

SPRING 2021

Sidelines

**Special
Olympics**
Delaware



SPECIAL OLYMPICS DELAWARE 2021 SUMMER GAMES

4 LOCATIONS = 4X THE SPIRIT

VIRTUAL OPENING CEREMONY FRIDAY, JUNE 11 AT 7PM

PRESENTED BY



PHOTOS THROUGHOUT THIS ISSUE
ARE PRE MARCH 2020

Read more on pages 6-7

bounteous

In celebration of Special Olympics 50th Anniversary, Bounteous, an innovative and transformative digital marketing company, shared its expertise by putting together a digital marketing campaign that would serve as a launching pad for SODE's next 50 years.

The Bounteous team designed a state-of-the-art website for the campaign where people will be directed by way of a multi-faceted digital marketing campaign with messaging that includes the need for more athletes, coaches and supporters.

Bounteous is the official presenting sponsor of the 50th Anniversary campaign, which runs now through the Summer Games in 2022, and is focused on its tagline: Be the Difference – **Join Us!**



Join us and be the difference

COACH

Leaders Wanted

At Special Olympics Delaware, our coaches transform lives.

Join us, and you can prepare inspiring men, women and children to compete in 19 different Olympic-style sports, and help them build the confidence to succeed in any arena.



COMPETE

Discover Your Greatness

Special Olympics Delaware gives athletes of all ages and ability levels the support they need to thrive, on and off the field.

Become an athlete, and you'll train with passionate coaches across 19 Olympic-style sports, join a supportive community, and get the chance to compete in events across Delaware and beyond



SUPPORT

Join Our Team

There are so many ways to support Special Olympics Delaware.

Volunteer opportunities are open to people of all ages, and your commitment can range from an afternoon to a lifetime. You can make a donation in any amount to help us put more athletes on the field. Or simply attend a Special Olympics event in your area, and lend your voice to the chorus that inspires our athletes.



WE ARE STRONGER TOGETHER

LAW ENFORCEMENT TORCH RUN 35 YEARS AND STILL RUNNING STRONG

This spring, there are more ways to support the Delaware Law Enforcement Torch Run than ever before. Members of law enforcement, and members of the community at large, are invited to come together to light the way for acceptance and inclusion. We are Stronger Together...



OPPORTUNITIES TO SUPPORT THE TORCH RUN

Law Enforcement

Independent Run

Fri, June 4 through Wed, June 9

Law enforcement agencies are invited to organize their own stand-alone run, carrying the torch through their town or around their facility with their choice of date, time, and route.

Torch Run

Thurs, June 10

Law enforcement agencies looking to hit the pavement together may do so as part of one of the two legs departing from Georgetown or Middletown. Both legs will converge together in Dover for a ceremony on Legislative Mall. This ceremony will recognize the partnership between law enforcement and Special Olympics as we celebrate the 35th Anniversary of the Torch Run.

Supporters

Virtual Run

Fri, June 4 through Wed, June 9

The community at large (athletes, coaches, families, friends, sponsors, fans) are invited to support the movement by purchasing a t-shirt and completing their own run or walk with their choice of date, time, and route.

Law enforcement and supporters can register online at www.sode.org

Celebrate the partnership between law enforcement and Special Olympics by posting photos and videos on social media, tagging **@SODElaware** and using the hashtags **#StrongerTogether** **#TorchRunDE**.

Sponsored by



TORCH RUNNER OF THE YEAR CAPTAIN GLENN DIXON (RET.)

Glenn Dixon's first volunteer experience with Special Olympics Delaware was three decades ago as a young State Trooper who was one of over 100 runners participating in the annual Law Enforcement for Special Olympics (LESO) Torch Run. It's an annual ritual he continues to this day.



However, the next time Dixon carries the "Flame of Hope" he will do so bearing the title of Torch Runner of the Year.

"I was totally surprised and so honored," shared Dixon, who retired in January as a Captain with Delaware State Police (DSP). "It means so much to me, especially for what SODE represents. I'm fortunate to be a part of supporting the great athletes who represent the goodness in society and receive the support of so many throughout the community."

The annual award is presented to a member of law enforcement who has made significant contributions as an LESO volunteer over an extended period of time.

Through the years Dixon has been involved with several LESO activities including the DSTA Golf Tournament, soliciting ads for the Summer Games program, recruiting runners at the troops he commanded, organizing DSP Headquarters' Torch Run efforts, and finally, volunteering at Summer Games.

Read more about Glenn Dixon at www.sode.org.

2022 WORLD WINTER GAMES DELAWAREANS HEAD TO RUSSIA

Brittany Taylor has been nominated to attend the 2022 Special Olympics World Winter Games in Kazan, Russia, in January 2022. She will be joined at the Games by M/Cpl Andrew Manning (Del. Natural Resources Police) and Capt. Pete Sawyer (Del. State Police). *Participant photos to the right are shown as listed above.*

Brittany, a member of the Newark Dragons, competes in snowshoeing and will be one of more than 2,000 athletes and Unified partners from 108 Nations attending the games in hopes of creating acceptance and inclusion through sport, volunteerism, education and health.

Manning has been selected as a member of the 2022 Kazan Final Leg Torch Run team that will run the Flame of Hope throughout cities and communities across Russia honoring the spirit of the Special Olympics global movement. Sawyer will serve in the role of Team Leader for the Final Leg, helping to oversee the 96 law enforcement officers and 10 Special Olympics athletes who will deliver a message of hope to communities where people with intellectual disabilities continue to fight for acceptance and inclusion.

Follow this event and support participants through #SOKAZAN2022



SPECIAL OLYMPICS

WORLD WINTER GAMES



JOIN US AND BE THE DIFFERENCE!

HEALTHY ATHLETES

HEALTHY HABITS THE MEASUREMENT OF SUCCESS

One of the first rules of healthy eating is to MEASURE everything. However, the hidden catch, which quickly adds dangerous amounts of calories to your daily calorie count, is not measuring food correctly.

A study from the New England Journal of Medicine found that people can under-report food intake by as much as 47%, meaning that what you think is 200 calories might actually be almost 300!

Serving sizes, pounds vs milligrams, cups, teaspoons, tablespoons. It can all become very overwhelming, very quickly.

The first step to mastering food measurement is to invest in a set of measuring cups and spoons. Make sure to keep them in a place that's easy to access. Each time you go to open the fridge or pantry, grab those measuring magicians first. Most food items purchased at your local grocery store will have labels on the packaging which will indicate serving sizes. Using the corresponding measuring tool, level off the food item using the handle side of a fork or spoon. Leveling the measurement ensures that you are getting the exact serving size and not adding unwanted calories to your meal.

Setting goals, planning your meals, and taking the time to measure is a great step toward becoming the healthiest you, you can be!

Check out this great healthy snack recipe submitted by Newark Dragons Coach/Mom, Jeanne and Athlete/Daughter Carolyn.

Any questions? Contact Cheryl Talmo at 302-831-3223 or cheryl.talmo@sode.org.

Presented by

GOLO®

CHECK IT OUT:

Healthy Apple Pie Oatmeal Cookies - 15 Cookies

INGREDIENTS

- 1 cup instant oats (*gluten-free option interchangeable*)
- 2 tbsp coconut oil or unsalted butter, (*melted*)
- ¾ cup whole wheat or gluten-free flour
- 1 large egg, room temperature
- 1 ½ tsp baking powder
- 1 tsp vanilla extract
- 1 ½ tsp ground cinnamon
- ½ cup agave or pure maple syrup
- ¼ tsp salt
- 1 cup finely diced red apple (*about 1 medium*)

STEPS

1. Whisk together the oats, flour, baking powder, cinnamon, and salt in a medium bowl. In a separate bowl, whisk together the coconut oil or butter, egg, and vanilla. Stir in the agave or maple syrup. Add in the flour mixture, stirring just until incorporated. Fold in the apple. Chill for 30 minutes.
2. Preheat the oven to 325°F, and line a baking sheet with parchment paper or a silicone baking mat.
3. Drop the cookie dough into 15 rounded scoops onto the prepared sheet, and flatten slightly.
4. Bake at 325°F for 13-15 minutes.
5. Cool on the pan for 10 minutes before turning out onto a wire rack.

Notes:

- Instant oats are also known as quick-cooking or minute oats. They come in large canisters, just like old-fashioned oats. They are not the ones in the small flavored packets of oatmeal.
- For the best results, dice the apples very finely. Finely diced apples will not completely soften while baking, but they won't be quite as crunchy as larger chunks. If the cookies are stored in an airtight container for a few days, the apple pieces will naturally soften over time as well.
- Honey or pure maple syrup may be substituted for the agave.
- For a gluten-free version, use gluten-free instant oats and a gluten-free flour blend.

2022 NATIONAL GAMES | FLORIDA, HERE WE COME!

SELECTION PROCESS

Special Olympics Delaware is encouraging current athletes (16+ years old) of ALL abilities to apply. All Gold Medalists from identified State Competitions will be included in the randomized draw for selections.

In order to be considered for selection, athletes and coaches must meet the following criteria:

1. Meet the minimum standards for National Games.
2. Complete the pre-selection questionnaire or coach's application in its entirety by **JULY 15**.
3. SODE Office will confirm that the Area Director and Sport Director support the athlete/coach applying to be considered for Team Delaware.

Detailed information on minimum standards, link to pre-selection questionnaire and coaches application can be found at www.sode.org

Athletes and Coaches who are selected will be notified in August 2021.

VOLUNTEER RECOGNITION

THANK YOU VOLUNTEERS OUR VOLUNTEERS DO AWESOME THINGS

Volunteer Appreciation month in April gave us another opportunity to highlight our awesome volunteers.

Volunteers are an integral part of our organization coming from diverse occupations, ages, and communities. Their passion for Special Olympics and supporting our athletes is the same.

Helping to provide our athletes with a unique experience, volunteers allow us to provide 19 different sports and programs across the state. Volunteer roles include:

- Sport Directors
- Coaches
- Practice Volunteers
- Unified Partners
- One-day event help ... to name but a few.

Additionally, Law Enforcement officers often volunteer their time and play an integral role in providing support at our medal ceremonies and fundraising events throughout the year, including the annual Torch Run.

Many other volunteer hours are completed behind the scenes including board members, event committees and office volunteers.

Do you have a passion for a sport that you would enjoy coaching or a skill you think you can share to support Special Olympics Delaware? Please contact our Director of Volunteers and Athlete Initiatives, Louise Doe - louise.doe@sode.org or 302-831-3479.

As part of our ongoing recognition for our Volunteers we are running a series of Volunteer Spotlights on Social media. Do you have a volunteer you would like to see featured? Complete the nomination form at <https://www.sode.org/support/volunteer/team-volunteer-orientation> or email louise.doe@sode.org.



WHAT SPORTS WILL TEAM DELAWARE COMPETE IN?

- Aquatics - 2 Males and 2 Females
- Basketball - 1 Traditional Male Team
- Bocce - 2 Males and 2 Females
- Bowling - 2 Males and 2 Females
- Powerlifting - 1 Male
- Tennis - 1 Male and 1 Female
- Track & Field - 2 Males and 2 Females

Each sport has 1 coach spot available with the exception of Team Basketball, which has 2 spots.

QUALIFYING COMPETITIONS:

- Basketball: 2019 State Competition
- Bowling: 2020 State Tournament
- Spring Sports: 2019 & 2021 Summer Games



JOIN US AND BE THE DIFFERENCE!



LET'S MAKE THIS THE SAFEST SUMMER GAMES YET!

We are ecstatic to welcome our athletes back and look forward to seeing them compete at Special Olympics Delaware's 50th Summer Games! To ensure a safe and fun experience from the time athletes arrive until they walk off the award stand, it is extremely important that everyone follows the safety protocols required at all Summer Games venues.

THINGS WE WILL ALL DO:

- Wear a mask at all times while on-site
- Encourage smaller crowds by having no more than 2 spectators per athlete
- Practice social distancing of 6ft or more
- Complete a pre-event COVID-19 screening (temperature check & questions)

TIPS SO YOU'RE PREPARED:

- Bring a chair - bleacher seating may not be available at all venues
- Pack your lunch, snack and beverages – light hospitality will be available

Additional information (i.e., tent usage) will be available as we get closer to the event. You can find the most up-to-date information at www.sode.org and click the Summer Games button.

Thank you for your help in ensuring that our athletes, coaches, volunteers, and families have the safest Summer Games possible!

**SODE reserves the right to adjust event protocols based on current guidance from Special Olympics Inc. and State of Delaware guidelines from the time of publication..*

SCHEDULE OF EVENTS

FRIDAY, JUNE 11

8:30am – 5:30pm COMPETITION

- Bocce – DE Turf (Milford)
- Softball – Schutte Park (Dover)
- Track & Field – Caesar Rodney High School (Camden)

7:00pm – 8:30pm

- Virtual Opening Ceremony & Dance

SATURDAY, JUNE 12

8:30am – 5:30pm COMPETITION

- Softball – Schutte Park (Dover)
- Tennis – Smyrna High School (Smyrna)
- Track & Field – Caesar Rodney High School (Camden)





JOIN THE CONVERSATION

To ensure the safety of our athletes, coaches, and volunteers we appreciate spectators who are willing to stay home. Don't worry though, you will still be able to share in the fun and sport experience. We are excited to share all venues will have coverage throughout Summer Games. Be on the lookout for the live feeds being posted on our social media sites!

Additionally, 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, tag, like, post, retweet ... if sports are happening, we want to see it!

Facebook/Twitter - @SODelaware
 Instagram - @SpecialOlympicsDE
 #Road2SODEGames #Motivation #SODESummerGames

PERFORMANCE STATIONS

Presented by GOLO®

In keeping with the Special Olympics mission of providing opportunities for our athletes to develop their physical fitness, SODE is excited to add Performance Stations to our state competitions.

Performance Stations are located at competition venues and are designed to educate and activate athletes in the areas of fitness: nutrition, hydration and physical activity. These stations are designed to directly connect the benefits of fitness to sports performance.

Athletes participating in Summer Games competition will be encouraged to visit the Performance Stations as part of their sports and competition experience. They will learn about fitness activities and initiatives that will not only improve sports performance, but will also improve overall health.

VOLUNTEER REGISTRATION OPEN FOR SUMMER GAMES

Special Olympics Delaware Summer Games Volunteer Registration is open! Volunteers are needed on Friday, June 11 and Saturday, June 12, at the four locations our Summer Games competitions will be held. If you are interested in volunteering, please visit www.sode.org to register.

Volunteer Registration will remain open until June 8. All shift times can be viewed on the registration website along with descriptions of volunteer roles.

**Volunteers must be at least 14 years old.*



JOIN US AND BE THE DIFFERENCE!



NIGHT OF HEROES 2021 AWARD NOMINATIONS

Night of Heroes, held each October, 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 our mission.

Interested in nominating a hero you know? Please visit www.sode.org and click the Night of Heroes button.

If you would like a paper form mailed to you please reach out to our office at 302.831.4653.

OUTSTANDING COACH

This individual must have demonstrated sportsmanship to the athletes and have shown the best example of quality sports training of their Special Olympics athletes.

OUTSTANDING SPECIAL OLYMPICS ATHLETE

For the Special Olympics Athlete who, over many years, exemplifies true sports skill, courage, sharing and joy.

OUTSTANDING UNIFIED SPORTS PARTNER

For the Unified Partner who demonstrates sportsmanship, teamwork and dedication to their Special Olympics program.

OUTSTANDING CORPORATION OR BUSINESS

The best example of year-round voluntary effort or support which has improved the quality of the Special Olympics program.

OUTSTANDING FAMILY

The family that has demonstrated true dedication to the program.

Please Note: ALL outstanding award nominations made in 2020 will also be considered for the 2021 event.

OUTSTANDING AGENCY OR NON-PROFIT ORGANIZATION

The best example of year-round voluntary effort or support which has improved the quality of the Special Olympics program.

OUTSTANDING MEDIA/PHOTOGRAPHY

The best example of media coverage (Newspaper, Radio, TV, Photography).

OUTSTANDING SPECIAL OLYMPICS PROGRAM

For the Special Olympics Program which has demonstrated organizational quality and concern for improving the skills of its athletes through Special Olympics.

OUTSTANDING VOLUNTEER

The best example of voluntary action to improve the quality of the Special Olympics program.



“ I put my heart and soul into this organization. Everything about Special Olympics makes me smile. But what matters most is that I have a voice in Special Olympics and that what I say matters! ”

Gene Gulliani
2019 Athlete of the Year

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



UPCOMING FUNDRAISING EVENTS

JOIN US AND SUPPORT OUR MISSION

Support the athletes of Special Olympics Delaware by participating in one of our fundraising events offered throughout the year. Whether you enjoy running, driving a tractor trailer, or jumping in the ocean, there are plenty of opportunities to make an impact. With your support, Special Olympics Delaware can continue to transform lives through the joy of sport, each and every day.

Learn more about all fundraising opportunities or register at www.sode.org.

2021 Ride to the Tide - Sunday, April 18

Many thanks to the hundreds of motorcyclists from around the region who safely rode together this spring in support of our athletes. Check out our website for event results and photos.

2021 Over the Edge - Thursday, May 13

Tune in to our livestream to watch dozens of brave Edgers rappel down a 17-story building in downtown Wilmington. Feeling inspired to give it a try? You can register for the 2022 event online NOW.

2021 Law Enforcement Torch Run

Virtual – Tuesday, June 4 thru Wednesday, June 9

In-Person (Law Enforcement Only) – Thursday, June 10

With more ways to support the Torch Run than ever before, law enforcement and supporters will light the way for acceptance and inclusion. Read more on page 3.

2021 Summer Camp Golf Classic - Monday, September 20

Held at Bidermann Golf Course, this annual golf tournament raises funds to give Special Olympics athletes the opportunity to attend Summer Camp free of charge.

2021 Truck Convoy - Saturday, September 25

Truck drivers from all over the country ride together through scenic Kent County in celebration of the trucking industry and its support of Special Olympics.

2021 Delaware Memorial Bridge Run to Acceptance - Date TBD

This 5K run/walk gives first responders and their friends and family the unique opportunity to cross the Delaware Memorial Bridge on foot.

2021 Champions Together - Date(s) TBD

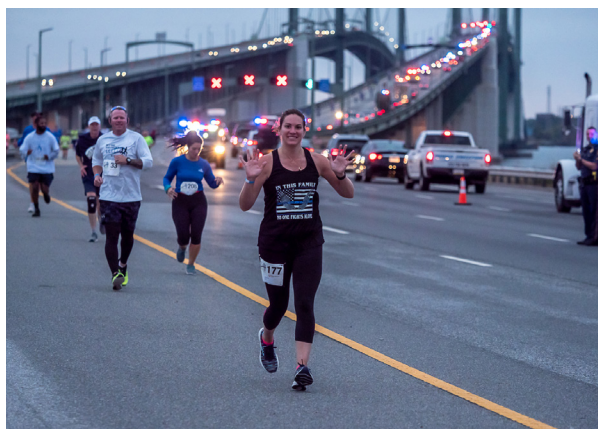
The Champions Together event invites individuals to learn about and potentially invest in the mission of Special Olympics Delaware.

2021 Reindeer Run & Romp 5K - Friday, December 3

This family-friendly, night-time 5K course through downtown Newark has something for everyone - from casual walkers, to elite runners, to those just looking for cookies and cocoa!

2022 Lewes Polar Bear Plunge - Sunday, February 6

For the 31st Anniversary Plunge, Bears are invited to join us in Rehoboth Beach OR from their backyard! From the Atlantic Ocean to a hot tub, and anywhere in between, we will be freezin' for a reason with an in-person and virtual event.



JOIN US AND BE THE DIFFERENCE!

2021 SPREAD THE WORD INCLUSION IS UNDEFEATED!

Schools at every level across the state didn't allow the pandemic restraints to impact their support of the annual Spread the Word - INCLUSION campaign. More than 150 schools organized spirit weeks, held banner signings and participated in other activities that promoted the inclusion of all students at their respective schools. More than 11,000 "Inclusion is Undeatable" T-shirts were purchased throughout the First State in schools and the community. Lena Stotzfus, a Pre-K student at Howard T. Ennis School and pictured below, sold 125 shirts to support the cause.

Join in next year for the 2022 Spread the Word - INCLUSION campaign. Read more at www.sode.org.



UNIFIED CHAMPION SCHOOLS

UNIFIED ESPORTS VICTORY UD ROCKET LEAGUE TEAM

Congratulations to the University of Delaware Unified Rocket League team of Zach Martin, Jon Tressler and Kevin Kendall on winning the first ever NIRSA Rocket League Esports Championships Unified Division. The unified tournament was comprised of 7 colleges from across the country and lasted 3 days.



DIAA UNIFIED BASKETBALL DOVER H.S. - STATE CHAMPIONS!

The 2020-21 Delaware Interscholastic Athletic Association/SODE Unified Basketball season included eight high school teams: Appoquinimink, Caesar Rodney, Cape Henlopen, Dover, Indian River, McKean, Middletown and Seaford. All eight teams qualified for the postseason tournament and in the championship game, Dover High School defeated Caesar Rodney, 33-15.

Congratulations and thank you to all the teams, athletes, coaches, and volunteers who participated this season.

ESPN TOP 5 SCHOOL RECOGNITION F. NEIL POSTLETHWAIT MIDDLE SCHOOL CELEBRATION

In just two short years, Caesar Rodney School District's F. Neil Postlethwait Middle School went from beginning the planning process of incorporating the Special Olympics Unified Champion Schools (UCS) program into the core values of its school to, this week, receiving the program's highest honor. Postlethwait has been named a Top 5 Unified Champion School by ESPN and Special Olympics as chosen by a "National Certifying Body" made up of key educational leaders.

"For the last several years, Postlethwait Middle School has embraced the vision that care, kindness, and respect are essential components of every thriving community," Postlethwait Principal Dr. Kristina Failing said. "Special Olympics has allowed us to take our vision to the next level by providing the opportunity to ensure that each and every member of our community knows that they belong and are valued."

Postlethwait earned its National Banner award by completing a rigorous application process that demonstrated its commitment to student-led inclusion in Unified sports, inclusive youth leadership and whole-school engagement.

A national virtual celebration was held on April 16th that also will be aired on select ESPN-branded digital channels.



Special Olympics
**Unified Champion
Schools**

UNIFIED CHAMPION SCHOOLS

COOL SCHOOLS CHALLENGE THANK YOU TO ALL THE SCHOOLS WHO PARTICIPATED

First and foremost, thanks to each and every one of our schools for all of their hard work, support, and enthusiasm!

We had 431 Cool School Bears raise over \$71,876 in support of the 4,200 athletes of Special Olympics Delaware!

COOL SCHOOLS CHALLENGE WINNERS

- Highest Total Amount of Funds Raised - Caesar Rodney School District (\$15,517)
- Highest Total Amount of Funds Raised Per Capita - REACH & CEEC Rock the Plunge
- Highest Total Number of Bears - Caesar Rodney School District (121 Bears)

Winners each received a traveling trophy engraved with their school's name to put on display over the next year

We look forward to seeing everyone next year at the 31st annual Polar Bear Plunge in February 2022!

STAY CONNECTED

DON'T MISS OUT

STAY CONNECTED

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

All athletes and families should be receiving Area Sport updates with seasonal Special Olympics Delaware sports information. If you are not receiving these updates, please contact our main office at 302-831-4653 to verify your mailing address.

Thank you!



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Special Olympics
Delaware



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2021 Special Olympics Delaware Calendar of Events

For the most up to date calendar information please check out our website www.sode.org

SPECIAL OLYMPICS EVENT	DATE	LOCATION
Virtual Dance Fitness	Monday nights	Virtual
Active Movement	Wednesday nights	Virtual
Over the Edge	May 13	300 Delaware Ave., Wilmington
Torch Run	June 10	Dover
Summer Games	June 11-12	Various Locations
Camp Session 1	Aug. 7-9	Camp Barnes, Frankford
Camp Session 2	Aug. 15-17	Camp Barnes, Frankford
State Cycling Competition	Sept. - TBD	TBD
Summer Camp Golf Classic	Sept. 20	Bidermann Golf Course, Wilmington
State Golf Competition	Sept. 21	Maple Dale Golf Course, Dover
Truck Convoy	Sept. 25	Delaware State Fairgrounds, Harrington
Night of Heroes	Oct. TBD	TBD
Fall Festival	Oct./Nov. - TBD	TBD
Delaware Memorial Bridge Run to Acceptance	TBD	Delaware Memorial Bridge, Wilmington
Champions Together	TBD	TBD
Reindeer Run & Romp 5K	Dec. 3	Downtown Newark
2022 Lewes Polar Bear Plunge	Feb. 6	Rehoboth Beach + Virtually

THANK YOU TO OUR YEAR-ROUND SPONSORS:

