2019 SPECIAL OLYMPICS DELAWARE
SUMMER GAMES

BE A FAN! VOLUNTEER. SUPPORT. COACH. COMPETE.
OPENING CEREMONY FRIDAY, JUNE 14 AT 12:30PM

Follow us! @sodelaware

Read more on pages 4-5
ATHLETE LEADERSHIP CONFERENCE

Sponsored by:
Bank of America

On April 27th Special Olympics athletes and leaders came together as an integral component of Special Olympics’ dedication to empowerment and dignity. Athlete Leadership Programs (ALPs) initiatives encourage and support athletes in their quest to participate in decision-making roles within the organization and their everyday lives.

Sponsored by Bank of America and hosted by the Dover Elks Lodge #1903, the day-long conference offered training on multiple topics that were developed by our athlete leaders during planning sessions that took place leading up to the event.

The day kicked off with a session on Bullying/Cyberbullying presented by Mary Devine of the Beau Biden Foundation. That was followed by SODE sr. director of sports, Gary Cimaglia, talking about the importance of sportsmanship both during practices and at competitions. The third and final session explored ways in which athletes can develop healthy eating habits, presented by Amy Osik of Anytime Fitness.

Following the presentations, each Area’s Athlete Input Council worked on their strategic plan for the coming year. This exercise included evaluating the conference sessions to determine if there was value in exploring ways to deliver them to a broader audience within each Area. The attendees unanimously agreed that the information presented during the sessions should be shared beyond the leadership conference and plans are underway to develop ways in which this can be accomplished.

HEALTHY ATHLETES

HEALTHY EATING, HEALTHY YOU

As an athlete, your physical health is key to an active lifestyle. You depend on strength, skill, and endurance, whether you’re going for the ball or making that final push across the finish line. Being your best takes time, training, and patience, but that’s not all. Like a car, your body won’t run without the right fuel. You must take special care to get enough of the calories, vitamins, and other nutrients that provide energy.

Here are 4 helpful tips for healthy eating for a healthier you:

1. **Focus on the facts.** The Nutrition Facts, that is. Don’t let healthy-sounding terms on food labels mislead you. Words like “whole-grain,” “multi-grain,” “light,” and “fat-free” don’t tell the whole story. Check the Nutrition Facts label for serving size and calories per serving.

2. **Eat a rainbow of vegetables today.** The color of a vegetable is a clue to some of the nutrients inside. By eating a wide variety of colors, you will get a broad range of nutrients.

3. **Treat yourself to a fruit smoothie or parfait.** Both are refreshing ways to eat more fruit and drink more milk.

4. **Eat breakfast.** If you are a breakfast-skipper because of time, I have good news for you! Plenty of healthy, delicious morning meal options are quick, inexpensive, and easy. Try an overnight oats recipe to get started.

Any questions? Contact Mark Wise at (302) 831-4669 or mwise@udel.edu.

DID YOU KNOW:
To burn off 1 M&M requires walking the length of 1 football field

**HEALTHY EATING, HEALTHY YOU**

**Sign up at 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!
Delaware’s Law Enforcement Torch Run is jointly sponsored by the Correctional Officers Association of Delaware, Delaware State Troopers Association and Delaware State Lodge Fraternal Order of Police. The Law Enforcement Torch Run is the largest grassroots awareness and fund raising program benefiting Special Olympics. Over 500 Delaware law enforcement personnel relay run the ‘Flame of Hope’, for three days, across 160-miles of our State. Kicking off in Rehoboth Beach on Wednesday June 12 and finishing at the Opening Ceremony of Summer Games held June 14 at the University of Delaware (12:30 p.m. at the Bob Carpenter Center). In its 33-year history, Delaware Law Enforcement has raised over $7.8 million dollars to support our Special Olympics year-round program of sports training and athletic competition for children and adults with intellectual disabilities.

Throughout the Torch Run, several volunteers leap-frog the Torch Run to ensure it stays lit the entire 160 miles, a tradition started by the late Winnie “Torch Master” Spence in 1994. Delaware is the only state in the country that runs a lit ‘Flame of Hope’ the entire length of the state prior to its Summer Games.

Lieutenant Kristopher R. Thompson of the Delaware State Police has been named the Delaware Law Enforcement Torch Run “Winnie Spence” 2019 Torch Runner.

“I am honored and humbled to have been selected as the Delaware Law Enforcement Torch Run ‘Winnie Spence’ 2019 Torch Runner of the Year,” Thompson said. “I remember Winnie’s smile at every mile making sure the flame was strong as was the commitment of the officer carrying it.”

Thompson’s first involvement with Special Olympics came in 1997 when he was a senior at Polytech High School and part of a group of volunteers involved in the Torch Run as it ran into Legislative Hall during its annual trek to the Summer Games. Soon after joining the Delaware State Police, Thompson volunteered to award medals to athletes at a local bowling event.

“That experience was life-changing and has since guided me to where I am now with the Law Enforcement for Special Olympics executive committee,” said Thompson, who was recognized at the Delaware Police Chiefs Council meeting on April 9 at the Dover Police Department.

Read more about Lieutenant Thompson at www.sode.org.

Register to run or volunteer at www.sode.org.

2019 TORCH RUN SCHEDULE OF EVENTS

**Wednesday, June 12**
7:00pm
Rehoboth Beach Bandstand Torch Run Ceremony
Send-off for the “Flame of Hope”
Music by Greg Mack’s band “33 1/3”

**Thursday, June 13**
2:00pm
Ceremony at Legislative Hall in Dover

**Friday, June 14**
9:45am
Ceremony at Wilmington Police Department
12:30pm
Arrival at the Bob Carpenter Center at UD in Newark for the Summer Games Opening Ceremony

2019 Special Olympics Delaware Summer Games June 14 & 15 at the University of Delaware

33 YEARS & STILL RUNNING STRONG

33 YEARS AND STILL RUNNING STRONG
On June 14-15, 2019, come and witness the joy of the human spirit on full display at the 49th Special Olympics Delaware Summer Games, held at the UD sports complex in Newark. Once again, Summer Games will feature two days of intense competition in swimming, athletics (track & field), softball, bocce, powerlifting and tennis! Join us as we start off the festivities with our Opening Ceremony at The Bob on Friday, June 14th at 12:30pm where the Law Enforcement Torch Run will arrive carrying the Flame of Hope.

Don’t forget to check out Olympic Village on Friday! Attendees can stop by to check out the entertainment, games, arts and crafts, music, and much more. Athletes and families are also welcome to stop and visit the Law Enforcement tent all weekend, as well as receive free health screenings at Healthy Athletes on Saturday!

Special Olympics Delaware Summer Games Volunteer Registration is open! Summer Games will take place on Friday, June 14 and Saturday, June 15, at the University of Delaware athletic complex. If you are interested in volunteering, please visit www.sode.org to register. Volunteer Registration will remain open until noon on June 13. All shift times can be viewed on the registration website along with descriptions of volunteer roles.

*Volunteers must be at least 14 years old.
FRIDAY, JUNE 14

8:00AM - 12:00PM
- Competition
  - Grant Stadium
  - Bob Carpenter Center (West Gym)
  - UD Field House
  - Outdoor Pool
  - Outdoor Tennis Courts
  - Baseball & Softball Stadiums

10:30am – 12:00pm
- Lunch
  - UD Stadium

12:30pm – 2:00pm
- Opening Ceremony
  - Bob Carpenter Center

2:30pm – 6:30pm
- Competition
  - Grant Stadium & Field 9
  - UD Field House
  - Outdoor Pool
  - Outdoor Tennis Courts
  - Baseball & Softball Stadiums

2:30pm – Dusk
- Olympic Village
  - Grant Stadium - Grass Area

4:30pm – 7:00pm
- BBQ Dinner
  - West Stands
  - Track & Field
  - Softball

SATURDAY, JUNE 15

8:00am – 4:00pm
- Competition
  - BCC Main Arena
  - Grant Stadium
  - UD Field House
  - Outdoor Pool
  - Outdoor Tennis Courts
  - Baseball & Softball Stadiums

9:00am – 1:00pm
- Healthy Athletes
  - Multiple Locations

11:00am – 1:30pm
- Lunch
  - UD Stadium
  - West Stands

CONSTRUCTION AWARENESS

While the University of Delaware is expanding/renovating their stadium we would like everyone to be safe and aware of the active construction site. Special Olympics Delaware has had several meetings with the university and the construction groups to ensure we have a fun and safe event. We ask that all athletes, coaches, families and friends use caution and do not enter the construction area (which is fenced off).

JOIN THE CONVERSATION

Be a part of the conversation on Facebook, Twitter, and Instagram! As sport and fundraising events happen leading up to and during Summer Games, we will be posting photos and conversation starters. We want you to JOIN IN! Share your own sport photos or respond to what we are posting. The more interaction, the more people will see the great things our athletes are doing. Share, like, post, retweet... if sports are happening, we want to see it!

#Road2SODEGames #Motivation #SummerGames

HEALTHY ATHLETES

Free Health Screenings for Opening Eyes (Field House), Healthy Hearing (Field House), Special Smiles (Outdoor Pool), and Fit Feet (Track) on Saturday, June 15 from 9:00am - 1:00pm

Keeping our athletes healthy so they can compete is a key goal of Special Olympics. That’s why Special Olympics athletes receive free health screenings during Summer Games. Special Olympics Healthy Athletes® provides free health exams in a fun, welcoming environment. If you think there is no need to attend because your son/daughter has a regular doctor, etc., please consider that the program not only serves athletes but also trains health care professionals. After working with Healthy Athletes®, these dedicated professionals go back to their practices with increased knowledge of and compassion for people with intellectual disabilities. This year Healthy Athletes is at multiple locations, join us before, between, or after your events on Saturday!

BE A FAN! VOLUNTEER. SUPPORT. COACH. COMPETE.
More than 300 athletes and Unified partners representing all five Areas competed in the 2019 State Basketball Tournament, held March 30 at the Bob Carpenter Center.

Thirty-five teams squared off in traditional and Unified 5 v 5 tournaments within several divisions that were set based on qualifying games held early in March. In addition, several athletes took part in the individual and team skills competitions.

Officials from IIABO Board 11 volunteered their time to referee all games and nearly 100 volunteers from the community served as timers, scorers and in other roles.

**DICK NOLAN SPORTSMANSHIP AWARD**

Dick Nolan served as a member of the Special Olympics Delaware board of directors for several years and donated his time and talents in countless, immeasurable ways. The Dick Nolan Sportsmanship Award is presented annually to the basketball team that showcases the true spirit of the game during the State Basketball Tournament.

The 2019 winner of the Dick Nolan Sportsmanship award is Newark Dragons - White Team. Congratulations!

**Winnie Spence Memorial Speed Skating Competition**

More than 30 athletes from the Kent, MOT, Newark and Wilmington Areas sped around the rink at the Dover Skating Center on May 2 as part of the annual Winnie Spence Memorial Speed Skating competition.

Races included distances of 30, 100, 300 and 500 meters. In addition, skaters competed in a 30-meter slalom and the 2 x 100-meter relay.

Several students from Caesar Rodney High School volunteered as timers for the races.

Thank you to all coaches and volunteers for a great season!
The 2019 spring soccer season set records with nearly 2,000 athletes and Unified partners from over 70 schools taking part in four events held at DE Turf Sports Complex, Kirkwood Soccer Club, Polytech High School and the University of Delaware.

In addition, more high schools than previous years provided volunteers to help with all components of the skills events and team tournament. Participating schools included Aquinas Academy, Caravel Academy, Caesar Rodney, Hodgson Vo-Tech, Indian River, Polytech, Sanford School, Smyrna and Wilmington Christian.

The events included Motor Activity Training Program and Young Athletes demonstrations, standard and advanced skills competitions, and Unified 5 v 5 team tournaments.
CONGRATULATIONS TEAM USA!

Congratulations to the Delaware athletes who competed for the 2019 Special Olympics USA team in Abu Dhabi!

Andrew Crout (Tennis, Newark)
Eddie Joyner (Bowling, Middletown)
Patricia Pecora (Swimming, Dover)

Mary Moore (Wilmington) was the tennis head coach for Team USA, and Master Corporal Gary Fournier (Delaware State Police) was Delaware’s representative in the Law Enforcement Torch Run Final Leg.

ANDREW CROUT
Singles - Bronze
Doubles - Bronze

EDDIE JOYNER
Singles - 6th place
Doubles - 7th place

PATRICIA PECORA
4x50 free: Silver
50 free: Bronze
50 back: 4th place
SUPPORT OUR FUNDRAISERS! REGISTER FOR THESE EVENTS AT WWW.SODE.ORG

91 PEOPLE WENT OVER THE EDGE FOR SPECIAL OLYMPICS DELAWARE!
THURSDAY, MAY 9, 2019
300 DELAWARE AVE., WILMINGTON

Over the Edge, sponsored by TD Bank, Brandywine Realty Trust and New Castle County Fire Service, is a unique fundraising event -- and the only one 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.

Go to www.sode.org to register for the 2020 Over the Edge Event!

2019 TRUCK CONVOY & FESTIVAL

Entry Fee: $100 per truck
Date: Saturday, September 29, 2019

Truckers from all over the U.S. will join DELAWARE’S LARGEST TRUCK CONVOY® in support of Special Olympics. The truck convoy will be escorted by Law Enforcement as they travel from the Delaware State Fairgrounds through parts of scenic southern Delaware.

Drivers: Please register online for the Truck Convoy.
Athletes: Register to ride “Shotgun” in the truck cabs (limited to the first 25 registrants).

www.sode.org - Truck Convoy button

2019 RIDE TO THE TIDE
Presented by Delmarva Power

1,403 riders and passengers took part in a police-escorted ride from Smyrna to Rehoboth Beach, raising over $61,500 in support of Special Olympics Delaware. Thank you to everyone who participated and made this event such a success.

Don’t miss your chance to be a part of the 2020 Ride to the Tide!
Sunday, April 19, 2020
Rommel Harley-Davidson in Smyrna
DEPARTURE TIME 11:30 AM (check-in opens at 9:30 a.m.)

For more information, please visit our website at WWW.SODE.ORG
**Special Olympics Delaware**

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**VISIT OUR WEBSITE AT WWW.SODE.ORG**

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**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 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.

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

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

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

**Special Olympics Kent County**
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**Special Olympics Sussex County**
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**Special Olympics Sussex County**
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Email: sode.sussex@gmail.com

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**We need coaches!**

- Flag Football
- Soccer
- Long Distance Running/Walking
- Volleyball
- Bocce

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

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There are many 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 an Area Sport postcard 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!
2019 NOMINATION FORM

Night of Heroes is an opportunity for Special Olympics Delaware to honor and recognize those who have either excelled as participants in our program or have helped enrich our mission. The people and organizations we are honoring have not only given countless hours and made innumerable contributions over their years of service, but they’ve also made a long-lasting impression on the athletes we serve.

Please attach a written narrative to this form explaining why this person, persons, organization or company deserve this recognition.

**Nominee:**

Name: ________________________________________________________

I nominate the above for Outstanding _____________________________

- Outstanding Special Olympics Athlete
- Outstanding Family
- Outstanding Unified Sports Partner
- Outstanding Coach
- Outstanding Corporation or Business
- Outstanding Media/Photography
- Outstanding Agency or Non-Profit Organization
- Outstanding Special Olympics Program
- Outstanding Volunteer
- Outstanding Youth Volunteer

Address: ______________________________________________________________________________________

City: ________________________________   State ____________ Zip _____________________

Telephone:   ____________________________________________

Email: _______________________________________________________________________________________

**Person Submitting Nomination:**

Name ________________________________________________________

Address: ______________________________________________________________________________________

City: ________________________________   State ____________ Zip _____________________

Telephone:   ____________________________________________

Email: _______________________________________________________________________________________

Send to: Special Olympics Delaware   Email to: info@sode.org
Night of Heroes Awards Committee -or- FAX to: 302-831-3483
619 S. College Ave. Newark, DE 19716

All nominations must be submitted before July 1, 2019. Nominations received after this date may not be considered.
## 2019 Special Olympics Delaware Calendar of Events

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<th>LOCATION</th>
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<td>Rehoboth Beach bandstand</td>
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<tr>
<td>Law Enforcement Torch Run</td>
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<td>Summer Games Opening Ceremony</td>
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<td>Bob Carpenter Center, U of D</td>
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<td>2019 SODE Summer Games</td>
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<td>Summer Camp</td>
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<td>Summer Camp Golf Classic</td>
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<td>Families Day at the Beach</td>
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<td>SODE Cycling Classic</td>
<td>September 21</td>
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<td>SODE Golf Tournament</td>
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<td>Maple Dale Country Club, Dover</td>
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<td>Volleyball Qualifying Tournament</td>
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<tr>
<td>SODE Fall Sports Festival</td>
<td>October 26</td>
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