JOIN US FOR

BASKETBALL, BOWLING, and WINTER SPORTS

BE A FAN! VOLUNTEER. SUPPORT. COACH. COMPETE.

Follow us! @sodelaware
BOULDING
STATE TOURNAMENT
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. The bowling season in Delaware begins in mid-October and culminates with the State Bowling Tournament in January.

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

COMPETITIONS
SODE Qualifying Area Bowling Tournaments
Saturday, January 11, 2020
- Kent & MOT Areas Bowling Tournament, Brunswick Doverama, 8:30am - Noon
- Sussex Area Bowling Tournament, Millsboro Lanes, 8:30am - Noon
- Wilmington Area Bowling Tournament, New Castle Bowlerama, 12:30pm - 4:00pm

Sunday, January 12, 2020
- Newark Area Bowling Tournament, Price Lanes, 8:30am - Noon
SODE State Bowling Tournament - Saturday, January 25, 2020 at Brunswick Doverama

BASKETBALL
STATE TOURNAMENT
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. State Tournament games are officiated by high school referees who are members of IAABO Board 11.

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

WINTER GAMES
PA WINTER GAMES
Special Olympics PA 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 Winter Games - Figure Skating is scheduled for March 2020.

For more information or to register please visit www.sode.org
Thank you to our sponsors!

Presented by: Hosted by:
CHASE St. Andrew’s School
Middletown, Delaware

The annual SODE Fall Sports Festival event took place on the beautiful campus of St. Andrew’s School in Middletown on Saturday, October 26, 2019. Special Olympics Delaware athletes filled up the courts and fields to compete in soccer, flag football, bocce, long distance running/walking and volleyball -plus- everyone enjoyed the fun festivities at Olympic Village!

Thank you to all the athletes, families, and friends that made this event great!

HEALTHY ATHLETES
FIT 5 - SOMETHING TO LIVE BY

Fit 5 is based on the three simple goals of exercising 5 days per week, eating 5 total fruits and vegetables per day and drinking 5 bottles of water per day.

Enjoying physical activity outside of your sports practice can help you become a better athlete. There are many ways to be physically active.

“Special Olympics athletes aim to achieve their personal best on and off the playing field. Their efforts in becoming fit athletes will enhance their performance and success in both training and competition.”

Cheryl Talmo
Director of Sports Training and Health, SPECIAL OLYMPICS DELAWARE

ENDURANCE is the ability of your body to keep moving for long periods of time. Endurance can help you run farther distances without stopping, and practice longer with fewer breaks.

STRENGTH is the ability of your body to do work. Strength gives you the ability to jump higher, throw farther, and sprint faster.

FLEXIBILITY is the ability of your body to move easily in all directions. Being flexible makes it easier to do sports skills and helps prevent injuries to your muscles and joints!

BALANCE is the ability of your body to stay upright or stay in control of your movements. Balance helps you to stay in control when you are playing sports and helps you to avoid falls.

Certain exercises can help you improve the skills needed for your sport including endurance, strength, flexibility, and balance. Using a chart is a great way to track your activity, make sure you are hitting different muscle groups, and training your whole body.

<table>
<thead>
<tr>
<th>DAY OF THE WEEK</th>
<th>ACTIVITY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Special Olympics football practice • Stretched and did strength exercises during warm ups • Walked and ran during practice</td>
<td>90 Minutes</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Walked with a friend after work Did balance exercise before bed</td>
<td>45 Minutes 10 Minutes</td>
</tr>
<tr>
<td>Wednesday</td>
<td>OFF</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Did a group exercise class • Ended the class with strength exercises and stretching</td>
<td>60 Minutes</td>
</tr>
<tr>
<td>Friday</td>
<td>OFF</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>Biked on a trail in the park</td>
<td>30 Minutes</td>
</tr>
<tr>
<td>Sunday</td>
<td>Walked with Mom • Did balance exercises after walk</td>
<td>35 Minutes</td>
</tr>
</tbody>
</table>
SUPPORT OUR FUNDRAISERS! REGISTER FOR THESE EVENTS AT WWW.SODE.ORG

BE BOLD. GET COLD.
TAKE THE PLUNGE FOR SPECIAL OLYMPICS DELAWARE!
FEBRUARY 2, 2020

The Lewes Polar Bear Plunge, held annually on the first Sunday in February, has developed into a truly unique Delaware happening and is Special Olympics Delaware’s most significant fundraiser.

Individuals, including many Special Olympics athletes and their family members, take the plunge into the icy Atlantic Ocean during the height of winter!

www.plungede.org

HOW TO GET STARTED?
The saying goes that “friends don’t let friends plunge alone” - so invite your colleagues, friends and family to join you for the Plunge this year! If you are a student, teacher, or administrator, get your school involved in the Cool Schools Challenge. Are you a working adult? Go big and get your business involved as a big group of Polar Bears. What a great team building activity that combines courage, spirit, and community service. Get started today by registering online.

“I Plunge for the athletes, like my oldest daughter Sami. The water is freezing but it is a small sacrifice for the smile on Sami’s face when Team Bomba Bears greets her back at the boardwalk.”

Kristin Cox - Bomba Bears Plunge Team
SODE Parent and Veteran Plunger

OVER THE EDGE 2020
DO YOU HAVE WHAT IT TAKES?

Over the Edge is a unique fundraising event -- and the only one of its kind in Delaware -- allowing colleagues or friends the opportunity to rappel 17 stories (222 feet) “Over the Edge” of a building to raise money and awareness for Special Olympics Delaware.

Register today for the 2020 Over the Edge event at WWW.SODE.ORG

THURSDAY, MAY 14, 2020
300 Delaware Avenue, Wilmington

REINDEER RUN AND ROMP
FESTIVE NIGHT 5K FOR THE WHOLE FAMILY

• Kick off the winter season by running or walking the 3.1-mile course which includes luminaries, holiday entertainment along the course, a costume contest, and other festive activities. Whether you’re a runner, walker, or even just here for the post-race chili and cookies, the Reindeer Run is a great opportunity to support Special Olympics Delaware.

FRIDAY, DECEMBER 6, 2019
Aetna Fire Station, Academy Street, Newark

Register today at WWW.SODE.ORG

VISIT OUR WEBSITE AT WWW.SODE.ORG
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 7 at the Sheraton Wilmington South in Wilmington. (Arrive by 7:30am)

- Luncheon Fundraiser on Thursday, November 14 at the Baywood Greens Clubhouse in Long Neck. (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.

2019 TRUCK CONVOY & FESTIVAL

219 Truckers raised more than $45,000!

Truckers from all over the U.S. joined DELAWARE’S TRUCK CONVOY® event in support of Special Olympics. The truck convoy was escorted by Law Enforcement as they traveled from the Delaware State Fairgrounds through parts of scenic southern Delaware.

Thank you to all the drivers, passengers and athletes who came together to make this a great event.

Check back with us soon to be a part of the 2020 Truck Convoy and Festival - www.sode.org

THANK YOU!
HOCKESSIN ATHLETIC CLUB CAMP SOCIAL RAISES FUNDS

A very special THANK YOU to the Hockessin Athletic Club (HAC) for hosting the Annual HAC Camp Social in August to benefit Special Olympics Delaware. The HAC Camp Social has a rich history of providing participants with family fun, as well as generating substantial revenue to benefit children and adults with intellectual disabilities.

We salute the HAC and their commitment to our athletes!
The annual Night of Heroes celebrates the significant contributions of people and organizations both from the past year and over a longer period of time. Held each fall, the evening's awards program and reception is an opportunity for the Special Olympics family to come together and celebrate the organization’s successes and recognize those who made it possible.

Special Olympics Delaware awards nominations are open to athletes, families, coaches, organizations and volunteers who have made a significant contribution to Special Olympics. The following individuals (shown top to bottom on the left) are the 2019 Night of Heroes recipients: Gene Giuliani - Outstanding Athlete, J. Alex Poholsky - Outstanding Coach, M&T Bank - Outstanding Corportation, The Mathews Family - Outstanding Family, Merry Jones - Hall of Fame, Dick Huber - Lifetime Achievement, Delaware State Troopers Association - Outstanding Organization, Donna Evans Peterson - President’s Award, Sussex Riptide Bocce - Outstanding Program, Jakob Hoffman - Outstanding Unified Partner, and Shirley Bailey - Outstanding Volunteer.

CONGRATULATIONS RECIPIENTS!

HALL OF FAME • • • • • • • •

Merry Jones has never been one to just stand on the sideline. Even while on the sideline watching her daughter Kim train and compete in Special Olympics for the past 30 years, she was always thinking of ways to help out.

Merry has served in numerous volunteer roles for several organizations for the past four decades, but it has been Special Olympics which has had the good fortune of having the majority of her time.

From her first role as an assistant gymnastics coach to her current position as registration manager and tennis sport director/coach for the Kent Wild Kats, Merry has seen and done it all.

Merry was the program director for the Kent Crusaders during the changeover to Area teams, and as it occurred she helped ensure a smooth transition for all of the athletes and families.

OUTSTANDING ATHLETE • • • • • • • •

Gene Giuliani had his eyes opened to Special Olympics as a 15-year-old when he attended Summer Games with his mother, who was volunteering for the day.

Fast forward 22 years and Gene can look back on an athletic career that includes competing in several sports. He currently trains and competes year-round with the Newark Dragons, rotating between the sports of bowling and bocce. He is quick to credit his mom for getting him involved.

He has made many friends in the program including ones he made in Iowa at the 2006 National Games when his bocce team won a gold medal.

Gene has served as an athlete liaison for the Dragons for several years. It’s a contributing role he not only enjoys, but values. And one he takes very seriously.

For Gene Giuliani, Special Olympics is more than just a game.

“I put my heart and soul into this organization,” he said with pride.

“Everything about Special Olympics makes me smile.”

Gene Giuliani

Merry Jones

“Pretty much whatever is asked of me if I have the time, I think I’ve known subconsciously from a young age that my life’s purpose was that of helping others.”

Merry Jones

VISIT OUR WEBSITE AT WWW.SODE.ORG
VOLUNTEER TODAY AND BE INSPIRED.

Special Olympics Delaware is looking for Coaches for our upcoming winter sports:

**BOWLING • BASKETBALL • SKIING • SNOWSHOEING • FIGURE SKATING • ROLLER SKATING**

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.

“It never fails that the athletes amaze me with how they [Athletes] improve from the start of each season to the end. All we can do as coaches is to teach and put them in the best positions that we can for them to succeed.”

J. Alex Poholsky
2019 SODE Outstanding Coach
## 2019-2020 Special Olympics Delaware Calendar of Events

<table>
<thead>
<tr>
<th>EVENT</th>
<th>DATE</th>
<th>LOCATION</th>
</tr>
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<tbody>
<tr>
<td>Champions Together Breakfast</td>
<td>November 7</td>
<td>Sheraton Suites South, Wilmington</td>
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<tr>
<td>Champions Together Luncheon</td>
<td>November 14</td>
<td>Baywood Greens Clubhouse, Long Neck</td>
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<tr>
<td>Reindeer Run and Romp</td>
<td>December 6</td>
<td>Downtown Newark</td>
</tr>
<tr>
<td>Kent &amp; MOT Qualifying Bowling Tournament</td>
<td>January 11</td>
<td>Brunswick Doverama</td>
</tr>
<tr>
<td>Sussex Qualifying Bowling Tournament</td>
<td>January 11</td>
<td>Millsboro Lanes</td>
</tr>
<tr>
<td>Wilmington Qualifying Bowling Tournament</td>
<td>January 11</td>
<td>New Castle Bowlerama</td>
</tr>
<tr>
<td>Newark Qualifying Bowling Tournament</td>
<td>January 12</td>
<td>Price Lanes</td>
</tr>
<tr>
<td>State Bowling Tournament</td>
<td>January 25</td>
<td>Brunswick Doverama, Dover</td>
</tr>
<tr>
<td>Plunge Weekend Festival</td>
<td>January 31 - February 2</td>
<td>Rehoboth Beach</td>
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<tr>
<td>5K Run to the Plunge</td>
<td>February 1</td>
<td>Rehoboth Beach</td>
</tr>
<tr>
<td>Lewes Polar Bear Plunge</td>
<td>February 2</td>
<td>Rehoboth Beach</td>
</tr>
<tr>
<td>Basketball Jamboree</td>
<td>February 22</td>
<td>Kent County Recreation Center</td>
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<tr>
<td>State Basketball Tournament</td>
<td>March 28</td>
<td>University of Delaware</td>
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<tr>
<td>State Rollerskating Competition</td>
<td>April 9</td>
<td>Dover Skating Center</td>
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THANK YOU TO OUR YEAR-ROUND SPONSORS: