

Winter 2022

Sidelines

Special Olympics
Delaware



31st ANNIVERSARY

LEWES POLAR BEAR PLUNGE

TWO WAYS TO PLUNGE. ONE GREAT MISSION.

Follow us! @sodelaware

Read more on pages 6-7



SPORT INFORMATION

2022 BASKETBALL SEASON TIP-OFFS AND TOURNAMENTS

SEASON START JANUARY 3*

Special Olympics Delaware is excited to return to the court for the 2022 Basketball Season!

We are thrilled to have our athletes return to the court this season, and we know they are just as excited to join their teammates! Numerous teams across the state will tip-off their training season in January and it will conclude at the end of March. All participants should refer to the homepage of the SODE website for the most up-to-date COVID safety protocols.

2022 BASKETBALL JAMBOREE - STATE QUALIFYING TOURNAMENT

Join us on Saturday, February 26, 2022
Kent Recreation Center, in Dover.

2022 STATE BASKETBALL TOURNAMENT

Join us on Saturday, March 26, 2022
Bob Carpenter Center, in Newark.

SODE reserves the right to adjust based on the pandemic situation, safety protocols established and/or approval by SOI and Delaware Department of Public Health.



TEAM DELAWARE SUPPORT + UPDATES

Support Len Leshem as he bikes from "Lewes to Orlando" to raise money for Team Delaware as they prepare to compete at the 2022 Special Olympics USA Games in Orlando, Florida. Len's challenge to himself is to bike 930 miles from Lewes to Orlando on the stationary bike he routinely rides at the Sussex Family YMCA. His adventure began Oct. 5, 2021, and Len has set a goal to complete the ride by the start of the games in June 2022. Want to support Len and Team Delaware? Use the QR code to the right OR if you prefer to use your credit card over the phone or send a check, call 302-831-4653 for further instructions.

Along with Len, Team Delaware athletes and coaches are hard at work training for the upcoming games on June 5-11 in Orlando, Florida. Along with regularly scheduled sport-specific practices, our team is also focused on their overall health and fitness and will be participating in a virtual fitness challenge starting in January. Be on the lookout for team information and announcements coming this spring.



SPORT INFORMATION

ATHLETE LEADERSHIP

CONGRATULATIONS AND WELL DONE!

Congratulations to Athlete Leaders Tommy Fields (Wilmington Wizards - Bocce) and Steven Turner (Newark Dragons - Long Distance Running) on completing the Athletes as Coaches Course. Both athletes have completed online and in-person training and have been mentored at practices by our dedicated volunteer coaches.

Well done Tommy and Steven. We can't wait to see you coach again soon!

Interested in signing up for the Athlete Leadership program?

Go to www.sode.org and click the Athlete Leadership button and fill out the interest form!



WINTER SPORTS

ALPINE, NORDIC, AND SNOWSHOE

Although we aren't going to be going to competition this year, our Winter Sports teams are excited to be back training on the slopes and courses. Thank you to our athletes and coaches who have returned to this modified Winter Sports season. Your training this year will only make competition next year even better.

Special thank you to The Ski Bum and Blue Mountain for their continuous support.



HEALTHY ATHLETES GET FIT WITH TEAM DE

Join Team Delaware on their mission to get healthy and fit this winter season. It might be cold outside and getting dark early – however that is no reason to rest on your laurels. Get motivated, get moving, and get fit!

Set a large goal for yourself at the beginning of the month and work toward it over the weeks by breaking it down into smaller, achievable goals. Choose goals that will improve both your nutritional wellness and physical wellness.

Nutritional Wellness	Physical Wellness
o Healthy Eating	o Alternative Fitness Options
o Nutrition Labels	o Flexibility
o Portion Control	o Endurance
o Hydration	o Strength

Make sure to choose your fitness activities based on your goals and abilities. Tracking your goals vs actual accomplishments is a great way to watch how much you improve. Not only will you feel healthier but your body will be happier!

Remember: Your goals should be **SMART** - Specific, Measurable, Attainable, Realistic, and Timely.

Fitness involves more than just practicing your sport. Endurance, strength, and flexibility are all equally important in being a successful athlete. A great resource for physical activity, nutrition, and hydration is the Fit5 Guide.

For resources, more information or to get fit with Team Delaware, visit www.sode.org!



2021 BOWLING SEASON

THANK YOU TO ALL OF OUR PARTICIPANTS + SPONSORS

We have wrapped up another striking season of bowling. We are so thankful to have been back in the lanes and rolled through the season with our coaches and teammates. Everyone brought their A-game to the lanes each week for tougher-than-ever competition - **way to go athletes!**

A huge shout out to our amazing sponsors - The Restaurant Store, M&T Bank, and Edgewell - that have continued to support our program!



2022 SUMMER GAMES

TWO WEEKS LATE, JUST AS GREAT!

We are excited to share the 2022 Summer Games, sponsored by Dupont, will be held on Friday, June 24 & Saturday, June 25! Competition and Special Event schedules will be announced as we get closer but mark your calendars to join us as we celebrate and witness our athletes compete on the beautiful athletic facilities at the University of Delaware.

SPREAD THE WORD INCLUSION



The Special Olympics national campaign, Spread the Word-Inclusion, will be taking place on Wednesday, March 2nd. Schools across the state of Delaware will be showing their support by holding spirit weeks, 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 inclusion for all abilities.

SAVE THE DATE!
WEDNESDAY MARCH 2, 2022



front



back

If you're not involved with a school program and interested in purchasing T-shirts, please visit www.sode.org and click the link for the shirts!

UNIFIED FLAG FOOTBALL CONGRATULATIONS ON ANOTHER GREAT SEASON

Dover High School won its third straight Delaware Interscholastic Athletic Association/SODE Unified Flag Football state championship with a 26-18 win over Smyrna High School. The game took place as part of Championship Saturday on December 11 at Delaware Stadium. Congratulations to players Vincent Buttillo, Tyere Dennis, Justin Didden, Javione Jackson, Nathen Miller, Steven Powell, Daniel Rivera, Charles Shores, Jlyn Taylor and JayDen Tickner. The Senators' coaching staff is Gavin Schukoske (head coach), Mike Denman (asst. coach), Jennifer Gumble (asst. coach) and Gracie Talamantes (mgr.).



UNIFIED BOCCE ROLLING ALONG IN MORE SCHOOLS

The sport of bocce was played for the first time in schools as an official sports program this past fall and it was a big hit among students and staff. More than 1,500 athletes and Unified partners from over 50 schools throughout the state practiced and then played in weekly league-style competitions leading up to end-of-season tournaments. The sport of bocce requires not only individual physical skills but also teamwork prior to each roll to strategically decide whether to knock an opponents' ball out of the way or aim directly toward the pallina (target ball). And then, based on that decision, the most accurate way to roll the ball along the open court surface of either natural grass or artificial turf. Teachers raved about how the activity provides the opportunity for "serious and not-so-serious" engagement among teammates and opponents, enhancing the opportunities for teammates on the court to become friends off it.



2022 COOL SCHOOLS PLUNGE VIRTUALLY OR IN-PERSON

The Special Olympics Delaware Cool Schools challenge is a unique team-building activity that combines fun, courage, school spirit, and community service for a great cause. And this year, schools can choose to plunge at Rehoboth Beach on February 6 OR at their own school - whenever and however they choose. Cool Schools Plunge teams can be classrooms, clubs, athletic teams, or just a pack of individual students and staff wanting to make a difference. Every school is eligible to become a Cool School.

Want to learn how to start the process?

Just email nate.threatts@sode.org to take the first step toward becoming a Cool School ... for a great cause!





Special Olympics Delaware

2022 LEWES POLAR BEAR

Plunge

IN-PERSON

SUNDAY, FEB. 6
REHOBOTH BEACH

VIRTUAL

ANYTIME
ANYWHERE

PRESENTED BY



IN-PERSON PLUNGE

WE ARE BACK AT THE BEACH AND BETTER THAN EVER! BEARS DON'T LET BEARS PLUNGE ALONE - BUILD YOUR BEAR PACK AND MAKE THIS PLUNGE ONE FOR THE BOOKS!

Dip A Toe • Run All The Way In
Come In Costume • Rock Your Favorite Bathing Suit
Stay For The Whole Weekend • Join Us For Plunge Day!

VIRTUAL PLUNGE

WE ARE EXCITED TO CONTINUE OFFERING THE OPTION TO PLUNGE VIRTUALLY! HERE ARE SOME CREATIVE IDEAS TO HELP YOU BRRRRRAINSTORM YOUR VERY OWN VIRTUAL PLUNGE:

Have A Water Balloon Fight • Fill Up A Baby Pool
Run Through A Sprinkler • Use A Super Soaker
Get Sprayed By A Hose • Use A Slip-N-Slide

REGISTER TODAY!

WWW.PLUNGEDE.ORG



@SODELAWARE @PLUNGEDE

TOGETHER

WE CAN

Donate spare change to Wawa's coin canisters or round-up to the nearest dollar at the register now until Feb. 20 to help support Special Olympics Delaware athletes!

MAKE A

DIFFERENCE



PLUNGE WEEKEND FESTIVAL

FEBRUARY 4 - 6

5K RUN TO THE PLUNGE

ICE SCULPTING DEMONSTRATION

SAND SCULPTING DEMONSTRATION

RESTAURANT CHILI CONTEST

FIRE AND ICE
(ICE CREAM AND HOT WING SAMPLING)

APRÉS PLUNGE PARTY

ENTER THE PLUNGE CONTEST

WHETHER YOU PLUNGE IN REHOBOTH BEACH OR MILES AWAY, WE WANT TO SEE YOUR PLUNGE! PROMOTE YOUR TOWEL HOLDER TO A PHOTOGRAPHER AND PARTICIPATE IN OUR PLUNGE PHOTO CONTEST. SUBMIT YOUR PHOTOS BETWEEN JANUARY 1 AND FEBRUARY 7 FOR A CHANCE TO WIN SOME BEARY COOL PRIZES!

ADDITIONAL DETAILS AVAILABLE AT: WWW.PLUNGEDE.ORG



REGISTER FOR THE PLUNGE AT WWW.PLUNGEDE.ORG

JOIN US AND **BE THE DIFFERENCE!**

REINDEER RUN & ROMP 5K

THANK YOU SUPPORTERS!

Many thanks to the over 1,200 runners and walkers who joined us - in-person and virtually - for the 15th Annual 5K Reindeer Run & Romp, sponsored by BNY Mellon. After a cancelation in 2020, we were thrilled to bring back the fun and festivity of this iconic event.

Save the Date for the 16th Annual Reindeer Run, scheduled for December 2, 2022.

A link to results and photos from the event can be found at www.sode.org - Reindeer Run button.



SEA COLONY SUPPORT

THANK YOU TURKEY TROTTERS!

After a year off due to Covid, the annual Sea Colony Turkey Trot to benefit Special Olympics Delaware returned boasting record numbers. The nearly 300 runners and walkers was the largest turnout in the event's 18-year history as participants of all ages "trotted" through the Sea Colony community the Sunday after Thanksgiving. More than \$10,000 was donated to Special Olympics Delaware to support its mission of providing sports training and competition to Delawareans of all ages with intellectual disabilities. Special thanks to Jennifer Neal, Sea Colony Fitness Activities and Fitness Manager, for continuing to be a "champion" for Special Olympics year after year.



2022 RIDE TO THE TIDE

MARK YOUR CALENDARS & REVVV YOUR ENGINES

Join hundreds of motorcycles in a police-escorted ride from Smyrna to the Lewes beach area. This event inspires motorcyclists and their passengers from around the region to come together and support our athletes while doing something they love to do - ride their bikes!

Sunday, April 10, 2022
(rain date: Sunday, April 24)
Rommel Harley-Davidson in Smyrna

YOUR SUPPORT MEANS MORE NOW THAN EVER BEFORE.

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 years. Thank you for being part of our community. Without you, none of it is possible.



GO OVER THE EDGE

FOR SPECIAL OLYMPICS DELAWARE!

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.

Thursday, May 12, 2022
(rain date: Friday, May 13)
300 Delaware Ave in downtown 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.

We are looking for more brave souls to fill the ropes at the 2022 Over the Edge event, sponsored by Brandywine Realty Trust, TD Bank, and New Castle County Fire Service.

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.



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CAMP BARNES 2022

SUMMER CAMP

JOIN US AT CAMP BARNES 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 6 – Monday, August 8

SESSION 2: Sunday, August 14 – Tuesday, August 16



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

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 Area Sports 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!

VISIT OUR WEBSITE AT WWW.SODE.ORG



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

With the 31st annual Lewes Polar Bear Plunge scheduled for 2022, thousands of people are preparing to brave chilly waters for the worthy cause of raising money for Special Olympics Delaware (SODE). But, if the thought of participating in the Plunge seems utterly "unbearable" to you, and if you aren't already planning to support a Plunge participant, there is still a way for you to have an impact on what has evolved into one of SODE's most significant fundraising events.

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.
If you prefer to donate online, you can use the QR code to the right. Just open the camera on your phone and follow the link that appears on your screen.

For more information, contact Lisa Smith at lisa.smith@sode.org



JOIN US AND BE THE DIFFERENCE!

Special Olympics
Delaware



@sodelaware
@plungeDE

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2022 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
2022 Lewes Polar Bear Plunge	February 6	Rehoboth Beach + Virtually
Basketball Jamboree - State Qualifying Tournament	February 26	Kent Recreation Center, Dover
Spread the Word Inclusion	March 3	Statewide
State Basketball Tournament	March 26	Bob Carpenter Center, Newark
Ride to the Tide	April 10	Rommel Harley-Davidson, Smyrna
Night of Heroes	April 13	Executive Banquet, Newark
Over the Edge	May 12	300 Delaware Ave., Wilmington
Spring Sport Qualifiers	May TBD	Statewide
USA Games Torch Run - Final Leg	May 31 - June 5	Orlando, Florida
2022 USA Games	June 5-11	Orlando, Florida
Delaware Law Enforcement Torch Run	June 22-24	Statewide
Summer Games	June 24-25	University of Delaware
Camp Session 1	August 6-8	Camp Barnes, Frankford
Camp Session 2	August 14-16	Camp Barnes, Frankford

THANK YOU TO OUR YEAR-ROUND SPONSORS:

