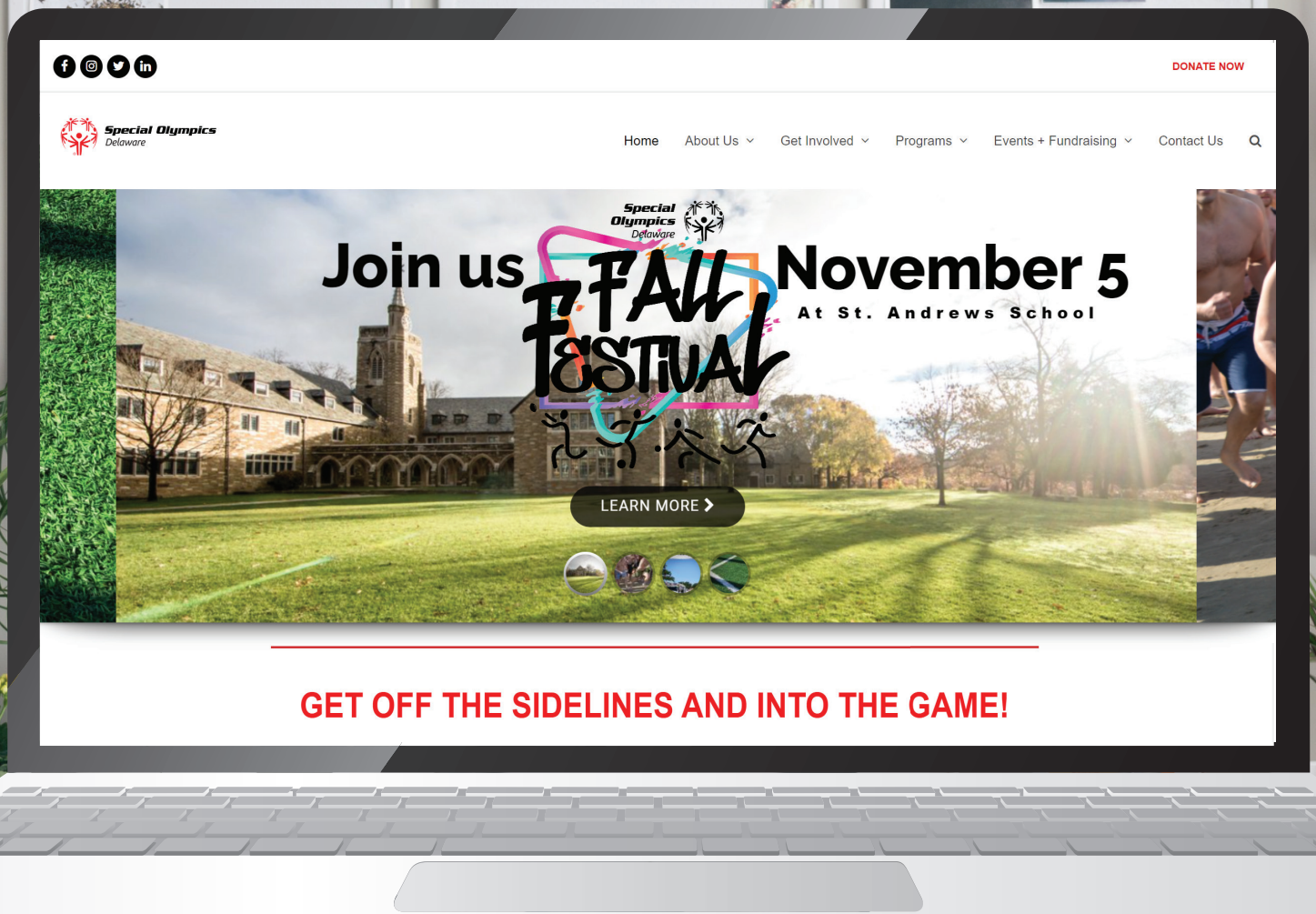


Fall 2022

# Sidelines

**Special  
Olympics**  
Delaware



**FALL SPORTS FESTIVAL  
JOIN AS AN ATHLETE. JOIN AS A FAN.**

**DON'T MISS THE NEW WEBSITE!**

Follow us! @sodelaware

Check out the website at [www.sode.org](http://www.sode.org)





## EXECUTIVE NEWS SIX MONTH REVIEW

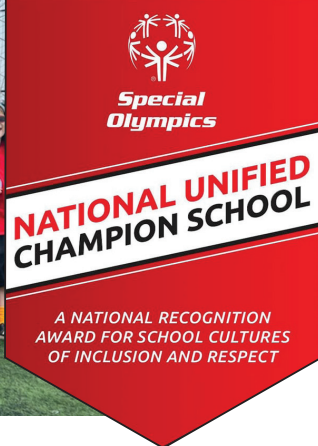
I cannot believe it's already been 6 months that I've been here! I've enjoyed participating in so many of our events like the Polar Bear Plunge, Over the Edge, Ride to the Tide, USA Games, Summer Games, statewide and school tournaments, Torch Run events, and Summer Camp at Camp Barnes. It's been wonderful working with the board, staff, and getting to know our donors. One of the things I've enjoyed the most is getting to know our amazing volunteers and athletes. The relationships and life-changing interactions that occur at Special Olympics makes our organization like none other. We truly are living out our mission.

There are a few items that I'm happy to share with you that SODE will be focusing on over the next year. First, launching a new website that will provide an updated look and easier access to information for our athletes and volunteers. Second, identify more ways to be mission focused at our events through athlete involvement, signs, and in-person or video testimonials. Next, diversify our revenue funding by expanding our grants, increasing sponsorship levels and identifying opportunities for new sponsors. Finally, continuing to improve our quality by adding certificate levels to help in coach development and creating a year-round sports communication strategy.

I'm very blessed to belong to such an amazing organization and I'm excited to see how Special Olympics will continue to grow and reach many more families in the years to come.

Yours In Health,

*David Halley*  
David Halley  
President + CEO



## NATIONAL UNIFIED CHAMPION SCHOOL COOKE ELEMENTARY CLASS OF 2022 NATIONAL BANNER UNIFIED CHAMPION SCHOOLS

Cooke Elementary School has received the honor of being named a Unified Champion Schools National Banner School.

This prestigious award is presented to a Special Olympics Unified Champion School that has an inclusive school climate and exudes a sense of collaboration, engagement and respect for all members of the student body and staff. A Unified Champion School receiving national banner recognition is one that has demonstrated commitment to inclusion by meeting 10 national standards of excellence in the areas of inclusion, advocacy and respect. These standards were developed by a national panel of leaders from Special Olympics and the education community.

"It's an honor to be named a National Special Olympics Unified School. At Cooke we take pride in fostering awareness and participating in school-wide activities that promote an inclusive community. One of Cooke's core values is creating a community of learners who will make a difference. Our students are young and impressionable and that is a driving force behind our dedication to making a difference today, tomorrow and in the future!" – Heather Kennedy, Cooke Elementary UCS Program Director.

The school was one of just 122 new schools around the country to receive the honor. Staff and students from Cooke were recognized at the monthly Red Clay School District Board of Education meeting.

## BOCCE TOURNAMENTS DISTRICT-HOSTED BOCCE TOURNAMENTS MAKE DEBUT

This fall, 13 high schools will host Bocce Tournaments for the schools within their district that will include four-person Traditional and Unified teams competing in round-robin tournaments. The events are organized and conducted by youth leaders in the schools under the direction of faculty members and with assistance from SODE staff.

The sport of bocce was piloted at schools during the pandemic and the feedback from teachers was overwhelmingly positive. What they valued the most was that the sport enables students of all abilities to play on the same team and the atmosphere during practices creates natural opportunities for true friendships to be created that carry over into other

segments of the school day (lunch, recess, etc.) and after-school activities.

With districts now hosting the events and school participation guidelines falling under their regulations, it enables more students to participate than ever before. Several teachers stated that their participation rates will increase by at least 25% this first year and potentially more in the future as the program expands and more schools become involved.



## UNIFIED CHAMPION SCHOOLS

## STUDENT LEADERSHIP CONFERENCE YOUTH LEADERSHIP CONFERENCES EXPAND

After a successful debut of the revamped annual Student Leadership Conference (SLC) prior to the pandemic, the youth leadership experience is returning this school year.

The secondary SLC – middle and high schools – date and location are being rescheduled due to facility renovations. Schools from across the state are invited to bring up to 10 students with and without intellectual disabilities to spend the day planning various school-wide inclusion activities that will take place throughout the year with a focus on existing events including Cool Schools at the Plunge, Spread the Word – Inclusion Spirit Weeks and Over the Edge, as well as the creation of others.

The Elementary SLC date and location is to be determined.



Use the QR Code to register!



STUDENT LEADERSHIP CONFERENCE



“ We are very excited that we are back to our pre-Covid numbers in terms of the number of teams playing varsity Unified Flag Football. We firmly believe in the power of inclusion and having our flag football athletes and Unified partners playing on the same fields during the same season as their tackle football peers in the school just reiterates what we are trying to continually do - include everyone in everything and highlight the abilities of all. ”

JON BUZBY, Chair of the DIAA Unified Sports Committee, Special Olympics Delaware - Sr. Director of Unified Champion Schools

## DIAA FLAG FOOTBALL ARE YOU READY FOR SOME FOOTBALL?

More than 12 teams are slated to compete in the 2022 Delaware Interscholastic Athletic Association Unified Flag Football Season. For the first time since the inaugural season, the schedule and playoff structure will mimic that of other DIAA sports. Schools are creating their own schedules with guidelines of minimum and maximum games allowed. All teams will be eligible for the playoffs with seeding based on an indexing method that takes into consideration wins, losses and strength of schedule.







## 2022 FALL SPORTS FESTIVAL

BACK AT ST. ANDREWS AND READY TO COMPETE!

This annual four-sport event will be taking place on Saturday, November 5, 2022. Join our athletes as they compete in Long Distance Running, Soccer, Flag Football, Bocce, and a Young Athletes Experience.

The games committee, in conjunction with Chase employees, spends months planning for this large event. An outpouring of day-of volunteers from Chase provide the necessary support to make this festival an annual favorite for everyone involved. In addition, JLL provides the behind-the-scenes logistical and operations support necessary to make the event run smoothly, taking care of everything from setting up tables and chairs to making sure the awards area is beautifully decorated.

**Safety Guidelines:** For the safety of the competitors, family members will not be permitted inside the competition areas. Please bring a sports chair and there will be designated areas to take pictures, including at the awards area. We appreciate you following the directional signs and staying "outside the competition ropes" to allow for a safe and fair competition for all athletes.

**Lunch / Concessions:** Lunch will be provided for all registered participants. Concessions will be available for purchase.

**Hospitality:** Is provided for families, volunteers and spectators while supplies last.

**Healthy Athletes:** Is provided for all athletes. Please make sure to stop by and participate in your free health and fitness screenings.



## YOUNG ATHLETES EXPERIENCE

FALL FESTIVAL FUN ACTIVITY FOR AGES 2-7

Join us at Fall Festival for an innovative inclusive play program for children with and without intellectual disabilities ages 2-7. The focus is on fun activities that are important to mental and physical growth. In the Young Athletes program, children enjoy games and activities that develop motor skills and hand-eye coordination. They will learn new things, play and have lots of fun!

To register use this link <https://bit.ly/3BnAa0C> or the QR code to the right! Be sure to share with a friend who might not know about the program.



