ANNUAL REPORT2021 - 2022



Special
Olympics
Newfoundland
& Labrador



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Mount Pearl Brianne Collins, Beth Robson, Sue Horne

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Placentia Lions Gord Pike, Joyce Walsh

Burin Peninsula North Bears Trudy Harris-Power, Lori Hunt

Labrador West Big Landers Kelley Albert, Junior Humphries

Clarenville All Stars Donna Walsh, Colleen Abbott, Brenda Norris

> Bonavista North Polar Bears Dave Crocker, Hubert Spurrell

Gander Wings Carmel Casey, Marg Byrd, Philly O'Grady

Exploits Hurricanes Colleen Ryan, Pauline Price, Cathy Wicks

Corner Brook Vikings Tony Bullen, Karen Bullen, Brenda Thomas

Bay St. George Bravehearts Robyn-Young Bennett, Rosie Ryan

Happy Valley-Goose Bay Howling Huskies Scott MacDonald, Andrea MacDonald

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EXECUTIVE REPORT

Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

– Michael Jordan





The time has come for reflection on the past year for Special Olympics in Newfoundland and Labrador. 2021-2022 has been our second year of living with the effects of COVID-19 on our programming. We have had many challenges and successes as we worked to return and rebuild our weekly programs. We strived to keep athletes and volunteers engaged as we navigated our way through the pandemic challenges with programming and fundraising. Our volunteers and staff are working hard to reignite and rebuild our programs.

Many of the clubs were able to train for and compete in the SONL Summer Series. A series of summer sport competitions that replaced the Special Olympics Canada National Games as the qualifying events for the Special Olympics World Games, Berlin taking place in June of 2023. We are proud to say we have 4 athletes, 2 coaches, and a mission staff that have been selected to the National Team Training Program - Team Canada.

We realize the return of all of clubs to in-person programs and events will take time. We will continuing to recruit volunteers and reach out to a diverse audience to strengthen our program quality and delivery.

We are happy to report even with the challenges of the global pandemic, SONL is in a strong financial position. We have opened a Thrift Store in an effort to diversify our fundraising efforts and become less reliant on event-based fundraising. The Thrift Store has provided opportunities for community groups and local businesses to volunteer and support Special Olympics in Newfoundland & Labrador.

The athletes, coaches, volunteers, and staff of Special Olympics Newfoundland and Labrador can all take pride in the overall strength and success of the Newfoundland and Labrador Chapter. We look forward to a new normal as we continue to be part of a global movement of people creating a world of inclusion and community, where every single person is accepted and welcomed, regardless of ability or disability.

Return

Rebuild

Reignite

2022 PROVINCIAL AWARD WINNERS

Athletes of the Year - Presented annually to two of Special Olympics NL's most outstanding athletes.



Heather Miller CBS Brightstars

Heather has been an athlete with Special Olympics for 15 years. As a member of the CBS Brightstars she par-

ticipates in Bocce, Rhythmic Gymnastics, and 5-Pin and Ten Pin Bowling. Heather is also accomplished outside of sports where she is an athlete representative on the CBS Brightstars Executive Committee, SONL Board of Directors, and is Past Chair of the Canadian Athlete Leadership Council as well as Past Athlete Representative on the SOC Board of Directors. Heather is always there to help in any way possible, participating in all aspects of Special Olympics and welcomes opportunities to help share the impact Special Olympics has made in her life.



Megan Price Exploits Hurricanes

Megan has been an athlete with Special Olympics for 8 years. As a member of the Exploits Hurricanes, she has participated

in a total of 7 sports, 5-Pin Bowling, Curling, Bocce, Athletics, Rhythmic Gymnastics, and Snowshoeing. She also competed in both Bocce and Basketball through the Unified Sports Varsity Program. Megan loves to compete and has taken part in the Provincial Summer Games, 2017, Athletics and Provincial Winter Games, 2019, and Curling as well as being part of Team Central at the Newfoundland and Labrador Summer Games.

Coaches of the Year - Presented annually to two of Special Olympics NL's most outstanding coaches.

Laura Butler CBS Brightstars

Laura has been coaching with Special Olympics for 12 years. She is a dedicated coach in Athletics, Bocce, 5-Pin



Bowling and Snowshoeing. Through her guidance athletes have been very successful in achieving personal bests and various medals for their achievements. Laura is always interacting with the athletes, demonstrating and teaching them new skills to improve their abilities and reach their personal goals. She displays enthusiasm and gives encouragement to all, making practice lots of fun!

Trevor Wicks Exploits Hurricanes

Trevor has been coaching with Special Olympics for the past 5 years. He is dedicated to sports as is an Assistant Coach in Athletics



and Bocce and is the Head Coach for both 5-Pin Bowling and Snowshoeing. He is also very involved in the club's weekly fitness night. Trevor is a very dependable and reliable volunteer who is always willing to learn and take on new skills. As a coach, he takes the time to get to know each and every athlete, learn their strengths and build on them. Through his coaching abilities, several athletes have earned both personal bests and medals for



2022 PROVINCIAL AWARD WINNERS

Gina Blundon Award - Presented annually to the Special Olympics NL athlete who exemplifies the spirit of Special Olympics regardless of their success in competitions. This athletes shows **HEART**, **COMMITMENT**, **DEDICATION** and **LEADERSHIP** in all that they do.



Tyler Thompson Exploits Hurricanes

Tyler has been an athlete with Special Olympics for 5 years.
He takes part in Bocce and 5-Pin Bowling with his and is always striving out NI C

to improve. Tyler has a positive attitude toward everything he does and enjoys sharing his positivity with his fellow teammates. Tyler has a wonderful ability to engage his fellow athletes and volunteers alike with his sense of humour and friendly competition style. He is extremely friendly and his personality often seems to boost his team's morale. He continues to challenge himself, after much practise, patience, perseverance and

Rising Star Coach of the Year - Presented annually to Special Olympics NL's most outstanding rising star who as a new coach has had tremendous impact on Special Olympics sport programs.



Alexandra Gamble CBS Brightstars

Alexandra is under 25 years old and has shown her dedication to supporting our athletes as a coach with 5-Pin Bowling,

Bocce and Athletics for 3 years with CBS Brightstars. She immediately built a great relationship with the athletes through her communication and supportive skills. With her enthusiasm and positive attitude, she has encouraged athletes to strive to reach new heights in their sports.

Volunteer of the Year - Presented annually to Special Olympics NL 's most outstanding grassroots volunteers.



Gary Butler CBS Brightstars

Gary has been a volunteer with Special Olympics for 14 years. He is the club registrar and has made significant contributions to

improving the registration process not only with his home club but for all clubs throughand is always striving a positive attitude toes and enjoys sharing ellow teammates. Typility to engage his felnteers alike with his friendly competition riendly and his personboost his team's monallenge himself, after improving the registration process not only with his home club but for all clubs throughout out NL. Gary has also been a 5-Pin Bowling coach with his home club and has helped many athletes over the years reach amazing achievements through his encouragement and positive approach to coaching. Gary has also played a significant role as a volunteer by assisting the development of scoring programs for both 5-Pin Bowling and Bocce which have both aided in raising the bar for Provincial Competitions.

The Evan Ash Builder Award - Presented annually to Special Olympics NL 's most impactful volunteer in memory of SONL Past Board Chair, Evan Ash.



Joe Tremblett Exploits Hurricanes

Joe has been a volunteer with Special Olympics for the past 5 years. He has taken on the role of Head Coach in both Curling and Golf and

is an Associate Coach in Snowshoeing. During the Special Olympics Canada Winter Games, Thunder Bay, ON 2022 as Provincial Team Head Coach in the sport of Curling, under Joe's guidance, the team captured Gold. When Joe isn't actively coaching he can be seen actively involved in all aspects of Special Olympics and plays a significant role in fundraising for his home club.





NEWS & EVENTS

Coach & Volunteer Development

Special Olympics Newfoundland and Labrador believes strongly in educating our coaches and volunteers. The National Coaching Certification Program (NCCP) offers a variety of coaching courses for Special Olympics. These courses range from in-person sessions on how to plan and implement programs for our athletes to online courses aimed at helping to increase knowledge-base a variety of topics specific to both sport development showcase their skills in their chosen sport. and our Special Olympics athletes.

SONL hosted several professional development opportunities this past year. We had 9 coaches attend the Special Olympics Canada Competition Coaching Workshop online. In February 15 coaches and volunteers took part in a Mental Health First Aid course and in May month 12 volunteers attended Gender Equity LENS Framework training facilitated by Canadian Women & Sport.

We also had numerous coaches and volunteers complete a variety of E-learning modules offered by both NCCP and Special Olympics Canada through their SO Learn platform.



FUNdamentals and Active Start are Young Athletes programs that introduce young athletes and their families—not only to Special Olympics—but also to the key components of living a healthy active lifestyle and all the basic motor skills needed for life. They are built on the rationale that, when children with an intellectual disability receive early instruction in basic motor skills and developmentally appropriate play, there is an excellent opportunity for improvement in their physical, social and cognitive skills.

S.O. Give it a GO!

S.O. Give it a GO are "try-it" days for potential and returning Special Olympics athletes. S.O. Give it a Go provides opportunities for individuals with an intellectual disability to try different activities.

Competitions

Special Olympics Newfoundland & Labrador has 14 community clubs that offer a variety of sports programs including athletics, bocce, 5-pin and ten pin bowling, cross country skiing, curling, floor hockey, golf, powerlifting, rhythmic gymnastics, softball, snowshoeing, speed skating, figure skating, soccer and swimming. Each club works diligently to ensure that athletes have an opportunity to

With a variety of sports offered by the clubs throughout Newfoundland and Labrador, SONL has numerous invitational, regional and provincial competitions each year and a Provincial Games every two years.



Special Olympics Unified Sports®

Special Olympics Unified Sports® is a model that promotes social inclusion. Unified Sports® integrates individuals with and without intellectual disabilities (ID) on teams for sport training and competition to promote social engagement and development. It includes approximately equal numbers of Special Olympics athletes and partners without an ID of similar ages and abilities on the playing field for both individual and team sports. All athletes and partners are recognized as equal contributors and, as such, develop a sense of belonging, learn to interact meaningfully with others, and forge lasting and mutually rewarding relationships beyond the playing field.

SONL offer two school based programs.

Special Olympics Unified Sports® Varsity **Program** Basketball and Bocce for grades 7—12. 11 schools currently take part.

Special Olympics Unified Sports® Primary/ **Elementary Program** In classroom activities for grades K—6. 16 schools took part in this pilot program.

Special Olympics NL Summer Series

We know Special Olympics athletes love to compete. Due to the pandemic which forced the cancellation of the Special Olympics NL Summer Games 2021 and the Special Olympics Canada Summer Games 2022, provincial and territorial Chapters across the country worked together to develop a new pathway for athletes to qualify for spots on the national team for the Special Olympics World Games Berlin 2023.

Special Olympics NL put together, with the support of our dedicated volunteers and many stakeholders, a summer competition series to remember.

Special Olympics NL kicked off this series with 4 athletes pushing their limits at the Canadian Powerlifting Union (CPU) Nationals held in St. John's, May 9-14. In July we saw 34 athletes diving in to take part in our provincial swimming championships in Carbonear, followed by 46 athletes giving it their all at our provincial athletics championships in Mt. Pearl. Next up, in August we saw 9 athletes swinging for success at our provincial golf championships in St. John's, followed by 12 athletes kicking to new heights at our provincial soccer championships.

We also had 1 athlete grace the floor at a virtual rhythmic gymnastics competition and 5 clubs who hosted intra-club bocce competitions.

We are so proud of all our athletes who trained and competed this past summer while still facing the challenges of navigating through the pandemic.



CONGRATULATIONS TO ALL THE ATHELTES!

Special Olympics World Games 2023

After two years (546 days) of virtual training, Special Olympics Team Canada 2022 was finally able to come together and reunite in person for the very first time at the Special Olympics Team Canada Training Camp, which took place in July 2022. With 161 athletes, coaches, and mission staff from across the country in attendance, the event was a long-awaited celebration.

Two of the 108 athletes to participate were Michael Budden, Bay St. George Bravehearts and Brandon Park, Corner Brook Vikings. Joining them from SONL was Assistant Coach, Snowshoeing Rosie Ryan and Team Doctor, Dr. Neil Cheeseman.



Michael Budden, Cross Country Skiing
Assistant Coach, Rosie Ryan, Snowshoeing
Brandon Park, Speed Skating

Meet the Resilient: The Special Olympics Team Canada 2022 Documentary

Meet the Resilient follows the longest-serving Special Olympics Team Canada in history. After 2 years of virtual training due to a global pandemic, and the ultimate cancellation of the Games due to geopolitical turmoil, no Special Olympics Team Canada has seen more obstacles—each faced with determination, perseverance and resiliency.

At the end of their more than 2-year journey, the Team attended Training Camp in Toronto. The weekend marked the first time all 161 athletes, coaches and mission staff could gather as a team.

This documentary is the story of the only Special Olympics Team Canada that never had their moment on the world stage—but showed the world that resiliency is a muscle they've been training their whole lives. You can watch the documentary on Special Olympics Canada YouTube channel here https://youtu.be/X8RPlRN8Szk



Canada Summer Games Niagara 2022

Special Olympics NL were excited to support athletes, coaches and athlete attendants who attended the Canada Summer Games in Niagara from August 6 to 21, 2022 with Team NL.

During the first week of competition, two athletes, with support from Head Coach Duffy Earle, hit the water to compete in Swimming.



Tyler Robinson St. John's Explorers

St. John's Legends Swim Club

Events

50m Freestyle Final position 12th

100m Freestyle Final position 12th

50m Backstroke Final position 10th

100m Backstroke Final position 10th

50m Breaststroke Final position 10th

Canada Games Goals: To improve on all times and attempt to make finals in all events.

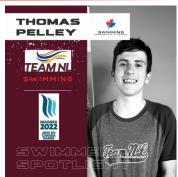
Role Model: My family who give the support I need to be the best I can be.

Past Competitions:

Team Canada, World Down Syndrome Swimming Championships 2018 Truro, NS

Team NL, Canada Summer Games 2017 Winnipeg

Team St. John's North, Newfoundland & Labrador Summer Games 2016



Thomas Pelley Mt. Pearl

Mt. Pearl Marlins Swim Club

Events

100m Freestyle Final position Silver
50m Freestyle Final position Silver
100m Backstroke Final position Bronze
50m Breaststroke Final position 4th

Canada Games Goals: To try my best.

Past Competitions:

Newfoundland & Labrador Summer Games 2016

Team NL, Canada Summer Games 2017 Winnipeg,

Team NL, Special Olympics Canada Summer Games 2018 Antigonish

Thomas is the first Special Olympics NL athlete to ever bring home a medal from Canada Games in Swimming, and he didn't stop there, Tyler brought home 3 medals, and is now the most decorated Special Olympics NL athlete to compete at a Canada Games in any sport.



Canada Summer Games Niagara 2022

During the second week of competition, three Special Olympics NL athletes, with support from Head Coach Rosie Ryan, took the track to compete in Athletics.

Samantha Walsh

Bay St. George Bravehearts

Events

100m Final position 14th 200m Final position 13th







Brianna Childs Bay St. George Bravehearts

Events

100m Final position 11th 200m Final position 11th



Michael Budden Bay St. George Bravehearts

Events

100m Final Position 15th 200m Final position 16th







CHALLENGE ACCEPTED

Lou Marsh Trophy Nominee 2015

Special Olympics Canada Athlete of the Year 2000 and 2015

Special Olympics Canada Dr. Frank Hayden Athlete Lifetime Achievement Award 2015

Nova Scotia Sport Hall of Fame Inductee 2019

Canada's Sports Hall of Fame Inductee 2020-2021

Order of Newfoundland and Labrador recipient 2020



John "Jackie" Barrett

Originally from Halifax, NS, and a Corner Brook area resident since 2008, Jackie Barrett, has been involved in Powerlifting and 5-Pin Bowling as a Special Olympics NL athlete for many years. At the national level, Jackie competed for Nova Scotia at the 1994 Special Olympics Canada Games in Swimming, and the 1998, 2002, and 2006 Special Olympics Canada Games in Powerlifting; and competed for Newfoundland and Labrador at the 2010 and 2014 Special Olympics Canada Games in Powerlifting. He captured a total of 22 gold, 2 silver, and 1 bronze medal in Swimming and Powerlifting at six Special Olympics Canada Games appearances.

Jackie competed for Canada at the 1999, 2007, 2011, and 2015 Special Olympics World Summer Games in Powerlifting, capturing a total of 13 gold and 2 silver medals. In his sports career, Jackie has won several awards. He was named Special Olympics Canada's "Male Athlete of the Year" in 2000 and 2015. In 2000 and 2008, he was a finalist for Sport Nova Scotia's "Individual Male Athlete of the Year" award. In 2011, he received the City of Corner Brook "Achievement in Community Excellence" and "Male Athlete of the Year" awards. In 2015, he received the Dr. Frank Hayden Athlete Lifetime Achievement Award and became the first Special Olympic Athlete to be a Lou Marsh Trophy nominee.

As a record-breaking Powerlifter, Jackie made history as the first-ever Special Olympics athlete inducted into the Nova Scotia Sport Hall of Fame in 2019 and Canada's Sports Hall of Fame in 2021. While training and excelling in each sport, Jackie also found the time to work towards his educational dreams. He graduated from St. Mary's University with a Bachelor of Commerce Degree in 1998 and CDI College with a Programmer Analyst and Internet Solutions Developer Diploma in 2006. He presently works as a Webmaster at Academy Canada in Corner Brook. His abilities and successes are a testament to his passion for sports which shows in his role as a Powerlifting Coach, Peer Mentor, and Executive Member with Special Olympics NL, Corner Brook Vikings.

ATHLETE LEADERSHIP IN REVIEW

By Heather Miller,

Canadian Athlete Leadership Council (CALC), Athlete Representative Special Olympics NL Board of Directors, Athlete Representative

Athlete Leadership provides athletes with the skills to take on positions of Leadership within their community. They get to explore opportunities outside sports and competitions. I have been involved in Athlete Leadership on boards and committees for 5 years. I have found that there are skills that you must have to be a good leader: you must be a good role model, be able to make decisions and know how to communicate well.

I feel sad knowing that my term as chair of the Canadian Athlete Leadership Council (CALC) and my term on the Special Olympics Canada Board of Directors has ended. The opportunities and experiences I had will never be forgotten, I learned a lot and have grown so much. Athlete Leadership is very rewarding.

The Pandemic slowed down our progress in developing an Athlete Leadership Council for our province. In April 2022, we held our second Athlete Leadership Summit in Gander, Athletes came from across the province and completed workshops in 1) PowerPoint/ Media Training and 2) Committees and Athlete Input Councils. The summit was very successful as it brought in new Athlete Leaders who became involved in the Leadership program.

We hope to hold the first Athlete Leadership Council meeting in our province virtually before the end of this year where the athletes would create the Terms of Reference for the council; then we would have the first in-person meeting in 2023.

Virtual courses will be offered, so if you are interested in Athlete Leadership, please take a course and get involved. Athlete Leadership is lots of fun... I love it.





SONL is so proud of Heather Miller as the former Special Olympics Canada Athlete Representative on SOC's Board of Directors, and former Chair of the CALC.

Leadership is not new to Heather. She currently sits on SONL Board of Directors as the Athlete Representative, and remains an active part of the CALC. Heather also continues to write a newsletter—the Athlete Post and delivers many speeches to our sponsors and partners, continuing to work tirelessly promoting Special Olympics.

ATHLETE LEADERSHIP PROGRAM

Special Olympics NL provides Athlete Leadership Programs, which equip athletes with the tools to undertake positions of leadership within their community and the broader movement. This allows athletes to explore opportunities beyond sports training and competition.

Athlete Leadership Programs offered include Becoming an Athlete Speaker, Health Messenger, Committees and Athlete Input Councils, Athletes Becoming a Reporter, Athletes using Social Media, Athletes using PowerPoint, Dollars and Şense, and Athletes as Peer Mentors.

These programs give athletes a voice in shaping the Special Olympics movement, and a chance to spread the word about the transformations Special Olympics can bring to individuals and their families and caregivers. Athlete Leadership Programs also provide a pathway for athletes to showcase and utilize their talents, interests and expertise in a variety of settings both on and off the playing field.

NL Athlete Leadership Summit

In April, 2022, Special Olympics NL held it's second Athlete Leadership Summit. 16 Athletes each with support of a Mentor attended the 3-day summit.

7 Athletes took part in an Athletes using Social Media and Powerpoint Workshop, learning skills to use Social Media in a safe and meaningful way to help promote and raise awareness of the Special Olympics movement and also how to create and present their story through PowerPoint.

9 Athletes took part in a Committees and Athlete Input Council Workshop, learning skills to help them become part of committees, whether as an Athlete Representative on their Community Club Executive Committee or as part of a committee in their community. They also learned what an Athlete Input Council is and how Special Olympics NL will be forming a Provincial Athlete Input Council in the very near future, where our Chapter will work with the Newfoundland & Labrador Athlete Input Council (NLACL) to gain valuable input from athletes to better support our volunteers, coaches, staff and all our stakeholders in everything we do.

Our Chapter is also proud to announce, for the first time we have 2 Athlete Representatives sitting on our Games Organizing Committee for the SONL Winer Games, 2023. Congratulations to both Leah MacDonald, CBS Brightstars & Tony Kyritsis, Exploits Hurricanes. We also had athletes submit ideas for the Games logo and theme! Examples of our Special Olympics Athletes showcasing not only their talents, but their leadership skills!





PARTNERSHIPS

SOBEYS SUPPORTS SPECIAL OLYMPICS ATHLETES WITH A 1.1 MILLION DONATION

Sobeys is a proud National Partner of Special Olympics in Canada. Since 2016 Sobeys has contributed more than \$5.4 million in food and funds to support Special Olympics athletes and programs across Canada.

In 2018 Sobeys created an annual national in-store check stand fundraising campaign which provides critical support for Special Olympics Programs. The 2022 campaign was a great success. Sobeys surpassed their fundraising goal yet again and raised \$1.1 million to support Special Olympics athletes across Canada. Special Olympics Newfoundland & Labrador was extremely proud of our Sobeys Campaign Ambassador Lilly McDonald. Lilly is a Special Olympics Mount Pearl Athlete. Her favourite sport is swimming.

Sobeys is committed to helping address the need for more nutrition, education, and resources for Canadians with intellectual disabilities, and to empower Special Olympics athletes to achieve healthy bodies and healthy minds.

Tim Hortons.

Tim Hortons has been a strong supporter since 2016, raising significant awareness and funds for Special Olympics programs all around the country. Their nationwide efforts help empower Canadians with intellectual disabilities to experience sports, fitness, and friendship and change attitudes through year-round Special Olympics sport programs.

During their January 28th to 30th 2022 Choose to Include campaign, Tim Hortons customers from all over the country raised a campaign record of nearly \$600,000 for Special Olympics athletes by purchasing a limited-edition choose to include donut. The SONL athletes had a great time visiting the Tim Horton's location and thanking the customers and staff.













LETR

The Law Enforcement Torch Run® for Special Olympics is the movement's largest grass-roots fundraiser and public awareness vehicle worldwide. At its most basic level the Torch Run is an actual running event, in which officers and athletes run the Flame of Hope™ to the Opening Ceremonies of local, regional, provincial Special Olympics competitions and National Games.

Today, the Torch Run is more than just a run and encompasses a variety of fundraising vehicles such as T-shirt sales, special events including Polar Plunges, Cop on Top, Battle of the Badges, and a host of other events that have local appeal.

All funds raised through the Law Enforcement Torch Run Newfoundland & Labrador events are directed into program support that directly affects all community Special Olympic NL programs. Funds are then put into community programs and help pay for various expenses including: games travel, accommodations, meals, grants to new community programs, volunteer and athlete training, administration and information/promotional materials.









A Year in Photos















IN MEMORY

Special Olympics Newfoundland and Labrador would like to remember the following members who have passed away this year.

Kyle White , Athlete Bay St. George Bravehearts



Michael Reid , Athlete Exploits Hurricanes



Brian Allingham, Athlete Happy Valley - Goose Bay Howling Huskies



Claudette Earle, Athlete Mt. Pearl



Corey Ward, Athlete Happy Valley-Goose Bay Howling Huskies



Selwyn Hefferton, Athlete Exploits Hurricanes



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Trish Williams
Executive Director

Staff

Trish Williams, Executive Director
Kim McDonald-Wilkes, Program Director
Shayne Menecola, Sport Coordinator
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