let's Stay Connected!**

- There are lots of ways to stay connected with SODE. Visit www.sode.org and click on the E-News button at the top to subscribe to weekly updates.
- Want to know your Area information? Go to our website, click on the Areas tab at the top, find your Area and get updated news and events.
- All athletes and families should be receiving a quarterly Area News update with seasonal Special Olympics Delaware sports information mailed directly to their home. If you are not receiving Area News sports updates, please contact our main office at 302-831-4653 to verify your mailing address. Thank you!
**MOTIVATE THE FIRST STATE**

Make every time you’re active count for charity.

**Sign up for FREE**

**MOTIVATE THE FIRST STATE - make your workouts count!**

Sign up at [www.MotivateTheFirstState.com](http://www.MotivateTheFirstState.com) and start logging your activities on Plus3 - then earn funds for Special Olympics Delaware!

The points you earn for staying active convert to donations ... so you can raise money for SODE every day just by getting or staying in shape or just recording your healthy habits like eating vegetables, brushing your teeth or a slew of other everyday activities.

It’s easy to sign up and track your exercise and other daily healthy habits.

No matter what your daily exercise and healthy living habits are, you can make a difference!

Register today and join our SODE team -- just search Special Olympics Delaware for our team. Thank you!
Go Over the Edge for Special Olympics!

WHEN: THURSDAY, MAY 10, 2018
WHERE: 300 DELAWARE AVE., WILMINGTON

Do something extraordinary that will make your heart soar.

Over the Edge, co-sponsored by TD Bank, Brandywine Realty Trust and New Castle County Fire Service, is a unique fundraising event -- and the first of its kind in the Tri-State area -- allowing brave individuals to challenge themselves by rappelling 17 stories (222 feet) “Over the Edge” of a building to raise money and awareness for Special Olympics Delaware.

Be a part of an event that stands above the rest.

Sign up online at www.sode.org and let your friends and family know what you are about to do! Individual participants who raise a minimum of $1,100 will have the unforgettable experience of rappelling 17 stories in downtown Wilmington.

Want to make it an organizational challenge? Creating competition is a fun way to enhance your work community, so get your co-workers together and send your boss Over the Edge!

No athletic or previous rapelling experience is required! The event is also staffed by highly trained professionals.

For the fourth straight year, we are streaming the event live on the internet so anyone anywhere in the world can watch YOU Go Over the Edge.

Registration is open ... visit www.sode.org and sign up today!
SUMMER CAMP COMING IN AUGUST!

Special Olympics Delaware’s Overnight Sports Camp is a three-day, two-night camp featuring sports training, traditional camp activities and socialization held at Camp Barnes, located near Bethany Beach in southern Delaware. Camp is offered to all qualified Special Olympics Delaware athletes. This year Special Olympics Delaware is again offering two overnight sessions. Athletes may apply for acceptance into ONLY 1 of the 2 following camps:

SESSION 1: Saturday, August 4– Monday, August 6
SESSION 2: Sunday, August 12 – Tuesday, August 14

The recommended minimum age for attending camp is 13 years old. Applications are being considered now for both camps. Space at both camps is limited and a completed application does not mean acceptance into camp. Visit sode.org to download an application or call 302-831-4653 to have an application mailed to your home.

HIGH SCHOOL OR COLLEGE CAMP COUNSELORS NEEDED!

High school and college-aged counselors will be needed for both sessions. All counselors are expected to be onsite for the duration of the camp. This is a great way to fulfill community service and earn volunteer hours, while gaining experience with Special Olympics and having fun side by side with our athletes!

If interested, please contact Kylie Frazer at kfrazer@udel.edu or call 302-831-8582.

Thank you to the Sea Colony Turkey Trotters

Thanksgiving weekend would not be the same without running off some of the fixin’s at the Sea Colony Turkey Trot 5K. Motivated runners came out to the tennis center to start the race and help raise money for Special Olympics Delaware. Our special thanks to all the runners and walkers who came out that day - and our sincere appreciation to Sea Colony organizers and volunteers of the 2017 Turkey Trot!

TEAM DELAWARE’S TRACK & FIELD TEAM WARMS UP AT THE SURFIN’ SNOWMAN

On Saturday, December 30th Team Delaware’s track athletes were on full display at the Surfin’ Snowman 5-miler and 2-miler event in Bethany Beach Delaware. All athletes and family members participated in the event. Congratulations to the following Special Olympics Delaware (SODE) athletes who are part of Team Delaware, and thanks to coach Rob Bailey!

Tony Bowe - 1st place Male Master Champion (Male 45 to 49) 5 Miler Event
Christy Theron- 2nd place ( Female 30 to 39 ) 2 Miler Event
Jillian Mathews- 6th Place ( Female 20 to 29 ) 2 Miler Event
Sasha Hudson- 7th Place ( Male 20 to 29 ) 2 Miler Event
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<tr>
<th>SPECIAL OLYMPICS EVENT</th>
<th>DATE</th>
<th>LOCATION</th>
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<tr>
<td>Unified Basketball 3 on 3 Tournament</td>
<td>January 22</td>
<td>Hockessin PAL</td>
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<tr>
<td>Nordic Skiing &amp; SnowShoe Competition</td>
<td>January 28-30</td>
<td>Special Olympics Pennsylvania Winter Games (Seven Springs Resort)</td>
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<td>POLAR BEAR PLUNGE WEEKEND FESTIVAL</td>
<td>February 2 - 4</td>
<td>Rehoboth Beach</td>
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<td>POLAR BEAR PLUNGE at 1:00pm</td>
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<td>Bowling - State Tournament</td>
<td>Saturday, February 17</td>
<td>Brunswick Doverama</td>
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<td>DIAA/SODE Unified Basketball Showcase Games: 4:00pm, 5:30pm &amp; 7:00pm</td>
<td>Friday, February 23</td>
<td>Middletown High School</td>
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<tr>
<td>Alpine Skiing Competition</td>
<td>February 25-27</td>
<td>Special Olympics Maryland Winter Games (White Tail Ski Resort)</td>
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<td>Basketball Mid-Season Tournament</td>
<td>March 4</td>
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<td>Spread the Word to End the Word Day</td>
<td>Wednesday, March 7</td>
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<td>Figure Skating Competition</td>
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<td>Special Olympics Pennsylvania Winter Games (York City)</td>
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<td>Basketball State Tournament</td>
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<td>Bob Carpenter Center</td>
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<td>Ride to the Tide fundraiser</td>
<td>April 22</td>
<td>Rommel Harley Davidson - Smyrna</td>
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<tr>
<td>Over the Edge fundraiser</td>
<td>Thursday, May 10</td>
<td>300 Delaware Avenue, Wilmington</td>
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<td>Winnie Spence Memorial Roller Skating Competition</td>
<td>May 17</td>
<td>Dover Skating Rink</td>
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<td>Law Enforcement Torch Run kickoff</td>
<td>June 6</td>
<td>Rehoboth Beach bandstand</td>
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<tr>
<td>Law Enforcement Torch Run</td>
<td>June 6-8</td>
<td>Statewide</td>
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<tr>
<td>Summer Games Opening Ceremony</td>
<td>June 8</td>
<td>Bob Carpenter Center, U of D</td>
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<tr>
<td>2018 SODE Summer Games</td>
<td>June 8-9</td>
<td>University of Delaware sports complex</td>
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THANK YOU TO OUR YEAR-ROUND SPONSORS:
If you can’t bearrrrrrrrrrr to “take the plunge” ... you can still join in on the fun by sending a pledge that Irv & Phyllis Levin will match - dollar for dollar!

With the 27th annual Lewes Polar Bear Plunge scheduled for Sunday, February 4, 2018, thousands of people are preparing to brave the chilly Atlantic Ocean for the worthy cause of raising money for Special Olympics Delaware (SODE). But, if the thought of participating in the Plunge seems utterly “unbearable” to you, and if you aren’t already planning to support a Plunge participant, there is still a way for you to have an impact on what has evolved into one of SODE’s most significant fundraising events.

Irv Levin and his wife, Phyllis, have once again agreed to match, dollar for dollar, donations made to Irv’s Plunge pledge drive. This is a wonderful opportunity to maximize your support for Special Olympics Delaware!

Irv & Phyllis’ son, Jamie, is a Special Olympics athlete, and they have always provided tremendous support to the organization. This matching funds effort is their way of continuing that support while also allowing others to join in and help create a contribution of even greater significance.

“With a son involved in Special Olympics Delaware, Phyllis and I, as parents, want to be involved in the program,” Irv says. “We know how worthwhile and important the organization is, and we also know that the money raised is being used to support the program - and we like that. We see where the money goes and how much the athletes benefit!”

Yes, I want to support Special Olympics Delaware through the

LEVIN MATCHING FUND

Please print clearly

Name: ________________________________________________________________
Street: _______________________________________________________________________________________
City: ___________________________________________ State: _________________ Zip: __________________
Phone: (_______) _______________________
Pledge Amt. $ ____________ Please enclose a check with this form (payable to Special Olympics Delaware)
Mail to: Special Olympics Delaware • University of Delaware • Newark, DE 19716-1901

OR pay by credit card: M/C or Visa Acct. # ____________________________ Exp. Date_______

All pledged donations will be matched dollar for dollar by the Levin Family.
Donors who pledge $1,000 or more will receive a free 1-week rental of an oceanfront home in Edisto Island, South Carolina.
(Blockout dates during peak season may apply. For more information, contact Ann Grunert at agrunert@udel.edu).