## SPECIAL OLYMPICS DELAWARE

### WORLD GAMES 2023

HEADING TO BERLIN

Austin Archer from the Wilmington Wizards has been nominated to represent Special Olympics Delaware and Special Olympics USA at the Special Olympics World Games Berlin 2023 for swimming! We are exceptionally proud of Austin and look forward to celebrating his official selection for Special Olympics USA after he successfully completes the Special Olympics USA Team Trials in November.

Congratulations and Good Luck Austin!



### FINAL LEG RUNNERS

CARRYING THE FLAME

The Final Leg tradition involves members of law enforcement representing their country, state and Torch Run Program, creating awareness and excitement, and serving as Guardians of the Flame to carry the torch into the Opening Ceremony of the Special Olympics World Games.

Law Enforcement Torch Runners from around the world are selected to support the Final Leg. Special Olympics Delaware is proud to be represented by three dedicated members of law enforcement!

Sergeant Andy Manning (Delaware Natural Resources Police) has been selected to represent Delaware as a Final Leg Runner at the 2023 Berlin World Games. Manning will run the Flame of Hope throughout cities and communities across Germany honoring the spirit of the Special Olympics global movement.

Major Pete Sawyer (Delaware State Police) will serve in the role of Team Leader for the Final Leg, helping to oversee the law enforcement officers and Special Olympics athletes who will deliver a message of hope to communities throughout Germany.

Captain Danny Hall (Delaware State Police) will also be supporting the Final Leg as a Route Leader, helping to coordinate logistics and ensuring that the Flame of Hope is delivered safely to the Opening Ceremony of the 2023 Berlin World Games.



### HEALTHY ATHLETES HIGH 5 FOR FITNESS

Back to school time is also a great time to get back into a fitness routine. High 5 for Fitness are resources for youth ages 8 – 21 to help athletes take control of their own fitness by making healthy choices.

Being fit means that you eat well, drink plenty of water, and move a lot every day. Fit athletes feel good and have lots of energy because their bodies are strong and healthy!

The programs are broken down for ages 8-11, 12-14, and 15-21. These age groups then have sections which advance from level 1-3 each focusing on strength, flexibility, and endurance.

Additionally athletes are meant to set goals toward better eating habits and increasing their water intake.

These great programs all have weekly trackers to help athletes of any age reach their goals.

Interested in learning more, or getting your own High 5 for Fitness guide? Let us know at [info@sode.org](mailto:info@sode.org).

WEEK	1	2	3	4	5	6	7	8	9	10	11	12
<b>Eat</b> Color the star if you ate from all 5 food groups every day this week.	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
<b>Drink</b> Color the star if you drank at least 1 bottle of water every day this week.	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
<b>Move</b> Color the star if you moved for 60 minutes or more every day this week.	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆

DAY	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Eat</b> Color the plate if you ate from all 5 food groups today.	🍽️	🍽️	🍽️	🍽️	🍽️	🍽️	🍽️
<b>Drink</b> Color the bottle if you drank at least 1 bottle of water today.	🍷	🍷	🍷	🍷	🍷	🍷	🍷
<b>Move</b> Color the shoe if you moved for 60 minutes or more today.	👟	👟	👟	👟	👟	👟	👟



## SPORT SEASON UPDATES

READY...SET... GO!

We have created a year-long seasonal calendar with sign-ups, training and competition dates that will be consistent for the foreseeable future.

The new sports sign-up times have been extended to 6 weeks, allowing us to promote them at existing events held prior to each season so athletes can sign up onsite for their next season. The biggest changes you will note are as follows:

- Our most popular sport, Bowling, has been moved to the Summer Sport Season, providing athletes of ALL ability levels an indoor sport to train and compete in during the hottest months of the year.
- We have created a transition plan to recruit more school-age athletes into the Area programs, which will provide more numbers and therefore more options to offer ability- and age-appropriate teams in all sports.
- Alpine Skiing also will not be offered due to being unable to meet the Special Olympics Inc. minimum training requirements on snow.

- Along the same line of infusing our sports with more athletes, after several years of trying to build up the sports of volleyball and roller skating to have quality competition opportunities, we have made the decision to no longer offer them. Instead, we are encouraging those athletes to join other sports during those seasons and still reap the same physical and social benefits of being part of a team.

Special Olympics Delaware wants all athletes to benefit from quality competition opportunities and believes these changes are to the best benefit of all involved.

For more information regarding program updates please visit [www.sode.org](http://www.sode.org) or email [info@sode.org](mailto:info@sode.org).



## VOLUNTEERS MAKE ALL THE DIFFERENCE

COACHES, EVENT VOLUNTEERS ... ETC. NO MATTER YOUR ROLE, IT MATTERS!

Haven't coached before? Join as a team assistant and learn what's involved in weekly practices. Volunteers are always needed in all 16 of the sports offered. Volunteering for Special Olympics is a rewarding opportunity, many volunteers say they get more from the experience than they give.



### COACH

Coaches foster athlete development by encouraging athletes to perform their sport to the best of their ability. Be a Special Olympics coach in one of 16 different sports: Basketball, Bocce, Bowling, Cycling, Figure Skating, Flag Football, Golf, Long Distance Running, Nordic Skiing, Powerlifting, Snowshoeing, Soccer, Softball, Swimming, Track & Field, and Tennis.

\*\*\*The above positions (Coach, Team Assistant, and Unified Partner) are considered to be Class A volunteers who have regular interactions with Special Olympics athletes. These positions require completion of a volunteer application, background check (ages 18+), and an online training. Time commitment - Seasonal, depending on the sport. Minimum of 1-2 hours per week for an 8-10 week training program, plus competition days.\*\*\*

### TEAM ASSISTANT

Practice volunteers assist coaches at weekly practices. Roles may include assisting with uniforms, taking attendance, set-up and clean-up, as well as assisting our athletes with sport-specific tasks.

### UNIFIED PARTNER

Unified Sports® pairs athletes with and without intellectual disabilities on the same team competing against other Unified teams.

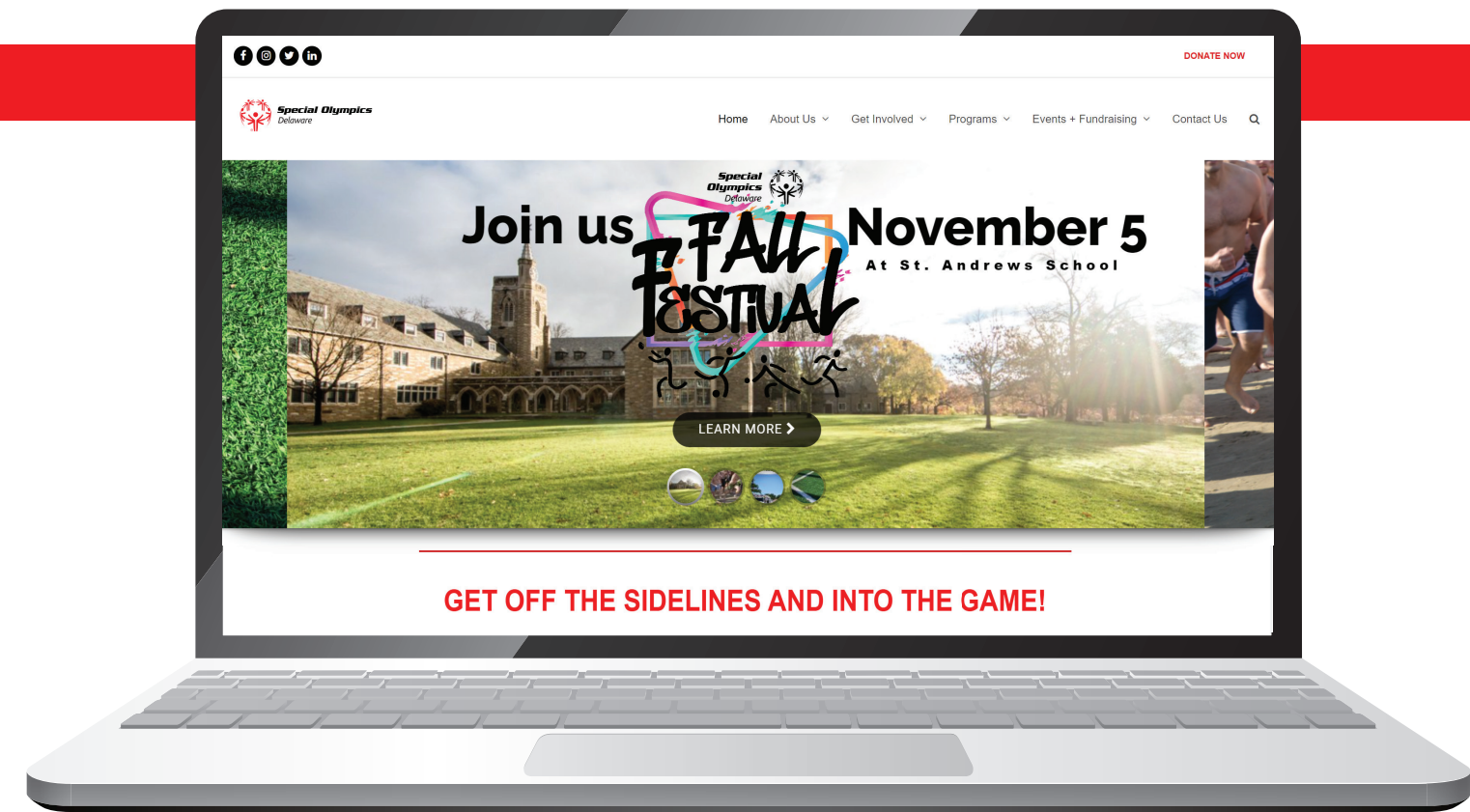


### EVENT VOLUNTEERS

If a weekly commitment isn't for you, one-time volunteers are always needed to help at our events and competitions. Save the date for Fall Festival, general volunteer opportunities will be open on **October 7th**.

### CONTACT US

For more information on how to get involved with our program and support our athletes, please contact: Louise Doe - Special Olympics Delaware - Director of Volunteers and Athlete Initiatives [louise.doe@sode.org](mailto:louise.doe@sode.org) or 302-831-3479



## CHECK IT OUT...

UPDATED AND EASY TO USE SPECIAL OLYMPICS DELAWARE WEBSITE

We are excited to announce the updated SODE website! If you haven't had a chance to check it out, stop by [www.sode.org](http://www.sode.org) and experience the user-friendly, fresh face of Special Olympics Delaware. There are some great new features the website is able to offer, making it easy, improved and streamlined for everyone.

### ATHLETES + FAMILIES

Easy navigation for new and existing athletes and family members.

**Don't Miss** - Enhanced calendar with a search function to find important dates like practice schedules, season sign-ups, and events for your area team.

### COACHES + VOLUNTEERS

Improved functionality for the backbone of our movement.

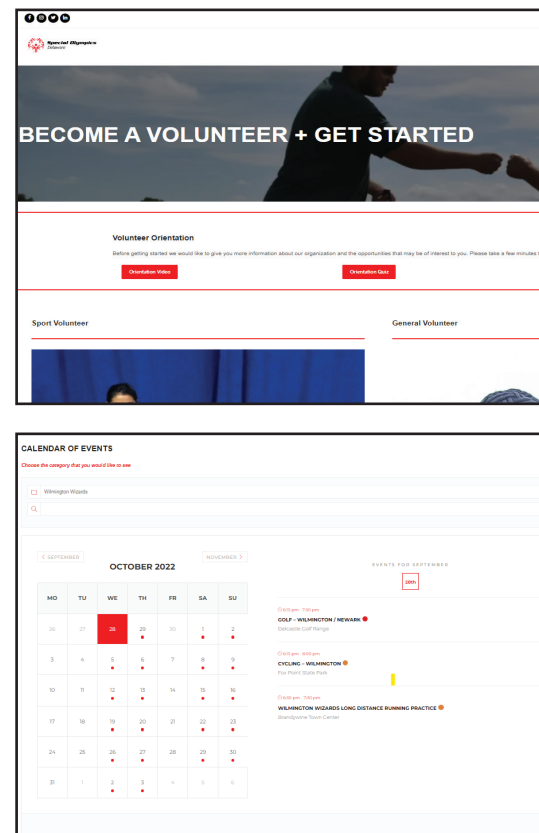
**Don't Miss** - Step-by-step processes to make signing up or renewing your certification easier than ever.

### MISSION SUPPORTERS

Streamlined content for those looking to make a difference.

**Don't Miss** - A concise overview on the various opportunities to support the mission.

If you notice something "off" as you're browsing the site, please send an email to [info@sode.org](mailto:info@sode.org).





## 2023 POLAR BEAR PLUNGE

MARK YOUR CALENDERS!

Join us for the 32nd Annual Lewes Polar Bear Plunge!

Registration is open now at [www.plungede.org](http://www.plungede.org) or via the QR code below.

# Be Bold. Get Cold.

### In-Person

Sunday Feb. 5  
Rehoboth Beach

### Virtual

Anytime  
Anywhere



Whether you decide to Plunge in Rehoboth Beach, or in your backyard, schoolyard, or anywhere else - your support makes a difference in the lives of over 4,200 Special Olympics athletes across the state of Delaware.

We also invite you to come be a part of the Plunge Weekend Festival. Bears come from all over to be a part of the fun. The Weekend Festival has something for everyone – join us!

In case you missed it - not only do we have a new Special Olympics Delaware website, but our Plunge website got a makeover, too! Check out the fresh new look and easy-to-use features at [www.plungede.org](http://www.plungede.org).



## REINDEER RUN & ROMP

FUN AND FESTIVE FAMILY FUNDRAISER

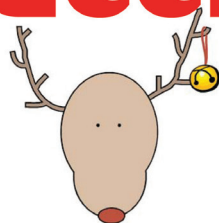
Friday, December 2 | Downtown Newark | 7:00 pm Race Start

This nighttime, family-friendly 5K run or walk has something for everyone - from casual walkers, to elite runners, to those just looking for fun and festivity while supporting our mission.

The 3.1-mile route is lined with holiday entertainment to get you in the spirit, as well as law enforcement, safety volunteers, and extra lighting to keep you safe!

# Reindeer Run

Benefiting  
**Special Olympics Delaware**



## CHAMPIONS TOGETHER

JOIN US. BE THE DIFFERENCE

Wednesday, November 9

White Clay Creek Country Club, Wilmington

Thursday, November 17

Clubhouse at Baywood Greens, Millsboro

Join us at these luncheons for an opportunity to learn more about the mission and your pivotal role in getting athletes off of the sidelines and into the game. To learn more or to attend contact Jean Beck at [jean.beck@sode.org](mailto:jean.beck@sode.org)

## TRUCK CONVOY EVENT

ANOTHER EVENT SUCCESSFULLY DELIVERED

Truck drivers from across the region and beyond rode together through scenic Kent County in celebration of the trucking industry and its support of Special Olympics. The 2022 event marked the 20th Anniversary of Special Olympics Delaware's Truck Convoy!

Thank you to everyone who came together to make this event a success!

Check out the photos from this year's event at [www.sode.org](http://www.sode.org).



## 19TH SEA COLONY TURKEY TROT 5K RUN

5K RUN/WALK TO BENEFIT SPECIAL OLYMPICS DELAWARE

Join Sea Colony residents, families, and friends on Sunday, November 27, 2022, for the 19th Annual Walk/Run through Sea Colony's beautiful resort, all for a great cause.

The race starts at 9 a.m. Net proceeds from this event helps athletes throughout the state receive free of charge training, uniforms and equipment.

Interested in signing up? Register online today!  
<https://bit.ly/3cXhcFR>



## ATHLETE LEADERSHIP COUNCIL

LEADING THE WAY FOR CHANGE

Athlete Leadership councils are meeting again in person!

Athlete Leadership has gone through some changes over the last 2 years and has started to take an important role in guiding the direction that Special Olympics is taking. As the Athlete Leadership program begins to take shape here in Delaware, Athletes Leaders will be asked to take on more of a leadership role, attending workshops, getting involved in discussions and leading the way

throughout the organization. Recently, Athlete Leaders had the opportunity to have their say about Fall Festival Olympic Village and the activities that take place during our competition events. Don't forget to check out Olympic Village and Healthy Athletes during Fall Festival and let the Athlete Leaders in your area know what you thought.



### STAY CONNECTED

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



Special Olympics Newark  
Connie Callahan, Area Director  
302-438-2097  
Email: [newark.dragons@sode.org](mailto:newark.dragons@sode.org)  
For additional area updates please visit [www.newark.sode.org](http://www.newark.sode.org)



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



Special Olympics Kent County  
Faye Wheeler, Area Director  
302-233-8018  
Email: [kent.wildkats@sode.org](mailto:kent.wildkats@sode.org)  
For additional area updates please visit [www.kent.sode.org](http://www.kent.sode.org)



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



DON'T MISS OUT

STAY CONNECTED

Visit [www.sode.org](http://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!



## STATE EMPLOYEES' GIVING CAMPAIGN

MAKING A DIFFERENCE IN DELAWARE

The State Employees' Charitable Campaign runs NOW through October 31. If you participate, please consider giving to Special Olympics Delaware.

Our giving code is #71014.

Through your generosity, individuals with intellectual disabilities can showcase their abilities and demonstrate their courage, while benefiting from increased access to sports

programs, more interaction in their communities, participation in health and fitness education, and—most importantly—the creation of a more welcoming society for all.

Thanks for considering us ... and please pass along to your friends and colleagues!





619 S. College Avenue  
 Newark, DE 19716-1901  
 Phone: 302-831-4653  
 FAX: 302-831-3483  
[www.sode.org](http://www.sode.org)  
[www.plungede.org](http://www.plungede.org)



@sodelaware / @plungeDE

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## 2022-23 Special Olympics Delaware Calendar of Events

*For the most up to date calendar information please check out our website [www.sode.org](http://www.sode.org)*

SPECIAL OLYMPICS EVENT	DATE	LOCATION
2022 Truck Convoy	September 24	Delaware State Fairgrounds, Harrington
Cycling Classic State Competition	October 1	Dover Air Force Base, Dover
Bocce Mid-Season Qualifier	October 8	John W Pitts Recreation Center, Dover
Long Distance Running Mid-Season Qualifier	October 9	Kent County Recreation Center, Dover
Flag Football Mid-Season Qualifier	October 9	MOT Flag Football Complex, Middletown
Soccer Mid-Season Qualifier	October 9	Kent County Recreation Center, Dover
Fall Sports Festival	November 5	St. Andrew's School, Middletown
Champions Together - North	November 9	White Clay Creek Country Club, Wilmington
Champions Together - South	November 17	Clubhouse at Baywood Greens, Millsboro
Reindeer Run and Romp 5k	December 2	Downtown Newark
Student Leadership Conference - Middle/High Schools	TBD	TBD
Student Leadership Conference - Elementary Schools	TBD	TBD
2023 Lewes Polar Bear Plunge	Anytime / February 5	Anywhere / Rehoboth Beach
SO Pennsylvania Outdoor Winter Sports Competition	February 14 - 16	Seven Springs, Pennsylvania
SO Pennsylvania Indoor Winter Sports Competition	March 4	York, Pennsylvania
2023 Basketball State Competition	March 18-19	Bob Carpenter Center, Newark

**THANK YOU TO OUR  
 MISSION PARTNER:**

