

FALL 2020

Sidelines

Special Olympics
Delaware



JOIN YOUR COMMUNITY AND LAW ENFORCEMENT
STRONGER TOGETHER - 2020 VIRTUAL RUN

WE ARE BETTER TOGETHER, BUT AT A DISTANCE.

Follow us! @sodelaware

Read more on page 5



RETURN TO PLAY

HEALTHY ATHLETES Athlete Health and Fitness

Physical fitness is a key part of the Special Olympics mission. Fitness is the state of optimal health and performance through adequate physical activity, nutrition, and hydration. In order for our athletes to be fit, they must practice healthy habits year-round and lifelong. Fitness programming empowers athletes and their supporters to take charge of their own health and fitness by providing necessary education, social support, opportunities and tracking of progress.

Fit 5 is designed to educate athletes on how fitness, nutrition and hydration impact overall athletic performance.

FIT 5 GOALS INCLUDE:

- Exercise 5 days every week
- Eat 5 fruits and vegetables every day
- Drink 5 bottles of water every day

Join us on Facebook via the Special Olympics Delaware - Health and Fitness group or on the Special Olympics Delaware website - www.sode.org. There will be great activities, information and contests to join!

2020 MODIFIED SPORT SEASON

WELCOME BACK!

Special Olympics Delaware (SODE) has Returned to Play with a Modified Sports Season occurring August 1st - November 8th - sponsored by DuPont. If you are still interested in participating or volunteering, please contact the SODE office at 302.831.4653 or info@sode.org. All decisions are made with the safety and wellbeing of all participants at the forefront. The sports being offered at this time are Golf, Cycling, Soccer Skills, Bocce, and Long Distance Running/Walking.

RETURN TO PLAY SPONSORED BY:

PPE SPONSORED BY:



"I am really excited to be returning to play, to see everyone once again, especially our dedicated coaches, and to play safely. Its been a long time, I am hoping I remember how to play...Just kidding."

Gene Guiliani
SODE Athlete of the Year



VOLUNTEER OPPORTUNITIES

Special Olympics Delaware is looking for Coaches and Safety Volunteers for our modified sports season as well as all future sports seasons.

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.

The Practice Safety Volunteers will help track safety measures put in place for social distancing and self-monitoring of COVID-19.

Practice Safety Volunteers will check in all athletes, coaches, volunteers, and Unified Partners at the start of each practice by taking temperatures using a no-contact thermometer and asking a series of questions pertaining to the COVID-19 symptoms. Online training will be provided.

For more information about being a coach or safety volunteer for Special Olympics Delaware, please contact the office at info@sode.org or 302.831.4653.

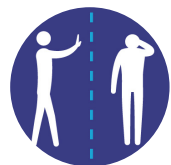


today tomorrow



#WeAreBetterTogether
but
AT A DISTANCE
#SpecialOlympicsDE

ENSURE YOUR SAFETY AND THE SAFETY OF TEAMMATES, FAMILIES, AND FRIENDS.



Practice social distancing by staying 6 feet or more away from others.



Washing your hands often with soap and water for at least 20 seconds



Cover your mouth & nose with a face covering when around others



Stay home as much as possible, and definitely when you are sick



Clean surfaces with disinfectant



Don't touch your eyes, nose or mouth with unwashed hands



Cover your nose and mouth when you sneeze or cough



In June of 2022 we will be headed to Orlando, Florida, for the 2022 Special Olympics USA Games. Information regarding sports, the Final Leg runner and the selection process will be available in early 2021.

Be on the lookout for information which will be posted on www.sode.org.



“I think that we all envisioned in 1991 that the Lewes Polar Bear Plunge was going to be a great event for Special Olympics Delaware. I’m not sure that any of us understood the truly amazing potential that this event had as a fundraiser and community awareness vehicle. Breaking the million \$\$\$ mark in 2020 is testimony to that great potential - let’s look forward to another 30 years of the Lewes Polar Bear Plunge benefiting SODE!”

John Miller
Newark Area Director / Polar Bear Plunge Veteran

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. 2021 marks the 30th Anniversary of this iconic event, where thousands of individuals, including many Special Olympics athletes and their family members, take the plunge into the icy Atlantic Ocean during the height of winter!

Although we cannot anticipate exactly what our world will look like by February, we know that many things will be a bit

different this year as a result of the COVID-19 pandemic. To ensure the safety and well-being of all participants, we are planning to host a modified on-site Plunge in Rehoboth, as well as a virtual option. No matter the format, our top priority is providing a safe, enjoyable experience for our Bears.

On-site modifications will be made in accordance with all pertinent State of Delaware, the City of Rehoboth, and CDC guidelines. Virtual Plungers will use photos and videos to share their own personal Plunge - think kiddie pool, dunk tank, sprinkler, ice bucket, cold shower.

We are excited to have you join us in February – in person or virtually for the **30th Anniversary** of the Lewes Polar Bear Plunge!
Learn more at www.plungede.org.

SUPPORT OUR FUNDRAISERS! REGISTER FOR THESE EVENTS AT WWW.SODE.ORG

**STRONGER TOGETHER
2020 VIRTUAL RUN**

A LAW ENFORCEMENT **TORCH RUN®** EVENT

Entry Fee: \$25.00 per registration

Date: October 25 - November 8, 2020

With the cancellation of the 2020 Summer Games due to the COVID-19 pandemic, the traditional Delaware Law Enforcement Torch Run did not take place in June.

This fall, we are asking everyone (members of law enforcement, athletes, coaches, families, sponsors, fans) to help us celebrate the partnership between Law Enforcement and Special Olympics with a Virtual Run.

The Virtual Run will take place over a 2-week time frame, from Sunday, October 25 to Sunday, November 8, which coincides with the conclusion of the modified sports season.

Participants can choose their own distance, method, path, and pace. We encourage participants to complete their Virtual Run individually, with friends and family, with their team, or as a department.

As part of the Stronger Together - Virtual Run we have set a goal of 2,020 miles. Once you register, a link will be provided to you to join our group on Strava - record your effort and help us reach our goal!

Join us as we keep the Flame of Hope burning bright and light the way for acceptance and inclusion.



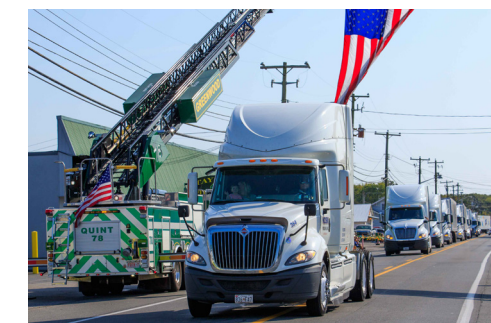
For registration and additional event information, please visit www.sode.org.



2020 TRUCK CONVOY & FESTIVAL

Entry Fee: \$100 per truck

The 2020 Truck Convoy will take place in a modified format on Saturday, September 26 at the Delaware State Fairgrounds. As a result of COVID-19 safety protocols, **athletes will not have the opportunity to accompany drivers in their trucks.** We thank you in advance for understanding and hope we are able to offer this unique opportunity once again in future years. For more information or to register please visit www.sode.org.



CHAMPIONS TOGETHER

JOIN US FOR A VIRTUAL EVENT

Thursday, October 15

Our mission is about much more than a game - it's about discovering and celebrating the greatness we each have inside of us. We believe sports have the power to transform lives, because for 50 years we've seen sports transform lives.

The Champions Together event is an opportunity to gather together friends and supporters who are inspired to connect and potentially invest in the mission of Special Olympics Delaware.

Join us for a virtual program of inspiration and heart on Thursday, October 15th. This 40-minute program will highlight the impact of our program on our athletes, our families, and our community.

Together, we've given thousands of men, women, and children across Delaware the support they need to chase their dreams. Imagine what we can do for the next 50.

Join us online and be inspired by the courage and determination of our athletes.

Join us and be the difference.

To Register visit www.sode.org



EVENTS CANCELED WE ARE SAD TO BE UNABLE TO HOST...

In compliance with Delaware health and safety regulations, the following events have been canceled to ensure the health and safety of our athletes, friends, families, and volunteers.

The 2020 **Families Day at the Beach** event has been canceled. We look forward to seeing everyone and their fishing poles in 2021.

The annual **Night of Heroes** event has been canceled and will resume in fall 2021. All nominations received for this year's event will be considered for the 2021 event.

The **Delaware Memorial Bridge 5K Run to Acceptance** will not be held this fall as a result of construction taking place on the bridge. We look forward to seeing all of our runners in 2021.

The annual **Reindeer Run**, normally held the first Friday in December has been canceled due to health and safety precautions. We look forward to seeing our running and romping reindeer in 2021.

In the absence of these events this year, we invite all of you to take part in the STRONGER TOGETHER - 2020 Virtual Run - a Law Enforcement Torch Run event. We invite our communities to join together with our Delaware Law Enforcement, who serve as Guardians of the Flame of Hope, and help us raise awareness and resources for our athletes as they return to play across our great state. Additional details about the STRONGER TOGETHER - 2020 Virtual Run can be found on the previous page or online at www.sode.org.

2019-20 UCS BANNER SCHOOLS CONGRATULATIONS!

National Banner Schools

Cape Henlopen High School
NEW National Banner School

George Welch Elementary
NEW National Banner School

Postlethwait Middle School
NEW National Banner School

2019-20 State Banner Schools

Milton Elementary

Old State Elementary

Fred Fifer III Middle School

Milford High School

Mispillion Elementary

William F. Cooke Jr. Elementary

Smyrna High School

Milford Central Academy

Nellie Hughes Stokes Elementary

Schools carry on their status as a Banner School in Delaware, and if earned, Nationally, for a period of four years. This is with the understanding that they continue to meet the standards that originally earned them the Banner, and continue to seek ways to improve and expand what they do as a Unified Champion School. If you would like to become a State Banner School please contact Nate Threatts at nate.threatts@sode.org for more information.

Congratulations to the following schools for maintaining their State and/or National Banner School status.

Benjamin Banneker Elementary
National Banner School

George Welch Elementary
Lulu Ross Elementary
National Banner School

P.S. Dupont Middle School
Postlethwait Middle School

Caesar Rodney High School
National Banner School

Middletown High School
National Banner School

Thomas McKean High School
National Banner School

Cape Henlopen High School
Dover High School

Nellie Hughes Stokes Elementary

West Seaford Elementary



Special Olympics
Unified Champion
Schools®

CHARITABLE CAMPAIGN

STATE EMPLOYEE CHARITABLE CAMPAIGN

Special Olympics Delaware will be participating in the State of Delaware's 2020 State Employees' Charitable Campaign (SECC). This campaign provides state employees with the opportunity to contribute to a wide variety of charities and causes. These contributions help improve the quality of life for all Delawareans.

The campaign officially kicks off on September 1 and continues through October 31, 2020.



STAY CONNECTED



Visit www.sode.org and click on the E-News button at the top to subscribe to weekly updates.

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 these updates, please contact our main office at 302-831-4653 to verify your mailing address.

Thank you!



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



Special Olympics Newark
John Miller, Area Director
302-547-7864
Email: newark.dragons@sode.org
For additional area updates please visit www.newark.sode.org



Special Olympics MOT
Mary Ward Hutchison, Area Director
302-540-2863
Email: mot.tigers@sode.org
For additional area updates please visit www.mot.sode.org



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



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



Main Office:
619 S. College Ave.
Newark, DE 19716-1901
Phone: 302.831.4653
Fax: 302.831.3483
Email: info@sode.org
www.sode.org
ann.plungede.org

Ann Grunert
Executive Director
302-831-3480
ann.grunert@sode.org

STAFF
Jean Beck
Donor Relations Specialist
302-312-9392
jean.beck@sode.org

Jon Buzby
Director of Unified Champion Schools
302-831-3484
jon.buzby@sode.org

Kylie Frazer
Director of Sports
302-831-8582
kylie.frazer@sode.org

Jennifer Paige
Director of Graphic Design and Communications
302-831-4048
jennifer.paige@sode.org

Corinne Plummer
Director of Special Events
302-831-4796
corinne.plummer@sode.org

Lisa Smith
Director of Marketing and Development
302-831-3482
lisa.smith@sode.org

Cheryl Talmo
Director of Sports Training and Health
302-831-3223
cheryl.talmo@sode.org

Carly Thompson
Director of Volunteers and Athlete Engagement
302-831-3479
carly.thompson@sode.org

Nate Threatts
Manager of Unified Champion Schools
302-831-4669
nate.threatts@sode.org

Kate White
Bookkeeper
302-831-3481
kate.white@sode.org

Sue Zebley
Administrative Specialist
302-831-4653
sue.zebley@sode.org



@sodelaware
@plungeDE

619 S. College Avenue
Newark, DE 19716-1901
Phone: 302-831-4653
FAX: 302-831-3483
www.sode.org
www.plungede.org

Non-profit Org.
**US POSTAGE
PAID**
Wilmington, DE
Permit No. 704

2020-21 Special Olympics Delaware Calendar of Events

SPECIAL OLYMPICS EVENT	DATE	LOCATION
Return to Play - Modified Sport Season	August 1 - November 8	Area Programs, Delaware
State Employee Charitable Campaign	September 1 - October 31	Online Campaign
Truck Convoy	September 26	Delaware State Fairgrounds in Harrington
Champions Together Fundraising Event	October 15	Virtual Event
Stronger Together - 2020 Virtual Run	October 25 - November 8	Virtual Event
2021 Lewes Polar Bear Plunge	February 7	Rehoboth Beach

Summer Camp Golf Classic		Canceled
Families Day at the Beach		Canceled
SODE Cycling Classic		Canceled
SODE Golf Tournament		Canceled
Night of Heroes		Canceled
Delaware Memorial Bridge 5K Run to Acceptance		Canceled
Fall Sports Festival		Canceled
Reindeer Run		Canceled

THANK YOU TO OUR YEAR-ROUND SPONSORS:

