

FALL 2020

Sidelines

Special Olympics
Delaware



30th ANNIVERSARY

VIRTUAL POLAR BEAR PLUNGE

BRING THE BEACH TO YOUR BACKYARD!

Follow us! @sodelaware

Read more on page 5



BASKETBALL

Qualifying Tournament:
Sunday, March x, 2021
at St. Andrew's School

State Tournament:
Saturday, March x, 2021
at Bob Carpenter Center, University of DE

The Basketball State Tournament includes team 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.

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

Young Athletes Demonstration: children ages 7 and younger

HEALTHY ATHLETES Virtual Fitness Challenges

Thank you to everyone who participated in the Gold Medal Step Challenge! What a fun and successful adventure we had together travelling around the world. This challenge also gave us an opportunity to look back and remember the National and World Games which brought pride, laughter, and fun memories for so many of our fellow athletes!

Together we took the world by storm for a total of 144,788 steps or 1890 minutes

Whats New and On-Going?

Dance Fitness is back and better than ever! Have you registered yet? If not there is still time to sign up and get groovin'! Dance fitness will be monday nights at 6:30, once you register, you will be given the zoom link to join!

Are you signed up yet for Active Movement - Virtual Fitness Plan? This weekly/bi-weekly virtual fitness opportunity for SODE athletes is to supplement the in-person basketball practices in an effort to improve conditioning and health. While basketball athletes are the primary focus, this virtual opportunity is open to ALL athletes!

Tuesdays
Jan. 5 -March 23
6:00pm - 6:45pm

REGISTER TODAY!

SPORT PHYSICAL UPDATES

COVID-19 PHYSICAL UPDATE

If you were diagnosed as COVID-positive and/or have had any changes in cardiac, neurological, or respiratory conditions since your last Special Olympics physical, you **must** receive full clearance before returning to SODE sports training and competitions.

NATIONAL GAMES

ORLANDO 2022

WHAT SPORTS WILL TEAM DELAWARE COMPETE IN?

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

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

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 must meet all of the following criteria:

- Complete the pre-selection questionnaire
- Meet minimum standards for National Games
- Receive notion of support by their Area Director

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 by Fall 2021.

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

**Most recent competition that meets quality standards as outlined by SOI*



SPECIAL OLYMPICS
USA GAMES
ORLANDO 2022



Special Olympics
Delaware

PLUNGE HAS GONE BRRRRR - TUAL

PRESENTED BY



“Since taking the plunge for the first time in 2012/13, it has become a tradition for me to participate and my husband the official towel holder. This year I am excited the plunge has gone virtual as I can plunge with family from around the world.”

Louise Doe

Director of Volunteers and Athlete Engagement / Polar Bear Plunge Veteran
(The photo to the left was taken prior to March 2020)

WHAT DOES VIRTUAL MEAN?

Simply, make your Plunge, your way, including the temperature of the water!

Get creative and Plunge virtually – however and wherever you choose. Think kiddie pool, sprinkler, cold shower...the options are endless! It’s all the fun of jumping into the cold ocean without, you know, jumping into the cold ocean.

HOW DO I GET MY SWEATSHIRT?

We would never deny you the official sweatshirt, the Plunge may be different, this fact is not!

Your Official 2021 Plunge Hoodie will be mailed. Please note you must raise a minimum of \$75 in order to receive the sweatshirt. More information will be shared regarding when you should expect your sweatshirt. Additional fundraising incentives will be mailed after February 7.



HOW DO I ENTER THE PLUNGE CONTEST?

2021 Plunge is being kicked up a level with a virtual photo/video Plunge Contest!

Think your Plunge has what it takes to be the best? Send in a video or photo of yourself or your team completing your amazing, over-the-top Plunge from Jan. 8 - Feb 7. The top Plunges will then be voted on by the public from Feb. 9 - Feb. 14. The winner(s) will be announced on February 15th! Not to brag or anything but we have some pretty amazing prizes lined up ... So get your pack of Bears together (safely socially distanced of course) or plunge yourself. It's YOUR Plunge, YOUR way!



WHAT ABOUT SOUVENIRS?

Plunge wouldnt be the same without some iconic souvenirs and we've got you covered!

Visit our Polar Plunge Webstore for the 2021 souvenirs we have available for purchase. They will be shipped directly to you, no sand included.

https://willpromo.com/sode_plunge/shop/home



JOIN US AND BE THE DIFFERENCE!

SUPPORT OUR FUNDRAISERS!



2021 RIDE TO THE TIDE

Presented by Delmarva Power

Join hundreds of motorcycles in a police-escorted ride from Smyrna to Rehoboth Beach, in support of Special Olympics Delaware.

DATE, TIME AND LOCATION

Sunday, April 18, 2021 (raindate: Sunday, April 25)

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

GO OVER THE EDGE FOR SPECIAL OLYMPICS!

WHEN: THURSDAY, XX

WHERE: 300 DELAWARE AVE., WILMINGTON

Do something extraordinary that will make your heart soar.

Special Olympics athletes show us daily, the courage needed to face extraordinary circumstances on and off the playing field. 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 is a unique event - and the only one of its kind in Delaware - allowing participants the opportunity to fundraise for the once in a lifetime experience of rappelling down a 17-story building.



We are looking for more brave souls to fill the ropes at the 2021 Over the Edge event. If you are an OTE Alumni, we want you to hang out with us again. And if you've never done anything like this before, we are inviting you to take your support of Special Olympics Delaware to new heights.

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



SUMMER CAMP COMING IN 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 7 – Monday, August 9

SESSION 2: Sunday, August 15 – Tuesday, August 17

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 download an application or call 302-831-4653 to have an application mailed to your home.

Interested in being a camp counselor? We are looking for volunteers to join our athletes at camp as counselors. You must be willing to participate in all camp activities alongside the athletes, happy to unplug from the internet for a few hours and have fun! Email Louise.doe@sode.org or call 302- 831-3479 for more details.

SUPPORT OUR FUNDRAISERS!

STRONGER TOGETHER 2020 VIRTUAL RUN

A LAW ENFORCEMENT *TORCH RUN*[®] EVENT

THANK YOU FOR BEING THE DIFFERENCE!

TOGETHER - 983 PEOPLE RAN, WALKED, BIKED AND ROLLED MORE THAN 6,500 MILES AND RAISED MORE THAN \$65,500!.

There's never been a more important time for our community to come **TOGETHER.**

STRONGER TOGETHER was a first-time virtual fundraising event held October 25 through November 8 and participants could run, walk, bike or roll either alone or with others, at the appropriate distance, of course.

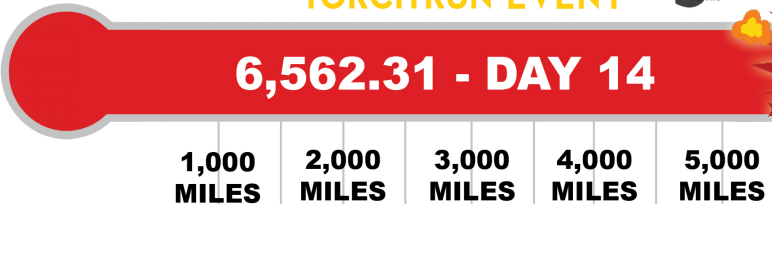
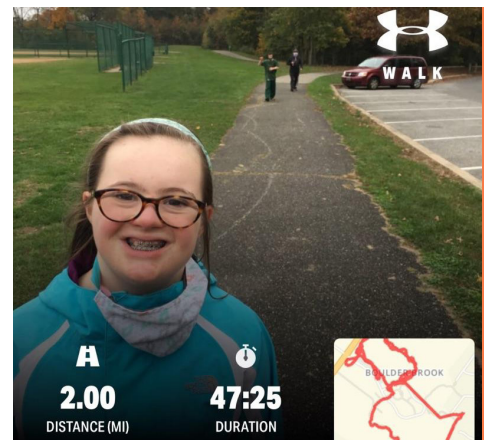
Our goal was to cover a total of 5050 miles and raise a total of \$50,500 together as a community, in celebration of Special Olympics Delaware's 50th Anniversary in 2020!

AND WE DID IT - TOGETHER!

“Exelon employees and family and friends came together to support the “Stronger Together” virtual 5k to raise funds and awareness for Special Olympics. With the restrictions in place for group gatherings due to COVID-19, Exelon employees have been missing their usual forums to volunteer and give back to their community. Exelon was pleased to contributed over 1,160 miles, helping to shatter the our Original Goal of 350 miles. Exelon’s employee Resource Group ENABLED had volunteers from as far away as Texas and Illinois for this event and we hope to continue to support the Special Olympics of Delaware and other Special Olympics in 2021 as we continue to manage through this Pandemic.”

- Leah Ritz

Nuclear East Chair of Employee Resource Group ENABLED
(Exelon Network for Awareness Benefitting Leaders & Employees about Disabilities)



JOIN US AND BE THE DIFFERENCE!

SPREAD THE WORD INCLUSION

The national campaign
is fast approaching
**Raise your hands if
you are excited!**

**SAVE THE DATE!
WEDNESDAY
MARCH 3, 2021**

The Special Olympics national campaign, Spread the Word Inclusion, will be taking place on Wednesday, March 6th. Schools across the state of Delaware will be showing their support by holding banner signings, assemblies and other various inclusion 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 Special Olympics Delaware at www.sode.org and click the link for the shirts!



F. Neil Postlethwait Middle School

NAMED ESPN TOP 5 UNIFIED CHAMPION SCHOOL

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 – one of eight Delaware schools to do so since 2018 – by completing a rigorous application process last spring. The school, which includes grades six through eight, demonstrated its commitment to student-led inclusion by meeting 10 standards of excellence in the components of Unified sports, inclusive youth leadership and whole-school engagement.

"Unified Champion Schools at our school is truly run by the students," Katie Wisniewski, a teacher and coach at the school, said. "With guidance and support from the administration and staff, Postlethwait students lead the way - making decisions, designing opportunities and creating an environment that encourages everyone to join."

Postlethwait is the only middle school Top 5 honoree for 2020. The other four schools – three high schools and a university – receiving the honor are located in Iowa, Minnesota, New Mexico and Vermont.

"The Caesar Rodney School District is extremely proud of our Special Olympics athletes, Unified athletes and their partners," said Dr. Kevin Fitzgerald, Superintendent of the Caesar Rodney School District. "I believe that this state and national recognition is indicative of the inclusive environment created by the staff and students at Postlethwait and is truly reflective of their motto of 'Care, Kindness and Respect.'" I also want to congratulate Special Olympics Delaware for the great job they have done in supporting our students. When each of our students can enjoy success and feel a sense of accomplishment by having competed and given their best effort, we all succeed."

Special Olympics is working with all five schools and ESPN to plan a special celebration.

"It has been breathtaking to receive the National Unified Champion Schools Banner and the ESPN Top 5 award," Failing added. "It affirms for our students, Unified partners and athletes that they have been putting their efforts in the right direction. These awards are great, but even more phenomenal is that we are a school that believes in welcoming others and making sure they are involved in every aspect of our school. We could never, nor would we ever want to, go back to life without Special Olympics."

VIRTUAL ACTIVITIES

ESCAPE ROOMS AND MORE..

With schools offering instruction in a variety of formats, the Unified Champion Schools program created ways to keep athletes, Unified partners, coaches and teachers engaged in the fall by offering several interactive virtual activities with plans to introduce the sport of bocce in the spring.

For more information or to get involved please visit www.sode.org.





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WELCOME!

WE ARE EXCITED TO WELCOME NEW STAFF MEMBERS

XXX

STAY CONNECTED



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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 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!

VISIT OUR WEBSITE AT WWW.SODE.ORG



Special Olympics
Delaware



Irv & Phyllis
LEVIN
MATCHING FUND

**If you can't bearrrrrrrr to take the 'virtual' Plunge ...
you can still join in on the fun by sending a pledge that Irv & Phyllis
Levin will match - dollar for dollar!**

The 30th annual Lewes Polar Bear Plunge will look a bit different this year as thousands prepare to virtually brave their personal plunge for the worthy cause of raising money for Special Olympics Delaware (SODE).

But, if the thought of choosing your own water temperature and location to take the virtual Plunge seems utterly 'unbearable', there is still a way for you to have an impact on what has evolved into one of SODE's most significant fundraising events. And this year, our athletes need your support more than ever!

Irv Levin and his wife, Phyllis, have once again agreed to match, dollar for dollar, donations made to Irv's Plunge pledge drive. This is a wonderful opportunity to maximize your support for Special Olympics Delaware!

Irv & Phyllis' son, Jamie, is a Special Olympics athlete, and they have always provided tremendous support to the organization. This matching funds effort is their way of continuing that support while also allowing others to join in and help create a contribution of even greater significance.

"With a son involved in Special Olympics Delaware, Phyllis and I, as parents, want to be involved in the program," Irv says. "We know how worthwhile and important the organization is, and we also know that the money raised is being used to support the program - and we like that. We see where the money goes and how much the athletes benefit!"

Yes, I want to support Special Olympics Delaware through the

LEVIN MATCHING FUND

PLEASE PRINT CLEARLY

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____

Pledge Amt. \$ _____ Please enclose a check with this form (payable to Special Olympics Delaware)
Mail to: Special Olympics Delaware • University of Delaware • Newark, DE 19716-1901

OR pay by credit card:
M/C, Discover, Amex or Visa Acct. # _____ Exp. Date _____

All pledged donations will be matched dollar for dollar by the Levin Family.
Donors who pledge \$1,000 or more will receive a free 1-week rental of an oceanfront home in Edisto Island, South Carolina.
(Blockout dates during peak season may apply. For more information, contact Ann Grunert at agrunert@udel.edu).

Special Olympics
Delaware



@sodelaware
@plungeDE

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2020-21 Special Olympics Delaware Calendar of Events

SPECIAL OLYMPICS EVENT	DATE	LOCATION

	Canceled
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THANK YOU TO OUR YEAR-ROUND SPONSORS:

