Why We Plunged!

For almost 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, fuels our growth, and sustains our mission to provide year-round sports training and athletic competition for individuals with intellectual disabilities.

Visit WWW.PLUNGEDE.ORG for photos!

Read more about the 2020 Polar Bear Plunge on pages 4-5
**Bowling**

**Area and State Tournaments**

More than 500 athletes from around the state took part in the Area Bowling Tournaments and the State Bowling Tournament. Results and photos from these tournaments are available at www.sode.org.

Thank you to Area and State Tournament sponsors - Edgewell, M&T Bank, and The Restaurant Store - Your support helps to knock pins down!

Bowling is one of the movement’s fastest growing sports, with every U.S. Program participating in the sport and more than 300,000 athletes competing worldwide. Congratulations on a great season athletes!

**Levels of Play Athletes Competed In**

Singles, Ramp - Singles, Bumper - Singles (8-12 year olds), Doubles, Unified Doubles, Motor Activity Training Program (MATP)

---

**Rollerskating**

**State Competition**

Dover Skating Center hosts the annual Winnie Spence Memorial Speed Skating Competition, pitting athletes of all abilities against each other in a variety of races.

State Rollerskating Competition is **April 9, 2020** at the Dover Skating Center.

For more information about rollerskating please visit: [WWW.SODE.ORG](http://WWW.SODE.ORG)

**Levels of Competition**

- 30-meter race
- 30-meter slalom
- 100-meter race the track
- 300-meter race the track
- 500-meter race the track
- 2 X 100-meter relay

---

**Winter Games**

**PA Winter Games**

Special Olympics PA Outdoor Winter Games is held Feb. 9 - 11, 2020 at Seven Springs Ski Resort in Seven Springs, Pennsylvania (Alpine, Nordic, Snowshoeing). Delaware has been attending Pennsylvania’s Winter Games since 2011.

Special Olympics PA Indoor Winter Games - Figure Skating is scheduled for March 7, 2020.

For more information or to register please visit www.sode.org

---

“Special Olympics has given my daughter incredible life experiences to be all that she can be. Volunteering has helped me to make those same experiences happen for many athletes who may never have had the opportunity otherwise.”

Merry Jones
2019 SODE Hall of Fame Inductee
HEALTHY ATHLETES
NEW YEAR, NEW YOU - 6 HEALTHY HABITS TO PICK UP

Have Breakfast
Breakfast is important for many reasons. It jump-starts your metabolism and stops you from overeating later. If a big plateful first thing isn’t for you, keep it light with a granola bar or a piece of fruit. Whatever you do, DON’T SKIP IT.

Drink Plenty of Water
Staying hydrated, with all its other benefits, may also help you lose weight. Another reason to go for H2O? Sugary drinks are linked to obesity and type 2 diabetes. If you aren’t a fan of plain water, add flavor with slices of orange, lemon, lime, watermelon, or cucumber.

Take an Exercise Break
Do some lunges, jumping jacks, or stretches. It’s great for your body and mind. Walking five times a week, for 30 minutes is a great way to get moving and keep motivated. If you can’t do those minutes all at once, short bursts help, too.

Learn Something New
New skills help to keep your brain healthy. Join a zumba class, try a pottery workshop, or master a new language. The mental work it takes can slow the signs of aging and keep you on your game, on and off the field.

Head Outdoors
Spending time in the sunshine raises vitamin D levels, and that’s good for your bones, your heart, and your mood! Plus, being outside means you’re more likely to move your body and make healthy choices.

Train Your Muscles
Strength training helps your body trade fat for muscle mass, which means you’ll burn more calories even when you’re being a couch potato. These workouts can also help you strengthen your heart, and build up your bones. A mix of strength-training exercises -- like push-ups, lunges, and weight lifting -- will help your whole body.

BASKETBALL STATE TOURNAMENT

Qualifying Tournament:
Saturday, February 22, 2020
at Kent County Recreation Center

The Basketball State Tournament includes teams from all five Areas and several school programs. The tournament takes place at the University of Delaware Bob Carpenter Center, located on the UD athletic complex in Newark.

Teams are placed in levels of competition based on age and ability. Visit our basketball sports page at www.sode.org for more information.

State Tournament:
Saturday, March 28, 2020
at Bob Carpenter Center, University of DE

Levels of Competition
Traditional: 5 v 5 full-court competition
Unified: 5 v 5 full-court competition with three Special Olympics athletes and two Unified Partners on each team
Halfcourt: 3 v 3 halfcourt competition
Skills Competition: Basic, Standard and Advanced Skills

HEALTHY ATHLETES
NEW YEAR, NEW YOU - 6 HEALTHY HABITS TO PICK UP

Have Breakfast
Breakfast is important for many reasons. It jump-starts your metabolism and stops you from overeating later. If a big plateful first thing isn’t for you, keep it light with a granola bar or a piece of fruit. Whatever you do, DON’T SKIP IT.

Drink Plenty of Water
Staying hydrated, with all its other benefits, may also help you lose weight. Another reason to go for H2O? Sugary drinks are linked to obesity and type 2 diabetes. If you aren’t a fan of plain water, add flavor with slices of orange, lemon, lime, watermelon, or cucumber.

Take an Exercise Break
Do some lunges, jumping jacks, or stretches. It’s great for your body and mind. Walking five times a week, for 30 minutes is a great way to get moving and keep motivated. If you can’t do those minutes all at once, short bursts help, too.

Learn Something New
New skills help to keep your brain healthy. Join a zumba class, try a pottery workshop, or master a new language. The mental work it takes can slow the signs of aging and keep you on your game, on and off the field.

Head Outdoors
Spending time in the sunshine raises vitamin D levels, and that’s good for your bones, your heart, and your mood! Plus, being outside means you’re more likely to move your body and make healthy choices.

Train Your Muscles
Strength training helps your body trade fat for muscle mass, which means you’ll burn more calories even when you’re being a couch potato. These workouts can also help you strengthen your heart, and build up your bones. A mix of strength-training exercises -- like push-ups, lunges, and weight lifting -- will help your whole body.
THANK YOU TO ALL THOSE WHO MADE THIS EVENT A

3,733 Bears raised $1,018,000!

5K Run to the Plunge!

Our 12th Anniversary of the 5K Run/Walk to the Plunge! Presented by Jack Lingo Realtor, Saturday’s 5K Run (or Walk) to the Plunge was the perfect way for people of all ages and abilities to support the Weekend Festival. Please visit www.plungeDE.org for additional information and photos!

CHILI CONTEST AND FIRE & ICE

Thank you to all who participated in the annual Chili Contest. This popular chili extravaganza took place on Saturday from 2:30-5:00pm. Restaurants who submitted chili into the contest include: Arena’s Deli, Atlantic Boardwalk Bar & Grill, Cafe Azafran, Cooter Brown’s, Crabby Dick’s, Dos Locos, Mariachi, Nicola Pizza, Rehoboth Ale House, The Pines, The Pond Bar & Grill, Zogg’s Raw Bar & Grill.

Did you and your family join us at Fire & Ice? This event, sponsored by K. Hovnanian Homes, showcased excellent wings, and amazing ice cream from local restaurants and creameries which were enjoyed by all attendees. Thank you to Rehoboth Beach Fire Company for hosting us!

SANDCASTLES AT THE PLUNGE!

Thank you to local sand sculptors Andy West, Darrell O’Connor, Marc Schaffer, Heather Williams, Lenny Williams, Lynn Williams, Adam Basalyga and Pete Vaverio (the Sand Bears) and the amazing sandcastle they built just off the Rehoboth Beach Boardwalk! We hope all Bears and spectators were able to enjoy the beautiful sand creation.

2020 APRES-PLUNGE PARTY

The coolest party, sponsored by the Rehoboth Beach Boardwalk Buddy Walk!

Festivities, held at the Rehoboth Beach Convention Center, began immediately following the Plunge. Attendees enjoyed Nicola’s pizza and chili, cookies, soda and music by the Greg Mack Band 33 ⅓.
For every inspiring Special Olympics athlete in Delaware there are
seven more people waiting for their chance - and so many more
around the world. By participating in the Polar Bear Plunge, you’re
helping us reach out to one more person who wants to participate
in Special Olympics.

Everyone deserves a chance at a happy and purposeful life.
Yet people with intellectual disabilities face doubt, barriers and
low expectations. For many, Special Olympics is the only place
where they find an opportunity to participate in their communities,
develop belief in themselves, and feel like champions.

Thank you to all those who participated, donated, fundraised,
and supported the Lewes Polar Bear Plunge. Your efforts will
help change the life of 4,200 athletes in Delaware and allow us to
reach many more.
**BASKETBALL COMPETITION**

The Diamond State Classic, an annual Delaware sports tradition showcases the best in local and national basketball talents. Each year this tournament supports the Andrew McDonough Be Positive (B+) Foundation and Special Olympics Delaware.

The tournament, held over four days at the end of December at St. Elizabeth High School, includes nine teams from Delaware and 11 from out of state - California, Ohio, New York, and Maryland.

This year Middletown High School and Caesar Rodney High School Unified Basketball teams tipped off and played a great game. Congratulations to Caesar Rodney for your 32-11 win!

---

**DOVER HIGH SCHOOL SENATORS UNIFIED FLAG FOOTBALL CHAMPIONS**

Dover High School became the SODE/DIAA Unified Flag Football state champions with a 34-16 win over McKean High School on Nov.30 at Delaware Stadium.

Unified Flag Football, a joint venture between Special Olympics Delaware and the Delaware Interscholastic Athletic Association (DIAA), began five years ago. While both Dover and McKean had been a part of the postseason each year, neither had won the State Championship.

Congratulations Dover Senators on a great game and thank you to all the players who made this a great season!

---

**UNIFIED CHAMPION SCHOOLS 2020 STUDENT LEADERSHIP CONFERENCE**

Students from across the State of Delaware came together on Wednesday January 22nd to learn and share from each other at a half day conference. This year’s focus was centered around youth impacting inclusion at school. Students and administrators were asked to use Inclusion Tiles to examine what it means to be inclusive in and out of school. Schools also worked together at this time to make plans for their Inclusion week, which will coincide with the Special Olympics Spread the Word day/campaign. Learn more about Spread the Word on page 8.

Thank you to everyone who participated and made this year’s conference a success.

---

**VISIT OUR WEBSITE AT WWW.SODE.ORG**
Special Olympics Delaware’s Unified Champion Schools programs were busy taking to the court in November and December with nine basketball skills competitions taking place across the state. More than 1,500 athletes and Unified partners from nearly 70 schools 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 won’t ever forget. Thank you to all of our host schools and volunteers!

“The Special Olympics Unified Champion Schools program is aimed at promoting social inclusion through intentionally planned and implemented activities affecting systems-wide change. This is accomplished by implementing meaningful involvement through inclusive sports, inclusive youth leadership opportunities, and whole school engagement.”

Nate Threatts
Manager of Unified Champion Schools
The national campaign is fast approaching

Raise your hands if you are excited!

SAVE THE DATE!
WEDNESDAY
MARCH 4, 2020

The Special Olympics national campaign, Spread the Word - Respect, will be taking place on Wednesday, March 4th. 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 Nate Threatts from Special Olympics Delaware at 302-831-4669.

VISIT OUR WEBSITE AT WWW.SODE.ORG
JOIN US THIS SUMMER!

2020 SUMMER GAMES
SAVE THE DATE!
As the days start to get longer before you know it -- it’s time to start thinking and training for Summer Games with Special Olympics Delaware!

SAVE THE DATE!
The 50th SODE Summer Games will be held on:

J une 12 - 13, 2020
at the University of Delaware Sports complex in Newark.

Athletes and Unified partners compete in six sports -- bocce, powerlifting, softball, swimming, tennis, and track & field -- over two days.

In addition to the competitions, athletes have the opportunity to spend the night with their teams in the dormitories and enjoy the activities in Olympic Village at the Family Picnic on Friday after competition.

The grand Opening Ceremony will be held on Friday at the Bob Carpenter Center and is free and open to the public.

More than 1,200 volunteers from a variety of companies and the community at large, led by a veteran organizing committee, donate their time and talents to ensure this event is a memorable experience for everyone involved.

UD COURSE SIGN-UPS 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:
• Must be at least 18 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 SUMMER CAMP
JOIN US THIS 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 1 - MONDAY, AUGUST 3

SESSION 2:
SATURDAY, AUGUST 8 - MONDAY, AUGUST 10

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 www.sode.org to complete an online application or call 302-831-4653 to have an application mailed to your home.

BE A FAN! VOLUNTEER. SUPPORT. COACH. COMPETE.
2019 REINDEER RUN AND ROMP 5K THANK YOU!

Many thanks to all those who joined us for the 2019 Reindeer Run and Romp 5K on December 6th. We enjoyed a fun, festive evening of walking, running, and holiday entertainment – all wrapped up with hot chili and hot cocoa! 1,200 runners and walkers raised over $52,000 to help us expand our programming throughout the state. In its 14-year history, the Reindeer Run has raised nearly $600,000 for the athletes of Special Olympics Delaware.

Check back with us soon to be a part of the 2020 Reindeer Run and Romp happening December 4th - www.sode.org

2020 OVER THE EDGE REGISTER TODAY!

Special Olympics athletes show us the courage needed to face challenges on the field, in the pool, on the court, and in life. Now they challenge you to face your fears, catch your breath, step up to the edge and rappel from the top floor of a city building.

Over the Edge offers the experience of a lifetime to rappel 17 stories (222 feet!) while raising funds and awareness for Special Olympics Delaware.

Join us Thursday, May 14, 2020!

Learn more, or register now, at www.sode.org.

2020 RIDE TO THE TIDE JOIN THE RIDE, SUPPORT THE CAUSE!

Join us as hundreds of motorcycles take part in a police-escorted ride from Smyrna to Rehoboth Beach, in support of Special Olympics Delaware. This event will be held on Sunday, April 19, 2020 (weather contingency date is Sun, Apr 26).

There is a 1,000 bike limit and the event has sold out the last 4 years, so be sure to sign up today.

Learn more, or register now, at www.sode.org.

BE A GAME CHANGER

Donate your spare change to Wawa’s coin canister Dec. 30 - Feb. 23 to help support Special Olympics Delaware athletes.
BECOME A COACH OR VOLUNTEER!

VOLUNTEER TODAY AND BE INSPIRED.

Special Olympics Delaware is looking for Coaches for our upcoming Spring sports:
SOFTBALL - TENNIS - POWERLIFTING - BOCCE - SWIMMING - TRACK & FIELD

Special Olympics Delaware provides coaches education and training for new coaches as well as continuing education for existing coaches. Volunteer coaches of all abilities are welcome! Coaches with Special Olympics are part of a movement that fosters inclusion through sport. For more information about being a coach for Special Olympics Delaware, please contact our Director of Volunteers and Athlete Engagement, Carly Thompson at cthom@udel.edu or 302-831-3479.

AREA UPDATES

Special Olympics Wilmington
Ed Capodanno & Joanne Cunningham, Area Directors
302-383-3249
Email: sode.wilmington@gmail.com
For additional area updates please visit www.wilmington.sode.org

Special Olympics Newark
John Miller, Area Director
302-547-7864
Email: sode.newark@gmail.com
Newark Spring Sport Info Night will be held in early March, be on the lookout for more information and to register. For additional area updates please visit www.newark.sode.org

Special Olympics MOT
Mary Ward Hutchison, Area Director
302-540-2863
Email: sode.mot@gmail.com
MOT is looking for coaches for Powerlifting, Track & Field, Softball, and Swimming. Please contact Mary Ward Hutchinson if you are interested. For area more updates please visit www.mot.sode.org

Special Olympics Kent County
Dave Manwiller, Area Director
302-233-8018
Email: sode.kent@gmail.com
For additional area updates please visit www.kent.sode.org

Special Olympics Sussex County
Rob Bailey, Area Director
302-690-0254
Email: sode.sussex@gmail.com
For additional area updates please visit www.sussex.sode.org

DONT MISS OUT

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!
### 2020 Special Olympics Delaware Calendar of Events

<table>
<thead>
<tr>
<th>SPECIAL OLYMPICS EVENT</th>
<th>DATE</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>POLAR BEAR PLUNGE WEEKEND FESTIVAL</td>
<td>January 31 - February 2</td>
<td>Rehoboth Beach</td>
</tr>
<tr>
<td>POLAR BEAR PLUNGE at 1:00pm</td>
<td>Sunday, February 2</td>
<td></td>
</tr>
<tr>
<td>Nordic Skiing, Alpine Skiing &amp; Snowshoe Competition</td>
<td>February 9-11</td>
<td>SOPA Winter Games (Seven Springs Resort, PA)</td>
</tr>
<tr>
<td>Basketball Jamboree Qualifying Tournament</td>
<td>February 22</td>
<td>Kent County Recreation Center</td>
</tr>
<tr>
<td>Spread the Word to End the Word Day</td>
<td>March 4</td>
<td>Statewide</td>
</tr>
<tr>
<td>Figure Skating Competition</td>
<td>March 7</td>
<td>SOPA Winter Games (York, PA)</td>
</tr>
<tr>
<td>Basketball State Tournament</td>
<td>March 28</td>
<td>Bob Carpenter Center, University of Delaware</td>
</tr>
<tr>
<td>Winnie Spence Memorial Roller Skating Competition</td>
<td>April 9</td>
<td>Dover Skating Rink</td>
</tr>
<tr>
<td>Ride to the Tide</td>
<td>April 19</td>
<td>Rommel Harley Davidson - Smyrna</td>
</tr>
<tr>
<td>New Castle County School Soccer Competitions</td>
<td>April 22</td>
<td>University of Delaware</td>
</tr>
<tr>
<td>Kent/Sussex County School Soccer Competitions</td>
<td>April 24</td>
<td>Polytech High School</td>
</tr>
<tr>
<td>Kent/Sussex County School Soccer Competitions</td>
<td>May 5</td>
<td>DE Turf</td>
</tr>
<tr>
<td>New Castle County School Soccer Competitions</td>
<td>May 7</td>
<td>Kirkwood Soccer Club</td>
</tr>
<tr>
<td>Over the Edge</td>
<td>May 14</td>
<td>300 Delaware Avenue, Wilmington</td>
</tr>
<tr>
<td>Law Enforcement Torch Run Kickoff</td>
<td>June 10</td>
<td>Rehoboth Beach bandstand</td>
</tr>
<tr>
<td>Law Enforcement Torch Run</td>
<td>June 10 - 12</td>
<td>Statewide</td>
</tr>
<tr>
<td>Summer Games Opening Ceremony</td>
<td>June 12</td>
<td>Bob Carpenter Center, U of D</td>
</tr>
<tr>
<td>2020 SODE Summer Games</td>
<td>June 12 - 13</td>
<td>University of Delaware sports complex</td>
</tr>
</tbody>
</table>

THANK YOU TO OUR YEAR-ROUND SPONSORS: