



**Special  
Olympics**  
Saskatchewan



**2018-2019 Annual Report**

## Table of Contents

4	About Special Olympics Saskatchewan
5	Address from CEO
6	Address from the Board of Directors
7	Board of Directors
8	Honorary Life Members   2018 Provincial Award Recipients
9	Sport Advisory Committee
10	50th Anniversary Commemorative Awards
12	Athlete Profile
13	Active Start and FUNdamentals Community Youth Programs
14	Law Enforcement Torch Run
15	Volunteer Profile
16	Unified Sport
17	Queen City Blitz
18	Games and Team Sask
19	Athlete Leadership
20	Celebration of Champions
22	Active Start and FUNdamentals School Programs
24	Free Our Finest   Cops and Crepes
25	Polar Plunge
26	Truck Convoy
27	Coaches Symposium
28	World Games
29	National Partners
30	Wheaton Kia Athlete Spotlight   Provincial Partners
31	Staff Listing





Number of Athletes **1120** | Number of Coaches and Volunteers **500**  
Special Olympics Saskatchewan has athletes, volunteers, and coaches in 16 communities across the province.

## Sports Offered

### Summer



10 Pin Bowling



Athletics



Basketball



Bocce Ball



Golf



Powerlifting



Rhythmic Gymnastics



Soccer



Softball



Swimming



5 Pin Bowling



Alpine Skiing



Cross Country Skiing



Curling



Figure Skating



Floor Hockey



Snowshoeing



Speedskating

### Winter

## Communities & Districts

### Southeast Connection

Estevan  
Weyburn

### Regina Sport

Regina

### South West

Moose Jaw  
Swift Current

### Parkland Valley

Yorkton & District

### Prairie Central

Humboldt & District

### Rivers West

Battlefords & District  
Kindersley & District  
Meadow Lake  
Unity & District

### Lakeland

Melfort  
Nipawin  
Prince Albert

### Saskatoon Sport

Saskatoon

### Northern

La Ronge & District

## Mission

Special Olympics Saskatchewan is dedicated to enriching the lives of individuals with an intellectual disability through sport.

## Vision

Our vision is that sport will open hearts and minds towards people with intellectual disabilities and create inclusive communities all over the world.

## Values

**Inclusion:** We foster inclusive communities.

**Diversity:** We honour what is unique in each individual.

**Empowerment:** We give everyone the opportunity to pursue their full potential.

**Respect:** We operate in an environment of cooperation, collaboration and dignity.

**Excellence:** We elevate performance and standards.

# ADDRESS FROM CEO FAYE MATT



Faye presenting an award to Special Olympics Saskatchewan athlete Michael Qing

It was such a thrill to spend time over the past year celebrating the 50th Anniversary of Special Olympics. The time we spent reflecting on how Special Olympics has evolved, was truly inspiring for those of us who are privileged enough to carry out our mission. It is humbling to think of the culmination of volunteer hours, community support and athlete training that have accumulated over those years to build us towards more inclusive communities and mindsets around the world.

Because true inclusion is aspirational, it may not be easy for the community to witness it as much as any of us could hope. Luckily for those involved in Special Olympics, we have the opportunity to see the best of inclusion in our Province. There have been many great examples over the past year. The Winter Games provided a space for athletes from around Saskatchewan to descend upon Regina to compete, convene and for some qualify for National Games. Unified Sport has quite frankly exploded in popularity in Saskatchewan. This branch of our programs, delivered in schools, has athletes with and without disabilities play together on the same team creating a quick path to friendship and understanding. And the continued growth of our partnerships including The Law Enforcement Torch Run, *motionball*, Knights of Columbus, Kia, Sobeys, Saskatchewan Lotteries, and the Government of Canada find our partners shoulder to shoulder with our athletes in the community and create the perfect atmosphere for opening hearts and minds towards people with intellectual disabilities.

Included in this report and throughout our social media are stories of leadership, inspiration, community and empowerment. I encourage you to take in these stories and consider the importance of inclusion for all of us. As we get underway with our next 50 years of enriching lives through sport, I thank wholeheartedly those who have brought us this far, and enthusiastically invite new individuals to join our movement and be a part of something truly special!

- Faye Matt

## ADDRESS FROM THE BOARD OF DIRECTORS



*Laurie Carpenter giving a speech at the Celebration of Champions Dinner*

“LET ME WIN. BUT IF I CANNOT WIN, LET ME BE BRAVE IN THE ATTEMPT”

I’m sure most of you will recognize this as the oath of every Special Olympics athlete. For those of us who have spent time with the athletes, it’s clear that these aren’t just words, it’s truly how they look at life – with enthusiasm, bravery and open to all possibilities ahead.

I have been a proud supporter of Special Olympics for 15 years now and as such, I have been fortunate to attend several Special Olympics events, spending as much face-to-face time with the Special Olympics athletes as possible. What strikes me every single time is how much I get out of my interactions with the athletes as I often sense that I learn more from them than they do from me. “The purpose of Special Olympics is to unleash the power of the human spirit through the transformative power and joy of sports”, and that’s exactly what comes through – their unbridled joy of life...joy of competition... joy of friendship... joy of inclusion. I don’t think any other organization has been more successful in accomplishing its mission, or one I have been prouder to be involved with.

In order to help pay my family’s never-ending bills (ahem), I spend the rest of my time working for Wolseley Canada. Wolseley is a significantly large company across Canada, and we are very fortunate to be able to help the Special Olympics movement not only as a national sponsor, but also to have been designated as an official sponsor of the Draft an Athlete program to support the costs an athlete incurs traveling to the World Games. Wolseley Canada has now drafted three Saskatchewan athletes for the last two World Games, and I look forward to drafting more in the upcoming months.

For me personally, the greatest thing about Wolseley’s involvement with Special Olympics is that it’s not just about “stroking a cheque”. Across Canada, Wolseley employees have volunteered in a wide range of events: training camps, awards nights, athlete send-offs, welcome home celebrations, sporting tournaments, the country wide annual truck convoy, BBQ’s, various fundraising events, the Polar Plunges, provincial games, and national games, to name just a few. Many of the Special Olympic athletes have also come out to Wolseley trade shows or visited local offices to get to know the staff and proudly share stories about their sports and their latest feats.

In 2019-2020, the Saskatchewan Board of Directors will continue to support the Provincial Office, the communities, our volunteers, our coaches as well as our athletes and their families. We have all seen firsthand what Special Olympics does to change the lives of everyone involved with the organization as it is NOT just about the successes relished at the games. The confidence an athlete gains through involvement with Special Olympics gives him/her the courage to start new and exciting journeys. This is truly what Saskatchewan Special Olympics is about: the ability to create change for those in the program, and in our attitudes and those throughout the communities in which we all live and work. When you see the accomplishments of the Special Olympics athletes, you can't help but be inspired, to think a bit differently, and to want to be part of it.

- Laurie Carpenter

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## ***Provincial Board of Directors***

**LAURIE CARPENTER** | Vice Chair  
Executive Committee  
Audit Committee

**JENNIFER ELLARMA** | Past Chair  
Executive Committee  
Audit Committee

**AMY BOSCHE** | Director

**RUTH EXLEY** | HR Committee

**DAN HEFFERNAN** | Audit Committee

**TYLER HADDAD** | Athlete Representative

**MICHAEL HOFFORT** | Audit Committee

**TRENT MEYER** | Audit Committee Chair  
Executive Committee

**TANYA MURPHY** | Nomination Committee Chair

**RHONDA PENNO** | HR Committee Chair

**AMY POOLE** | Nomination Committee

**TERRY SHALLEY** | Knights of Columbus Designate

**KEISHA SHARP** | HR Committee

**ERIN STANKEWICH** | Nomination Committee

**RYAN WIG** | Director

## Honorary Life Members

Arnold Bast	Ward Gibson	Doreen Longworth	Andy Schuck
Ruby Bast	Malcolm Gilbert	Jim Low	Betty-Ann Shalkowsky
Anne Boyko	Gary Gilroy	Pat McKerral	Marion Slabick
Bill Boyko	Angie Ginther	Jean Meckling	Ken Snell
Bill Clarke	Russ Ginther	Audrey Moss	Pauline Steele
Phyllis Cherkas	Lois Glosser	Marilyn Olson	Imogene Watt
Steve Cherkas	Jean Hochlander	Kelly Pasloski	Leo Wiegors
John Dolan	Ken Hochlander	Helen Parish	Gayle Wentland
Al Dyer	Cam Huberdeau	Bob Pedde	Dorothy Wikstrom
Jim Fogarty	Marv Kolke	Jackie Powell	John Wikstrom
Shirley Gaitens	John Kuc	George Reed	Shirley-Ann Wing
Crystal Gellner	Terry Livingstone	Sherry Rishchynski	Ed Zahar

## 2018 Special Olympics Saskatchewan Provincial Award Recipients

Male Coach of the Year | Kurt Anthony

Female Coach of the Year | Samantha Stom - Anthony

Volunteer of the Year | Mike Penno

Team of the Year | Saskatoon Thunderhawks

Male Athlete of the Year | Tyler Haddad

Shining Star Award | Kyle Froese

Unsung Hero Award | Stephen Neizsner

Honorary Life Members | Dorthothy & John Wikstrom

Community Excellence | Special Olympics La Ronge

Bob Pedde Memorial Award | Mitch Hesson

President's Citation Award | Wayne Papp

# Sport Advisory Committee (SAC)

## What we are:

The Sport Advisory Committee (SAC) is the sport program advisory committee of the Special Olympics Saskatchewan Board of Directors for sport programming. SAC includes nine District SAC Representatives (elected by the accredited Special Olympics Communities within the District), two athletes (elected by SAC), Director of Programs and Chief Executive Officer. The Committee operates as a cooperative partnership whereby all members respect the expertise, opinions, and views of their peers. Whenever possible, SAC uses a consensus decision-making approach, which includes sharing information and rationales, discussing, consolidating, and reaching collective agreement. SAC meets two times per year and positions are a two year term.

## Committee Members

**Chairperson** | Jackie Powell

**Southeast District** | Lynn Quist

**Regina District** | Charlene McNeill

**South West District** | Vacant

**Parkland Valley District** | Pamilla Schmuck

**Prairie Central District** | Deb Stumborg

**Saskatoon District** | Amy Spilchen

## What we do:

- Review and make recommendations to the SOS Board of Directors on sport programs
- Review and make recommendations on the program component of the Strategic Plan
- Manage the program policies within the policy manual
- Oversee the development and implementation of new programs, initiatives, and a continuum of competitive opportunities
- Liaise between the Communities and Districts with respect to the provincial level programming
- Meet a minimum of twice a year
- Enforce Special Olympics Saskatchewan Provincial policies

**Rivers West District** | Stephen Neiszner

**Lakeland District** | Darren Whitehead

**Northern District** | Lindsay Randall

**SOS CEO** | Faye Matt

**SOS Director of Programs** | Darlene MacQuarrie

**Athlete Representative** | Tyler Piercy-Servant

**Athlete Representative** | Pam Magee



## 50th Anniversary Commorative Awards

On April 12th, supporters of Special Olympics Saskatchewan gathered in Saskatoon to celebrate the 50th Anniversary of the Special Olympics movement with a commemorative awards ceremony. Presented by SaskTel, the ceremony recognized those who have made a lasting impact on Special Olympics in Saskatchewan in four categories: Builders, Champions, Partners, and Stars.

“All the award recipients have made a tremendous contribution in their communities and throughout the province. They are heroes, role models, and are true to the values of Special Olympics,” said Faye Matt, CEO of Special Olympics Saskatchewan. “To see firsthand the continued growth of Special Olympics in the province and the success our athletes have experienced in sport and in life has been extraordinary.”

The majority of the Commemorative Award recipients have been involved with Special Olympics Saskatchewan for over a couple decades. Included in this list is Swift Current’s Jackie Powell, who was recognized for an award in the Star category.

A Star is defined as a volunteer who exemplifies leadership and advocacy while setting a path for the future. Jackie has been a coach with Special Olympics Saskatchewan for over 23 years. “Coaching is a passion and I am grateful for being able to share that with our athletes. They have taught me more than I could ever teach them. I have been fortunate to be able to grow and learn as a coach, facilitator, and mentor with such an amazing organization. It is truly an honor to be receiving this award,” she said.

The complete list of Award winners are as follows:

### Partner Category - Knights of Columbus

The Knights of Columbus Saskatchewan were truly the pioneers of Special Olympics in our province and the innovators that saw the great work of Eunice Kennedy Shriver and sought to bring it home. The Knights of Columbus began Special Olympics in Saskatchewan, by hosting local and National Championships to replicate the benefits that the Special Olympics Games had brought to the World.

The Knights of Columbus have supported our Chapter ever since the early delivery of the games by being a constant provider of volunteerism, advocacy and financial support. We thank the Saskatchewan Knights of Columbus for laying out our course and making an incredible difference for Athletes all across our Province.

### **Builder Category - Rick Sanden (Regina) & Lynn & Kevin Quist (Weyburn)**

A builder is defined by a person who exemplifies leadership, dedication, perseverance and impact as a leader within the Special Olympics movement. Rick Sanden has served Special Olympics in many capacities, as a coach, program volunteer, parent, employee and especially, a recruiter. He has maintained several sport programs in his community and has mentored many volunteers over the years. He has also given his time to serve as Mission Staff for several games. We will recognize the two other Builders by way of a duo, Lynn and Kevin Quist. Lynn & Kevin have been involved with Special Olympics since the late 80's. They have served Special Olympics as coaches, mission staff, parents and sponsors and continue to build Special Olympics locally and provincially. Their son Wilhemus is an active volunteer and their son Antonius is an athlete. In so many ways they are involved, and in each way, they are tremendous role models for their community and our Province.

### **Champion Category: Coralee Cooke (Kindersley), Shane Haddad (Regina) & Michael Qing (Regina)**

In the Champions category, we are honoring three athletes for their longstanding and impactful sport careers. A Champion demonstrates dedication, leadership and loyalty while inspiring others. Shane Haddad has been a member of Special Olympics Saskatchewan for 40 years. He has competed in a variety of sports in several National and World Games. He has been a constant advocate for people with intellectual disabilities by way of service to Special Olympics Boards and Committees, as well as several years of service with People First Canada. He is the leader of the next generation of Special Olympics athletes not only through his mentorship, but quite literally as his children have gone on to make their own name in the Special Olympics Community. In 2017 Shane was honored by Special Olympics Canada with the Dr. Frank Hayden Athlete Lifetime Achievement Award and we are proud today to name him as a 50th anniversary Champion. Michael Qing is the most decorated athlete in Special Olympics Saskatchewan history. He has just returned home from his fourth trip to the World Games where he has become a force to be reckoned with in the pool. Though a fierce competitor, Michael is heralded by his teammates for his welcoming nature and encouraging approach to teammates and competitors alike. Michael competes in many kinds of swimming competitions and holds World records in the Down Syndrome Games...and in fact has a habit of returning to break his own records. Known for his humility, work ethic and pride in his abilities, it is our pleasure to acknowledge Michael as a Champion. Coralee could easily be described as someone who embodies the spirit of Special Olympics. To watch her compete, is an opportunity to be deeply moved by her determination, skill, passion and most of all grace. Her Special Olympics career has spanned many decades and she has had remarkable success in a variety of sports including swimming, bowling and figure skating. To each sport, she brought grit in practice and competing and found great success because of it.

### **Star Category: Darlene MacQuarrie (Regina), Jennifer Ellarma (Regina) & Jackie Powell (Swift Current)**

Darlene MacQuarrie has translated her love of sport as a lifelong coach into a path that serves each Special Olympics Athlete in our province. As a former volunteer Chef de Mission and current Director of Programs for Special Olympics Saskatchewan, she exudes commitment and dedication to improving opportunities for our athletes and ensuring that our coaches are certified, appreciated and worthy of the name. Jennifer Ellarma has accomplished a lot for Special Olympics over the past decade. She has served as a local coach and volunteer, employee and most recently as the Chair of the Provincial Board of Directors. Her work has not waned since her term as Chair has ended as she continues her role as a coach and a member of the most recent Games Organizing Committee, not to mention her continued advocacy and influence in the sport sector. Jackie holds the highest credentials of any Special Olympics Saskatchewan coach of all time and does not take it for granted. She uses her knowledge and skills to train new coaches, develop policies and best practices and mentors every coach she connects with. She has inspired a high standard for all programs in the province and as mentioned has earned the right by coaching several times at the National level.

## Athlete Profile | Colby Kosteniuk



Colby is a young athlete who loves the water and started his swimming career, first, with a generic swimming club, and then with Special Olympics. Over the past couple of years, Colby has grown exponentially as an athlete. He has always been a highly dedicated individual. He takes every opportunity he can to increase and hone his skills in the pool.

Colby was given the opportunity to compete at the 2018 SOC National Summer Games. He always aims to give it his absolute ALL, and anything less than that is simply not on the table. His determination, commitment and ability to thrive, no matter what the circumstances; paid off greatly, and culminated in Colby being asked to join Team Sask, and following, Team Canada.

At the World Games in Abu Dhabi - Colby was highly successful, bringing home a number of medals. He was a great ambassador and representative for Canada, our province and Special Olympics in general.

Colby will always tell everyone that: 'Swimming is where he found his niche, and when he joined Special Olympics, his confidence'. This is also how he explained his Games experiences, in simply looking at it as a new beginning, opportunity, and privilege to be a part of.

On a personal front, Colby is a full time high school student, and currently holds a 90% grade average. On top of that, he is also an accomplished poet. He was honored last June by the Saskatchewan Writing Council's Young Saskatchewan Writers Program for the Best Grade 10 Poem, which tells of his Journey with Autism.

He is a true advocate and talented athlete, which simply goes to show that Colby is an individual that no matter what he sets his mind on, he conquers.



# Special Olympics Saskatchewan Community Youth Programs

We currently have 5 Active Start and FUNdamentals Community Programs running in Estevan, Moose Jaw, Regina, Saskatoon and Weyburn with over 70 athletes participating.

A program was established in Estevan in the fall of 2018 and had 21 athletes and 7 leaders participating in just the first year! Congratulations!

Participation in Special Olympics Youth Programs leads to a greater involvement within the participants' community, increases social opportunities, helps create strong friendships, provides families with an opportunity to be active together, and increases quality of life for those with an intellectual disability.

Special Olympics offers child and youth programs designed to help children with an intellectual disability develop basic motor and sport skills through fun and positive movement experiences. We currently have two Special Olympics Youth Programs:

**Active Start** for athletes ages 2 to 6 is a family-centered program targeting children with intellectual disabilities ages 2 to 6. Through the program, children learn basic motor skills such as walking, running, jumping, and throwing in a fun and safe environment.

Skills developed through the Active Start Program are: physical skill acquisition, physical fitness, social skill development, decision making, knowledge, understand understanding, and appreciation of physical activity.

**FUNdamentals** is a continuation of the Active Start Program for athletes aged 7 to 12 (participation in Active Start prior to registering in FUNdamentals is NOT required). This program transitions from basic movement skills to basic sport skills while maintaining an atmosphere of fun and meaningful interaction. This program also promotes specific sport education, proper nutrition, and social inclusion through participation in positive sport experiences.

Skills developed through the FUNdamentals Program are: develops physical literacy skills, improves fundamental motor skills, participate in a structured physical activity, increased understanding of game structure.

Communities are encouraged to implement the Active Start and FUNdamentals Programs as a part of their Special Olympics programming in order to meet the needs of their youth population with an intellectual disability.

If communities are interested in starting up youth programs please contact Chris Hamilton, Special Olympics Saskatchewan's Youth Coordinator, at [chamilton@specialolympics.sk.ca](mailto:chamilton@specialolympics.sk.ca)





The Saskatchewan Law Enforcement Torch Run (SKLETR) had another banner year in 2018-2019. Continually stepping up to the plate in everything they do, they were able to raise almost \$120,000 for our Saskatchewan athletes.

In November 2018, our SKLETR were recognized internationally for their outstanding success at the International LETR Conference in Las Vegas, NV. They were the recipients of the Largest Net Percentage Growth program excellence award for 2018! Our very own Cst. Ryan Crawford with the Saskatoon Police Service was in attendance to accept the award, as well as Desiree Hesson with Provincial Corrections in Prince Albert, Deputy Jason Der with the Saskatoon Sherriff's Department, and Chelsea Fidler, LETR Liaison from Special Olympics Saskatchewan.

This international recognition served as a great reminder of how far this volunteer group has come over the past several years, but also fuelled the conference attendees to continue to push onwards and upwards in all events and awareness activities they are a part of.

In the 2018-2019 fiscal, the SKLETR worked on developing new partnerships and strengthening existing ones, from preliminary discussions with Canadian Border Services Agency to a Polar Plunge and Torch Run at RCMP Depot! Overall, it was a great year, boasting consistency and growth in event participants.

If you know someone in Law Enforcement that might be interested in being a part of the Law Enforcement Torch Run, let us know! Contact [sask\\_lettr@gmail.com](mailto:sask_lettr@gmail.com) or Chelsea Fidler, LETR Liaison, at the Provincial Office.



## Volunteer Profile | Pam Schmuck

Pam is an active member of the Special Olympics Yorkton Board of Directors and is a representative on the Provincial SAC Committee. She was instrumental in heading up the organizational committee to set up the Singles Bocce tournament in Yorkton this past June. Pam served as a Chef-de-Mission for the 2017 SOS Provincial Summer Games in Moose Jaw, and did a great job of keeping the entire team on track.

Pam has assisted in the development and enhancement of Special Olympics in Yorkton. She is always very organized. She heads up the Fundraising Committee and works hard to make sure athletes and their supporters do their part. She attends Bocce and Bowling nearly every week, assisting where needed and giving encouragement to our athletes. Her upbeat personality makes all the practices a happy place for coaches, volunteers and athletes.

Pam believes strongly in Special Olympics and the inclusion of our athletes into the community wherever possible. She is now involved with getting as many of our athletes as possible, involved in the collaboration with Anytime Fitness, where Yorkton athletes now receive free membership for the year. She goes to the gym herself, not to coach the athletes, but to simply be there to give them encouragement as they work with the other fitness instructors.





## Unified Sport – Choose To Include

Special Olympics is dedicated to promoting social inclusion through shared sports training and competition experiences. Unified Sports joins people with and without intellectual disabilities on the same team. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.

Young people with intellectual disabilities do not often get to play on their school sports teams. More and more provinces in Canada are adopting the Unified Sports approach that Special Olympics pioneered.

Students should be encouraged and supported to be agents of change, have opportunities to be leaders, and participate in collaborative school activities.

In 2019, we had 30 schools playing Unified Sports; Bocce, BAGGO, and/or Basketball with 312 Special Olympics athletes and 244 Partner athletes participating. This is an increase of over 500% in two years!

Communities are encouraged to implement Unified Sport Programs as a part of their sports programming in order to meet the needs of their youth population with an intellectual disability.

Unified sport opportunities for 2019/20 are: Bocce, Baggo, Basketball, and Athletics. Opportunities in Unified Curling and Badminton are being explored.

If communities are interested in starting up Unified Sport programs please contact Chris Hamilton, Special Olympics Saskatchewan's Youth Coordinator, at [chamilton@specialolympics.sk.ca](mailto:chamilton@specialolympics.sk.ca).



# QUEEN CITY BLITZ!

FLAG FOOTBALL TOURNAMENT



It was a great day of football at Mosaic Stadium on June 15th! Teams were participating in the 2nd Annual Queen City Blitz, 5 on 5 Coed Flag Football Tournament. All teams participating, each fundraised over \$1,000 for Special Olympics athletes across the Province.

Every team was guaranteed the opportunity to play at least three games on the stadium turf, with officials from Football Saskatchewan's Flag Football guiding the action. In the end, two teams, Creative Options Regina and First Steps Wellness would face off for the championship. First Steps Wellness Center went home with the title of Queen City Blitz 2019 Champions but the real winners were the Special Olympics athletes.

We would like to thank our Game Day Sponsor, Sask Lotteries and our Safety Sponsor, SGI for their amazing support of the tournament. The participants also enjoyed refreshments and lunch courtesy of Western Pizza. The teams went home with tons of gifts and prizes courtesy of the Saskatchewan Roughriders, Regina Pats, Regina Riot, GMS Queen City Marathon, Sask Milk, Molson Coors, Lancaster Taphouse, Last Mountain Distillery, Escape Club, Great Western and many more! Keeping the participants hydrated throughout the day was Rainsoft. We would also like to send a big thank you to the Knights of Columbus for their volunteer efforts at the tournament!

We are excited to see what next year will bring for Queen City Blitz and look forward to expanding on the tournament and raising more funds and awareness for Special Olympics Saskatchewan!



# Special Olympics Games and Competitions

Competitions, both recreational and competitive were well attended this past year within our Province. July 2018 started off with Team Sask attending the 2018 SOC National Games in beautiful Antigonish, NS. Once again our athletes training paid off. They competed to the best of their abilities and Saskatchewan brought home more medals than the previous summer games. Our districts prepared for the 2019 Provincial Winter Games in Regina. Even though the weather was cold our athletes were brave in the attempt. The Special Olympics World Games were held in Abu Dhabi and Dubai in March of 2019 and Saskatchewan had six athletes and one coach attend as part of Team Canada. Our athletes all brought home hardware and proved that Saskatchewan athletes can compete on the world stage. 2020 Team Sask was selected by April 2019 and the team of 68 are preparing for SOC National Winter Games in Thunder Bay, ON in February 2020.



# Athlete Leadership

Through organized training and practical experiences, Athlete Leadership training prepares athletes to undertake meaningful positions of influence and leadership throughout the Special Olympics organization, both on and off the playing field. Athlete Leadership Training was held in Saskatoon from June 7th - 9th.

The weekend-long training provides our athletes with the opportunity to build the skills necessary to be advocates for themselves and for Special Olympics in their communities. As advocates for themselves and their fellow athletes, they learn a variety of skills to better prepare them for opportunities that may arise, such as encouraging new athletes to join, speaking to sponsors, or simply speaking one-on-one with others about the benefits of Special Olympics programming.

Each working one-on-one with a mentor, participants chose either Athlete Speaker training, Social Media & Media training or new this year, Athletes on Committees and Input Councils. Athlete Speaker training guides athletes through practical exercises resulting in fully completing their own speech, which they all deliver in front of their peers, by the end of the weekend. Social Media & Media training includes a variety of things, including online safety, what makes a great social media post, skill development for speaking to media, complete with a mock interview at the end of the weekend.

The majority of our athletes trained this year are on Team Saskatchewan. Our athletes are still working hard and training in their respective sports but we're pleased that they have also gained some skills necessary to share information about their training and progress with others!



# Celebration of Champions Dinner

It was an evening for celebration as supporters of Special Olympics gathered in Saskatoon for the Celebrations of Champions Dinner. It was a night aimed to honor sponsors and supporters of Special Olympics who have helped in events, and programs throughout the past year in Saskatchewan. The evening emcees were Saskatoon athlete Tyler Gilbert and Law Enforcement Torch Run (LETR) for Special Olympics volunteer Joe Tataryn. Tyler is a Saskatoon athlete that has been involved with Special Olympics for 28 years. He competes in Alpine Ski, Track and Field, Floor Hockey, Basketball, Softball and Golf. Joe has been a long time LETR volunteer and continues to support Special Olympics through involvement in Cops & Crepes, Free our Finest, and the Truck Convoy.

With Special Olympics celebrating 50 years, the theme for the evening was Past, Present and Future. Throughout the night we heard amazing speeches from athletes who addressed either the past, present or future of Special Olympics Saskatchewan. Regina athlete Shane Haddad, spoke about being an advocate of Special Olympics for over 40 years and the positive impact Special Olympics has had on his life. Richard Dolan's speech included how Special Olympics has provided a lot of opportunities for him and his family. He talked about his experience representing Saskatchewan on the World stage in Abu Dhabi and Dubai and what Special Olympics meant to him as an athlete and father. Jillian Kulbida and Ben Sheard had a moving speech of what Special Olympics means to them and shared their story how Special Olympics brought them together. They also mentioned they are looking forward to see what the next 50 years will bring. Overall, everyone had a great time at the event and we are beyond thankful to all our amazing supporters!



Athlete Shane Haddad



Athlete Richard Dolan



Emcees Tyler Gilbert & Joe  
Tataryn



Athletes Jillian Kulbida & Ben Sheard

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Today is the day

# Active Start and FUNdamentals School Youth Programs

We currently have over 50 schools from 15 school divisions across the province using our school programs with over 500 athletes participating! Schools are encouraged to implement Special Olympics School Programs as a part of Phys. Ed. programming in order to meet the needs of their youth population with an intellectual disability.

Special Olympics Active Start and FUNdamentals school programs are the first of their kind in Canada. They provide specific training and educational opportunities for children/youth with a developmental/intellectual disability and their classmates, many of whom do not have School or any other avenues for structured physical fitness.

The programs are built on the rationale that, when children with a developmental/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 abilities.

These programs provide the necessary tools for teachers to foster their Special Education students' physical literacy goals.

**Active Start** is designed to allow children aged 2 to 6 to learn basic motor skills such as walking, running, jumping, and throwing.

**FUNdamentals** is a continuation of the Active Start Program for athletes aged 7 to 12. This program transitions from basic movement skills to basic sport skills.

The programs are available FREE to any classroom that has students with a developmental/intellectual disability that will be taking part in the program.

The programs include:

- Curriculum aligned programming, lessons, and manuals
- Support and education from Special Olympics Saskatchewan
- A specialized equipment kit from Flaghouse (valued at over \$500.00)

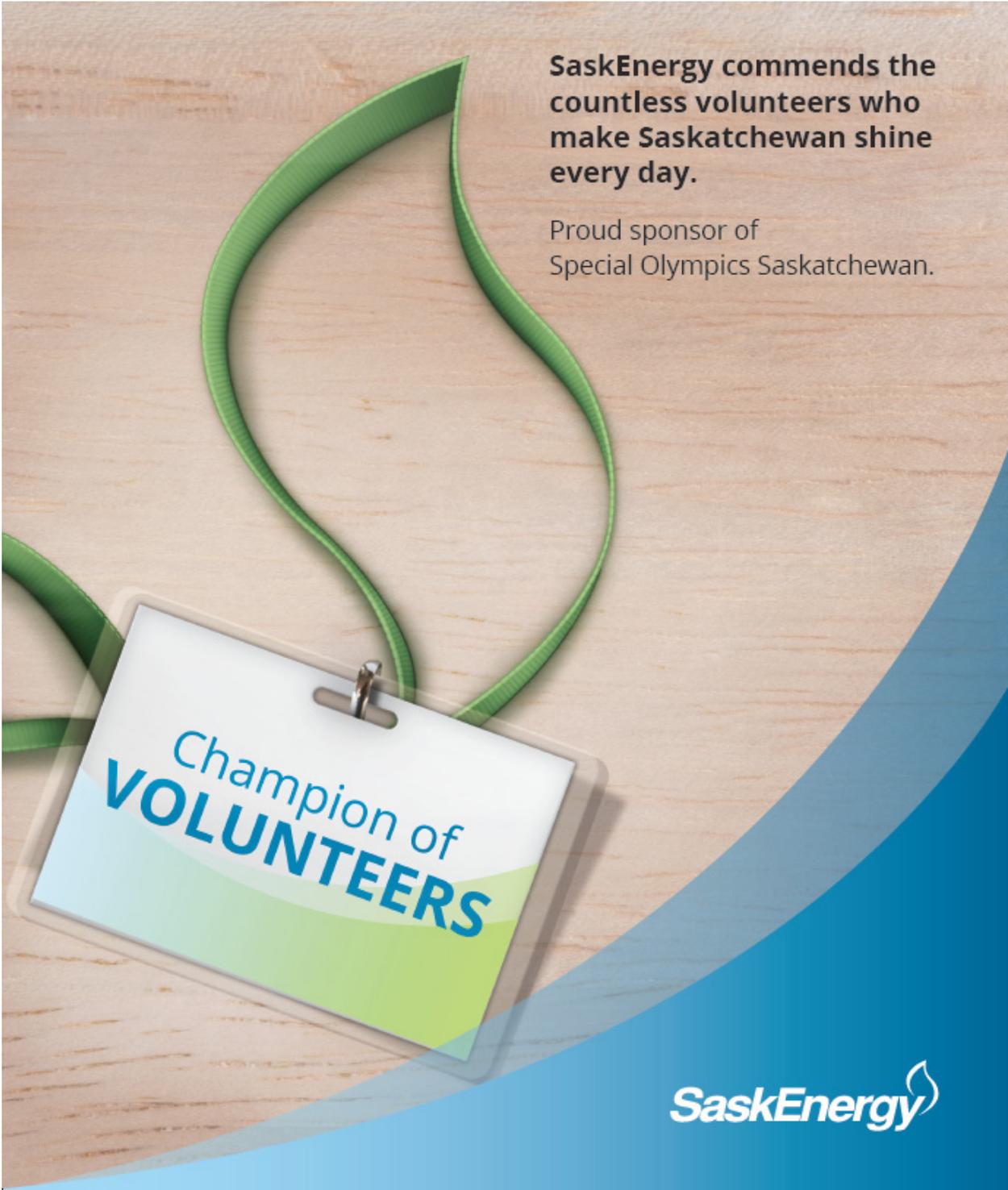
If schools are interested in starting up programs, please contact Chris Hamilton, Special Olympics Saskatchewan's Youth Coordinator, at [chamilton@specialolympics.sk.ca](mailto:chamilton@specialolympics.sk.ca)



Active Start



FUNdamentals



**SaskEnergy commends the countless volunteers who make Saskatchewan shine every day.**

Proud sponsor of  
Special Olympics Saskatchewan.

Champion of  
**VOLUNTEERS**

**SaskEnergy**



In it's second year, Free Our Finest in Saskatoon was a great weekend of fun and fundraising!

Two Saskatchewan Law Enforcement Torch Run (SKLETR) officers were "jailed" up on a scaffold at Wal-Mart with the stipulation that they couldn't come down until they met their fundraising goal. Funds were raised primarily through donation collection, where officers and athletes were stationed at the entrance of the store with big smiles and buckets! The event also included a BBQ and merchandise sales, which helped the event raise over \$17,000. Big thanks to Saskatoon's Preston Crossing Wal-Mart for being an awesome partner for this event, donating their space as well as some goods for the BBQ. Chinook Scaffolding, Maple Leaf Foods, and Harvard Property Management were our other main partners that ensured the event ran smoothly.

The incredible success of this one weekend, one location, event was thanks in large part to the incredible partnership between multiple Saskatoon law enforcement agencies and the Saskatoon Community Executive. We can't wait for the next Free Our Finest weekend!

# Cops and Crêpes!



What's better than a new event? When you can expand on an existing one and hit it out of the park! We were able to do just that thanks to the opening of a new Cora Breakfast and Lunch location in Regina this year. With two locations in Regina and two locations in Saskatoon, this event which is now in its fourth year was able to raise over \$25,000 in two days! This event is a favourite amongst LETR volunteers because of the athletes and public interaction.

At this event, officers and athletes pair up and walk around to chat with breakfast-goers. Through donation collection, merchandise sales, and smooth coffee pouring, this event has been a great partnership with Cora's. We're looking forward to another great year next year! Hope to see you at this deliciously fun day in 2020!





Overall, the two plunges raised over \$16,000 for Special Olympics Saskatchewan athletes. Next year, will be the 4th Annual Plunge and we challenge everyone to embrace the cold and come out in support of Special Olympics! Watch our website for more details.

Special thanks to our awesome event supporters: Paradise LeisureScapes, ICON Scaffolding, Loraas Disposal, City of Regina, Regina Police Service, RCMP, St John's Ambulance, Regina Fire Department and the Waskimo Festival.

It was a cold February but that didn't stop participants from Freezin for a Reason at the 2019 Polar Plunge. This year, the plunge was held in conjunction with the Waskemo festival and provided a day full of family fun!

Participants raised pledges for Special Olympics Saskatchewan athletes for the opportunity to plunge into the icy cold water! A second Polar Plunge was held later in the week at the RCMP Depot and had a great turnout!





## Big rigs, big hearts, big results!

'Cause we got a little convoy  
Rockin' through the night.  
Yeah, we got a little convoy,  
Ain't she a beautiful sight?  
Convoy!



The 12th Annual World's Largest Truck Convoy for Special Olympics Saskatchewan was a day not soon to be forgotten! Though a little chilly, we had a great turnout from truckers, law enforcement, Special Olympics, and the general public!

In an effort to continuously bring our Convoy-goers a great time, we added a Dunk Tank in 2018! Our very lucky Program Director, Darlene MacQuarrie, braved the chilly day and helped raise some additional funds by being in the Dunk Tank. Folks lined up to get their shot at trying to dunk her – which was great for business! We also had one of our awesome LETR volunteers sit in the Dunk Tank – Frank Kovacs with Regina Police Service. These two were great champions for the event and, dare we say, were maybe training to try the Polar Plunge eventually?

Along with the Dunk Tank, we had a great time with the 7th Annual Truck Pull, bringing out lots of new faces to cheer on the teams as they pulled the 15-tonne semi for 15 metres! This event continues to be a great addition to the excitement of the day and is a nice compliment to the kid's area (complete with a bouncy house, of course!) and the ever-delicious BBQ, served up piping hot and fresh thanks to the amazing volunteerism of the Knights of Columbus. We are so fortunate to have such amazing folks to support this event!

The Convoy continues to get better each year, bringing out new spectators and participants alike, and this is in part thanks to our community support! We love this event because it passes through and involves many of our communities, including Saskatoon, Swift Current, Moose Jaw, and Regina! Help us spread the word about these events and let us know if there are any new ideas you'd like to see come to next year's Convoy!

Over and out!



# Coaches Symposium



The third annual Coaches Symposium was a huge success! There was plenty of learning, networking, and good old fashion fun! Overall, 71 Special Olympics coaches gathered at Manitou Springs Resort for the weekend.

The weekend started with growth mindset videos from Trevor Ragan. The videos focused on getting ourselves and our athletes in the optimal mindset for learning and growth. Friday evening's social was spent exploring what Manitou Beach has to offer and networking with fellow coaches. Leah Hunter-Reavie kicked off the morning with a presentation on Attachment Theory. She focused on the coach-athlete attachment relationship and how important it is for our coaches to be conscious of the impact we have with our athletes. Next it was Adam Chomos, he discussed the research study that was completed over the course of the 2017-18 program year. The studies aim was to determine if simple attention testing games would increase athletes information processing. He mentioned the highlights, findings, and future directions of the research that was completed with 25 of our 2018 Team Sask athletes.

To break up the long day of sessions we completed a scavenger hunt midday. The hunt is always fun and challenging, the problem is getting Mother Nature to work with us. Jackie Powell returned for her second year in a row and expanded on her session on yearly training plans. This session connects our coaches with other coaches from the same or similar sports and is great for knowledge transfer. The keynote session on Saturday was delivered by Richard Monette. Richard shared a wise practice called "Purpose Mapping". He developed this tool as a sport psychologist to help his athletes achieve their goals.

Saturday evening was spent at Danceland, an ancient Saskatchewan treasure; one of the only horse hair dancefloors in the world. On Sunday morning Doug Hillis and Shawn Kuster delivered a NCCP module – "Manage a Sport Program". The module included lots of time for coaches to share and learn from each other as well as some tools on how to plan ahead for a season.

Teamwork makes the dream work! We are all a part of the Special Olympics team and must work together to make the athletes dream work. The Coaches Symposium is one way SOS supports, facilitates, and encourages our coaches to become greater!

Thank you to all the coaches who attended the 2018 Coaches Symposium! Thank you for giving your time for the weekend and all the time you give for our athletes. Hope to see you all at this year's Coaches Symposium!

# 2019 World Games

Special Olympics Saskatchewan is extremely proud of the six Saskatchewan athletes and one coach who competed as part of Team Canada at the Special Olympics World Summer Games in Abu Dhabi and Dubai. The athletes had a great time, formed new friendships and combined, won eight gold, two silver and four bronze medals for Team Canada!

The Team Canada Roster included Richard Dolan and Dawn Rieben who competed in 10 Pin Bowling, Addison Czaya-Woolly who competed in Athletics and Colby Kosteniuk, Michael Qing, and Tianna Zimmerman who competed in Swimming. Jackie Powell represented Team Canada as a Swim coach. This was the largest contingent of individual Saskatchewan athletes selected to Team Canada ever! Each one of these athletes worked incredibly hard at their sport to get to the level they are at today. Congratulations to the athletes and coach Jackie on an amazing showing at World Games!



# NATIONAL PARTNERS

## PLATINUM



## GOLD



## SILVER



beyond imagination

## BRONZE



STRONGER COMMUNITIES TOGETHER™

## FRIENDS



For every \$1 invested in Special Olympics community sport programs, a minimum \$7 of social benefit is created through improved athlete physical and mental health and increased athlete employment. - (Bain + Company 2016)

# Wheaton Kia Athlete Spotlight

Thanks to our National Partnership with Kia Canada and our incredible friends at Wheaton Kia in Regina, Special Olympics Saskatchewan has been sporting a new set of wheels since late in 2017! The Kia Sorento has already made many trips across the province. Getting our staff and athletes where they need to be safely and affordably has been an incredible asset to Special Olympics Saskatchewan.

Wheaton Kia's support hasn't stopped there. With the Wheaton Kia Athlete Spotlight, one athlete is highlighted each month for their incredible hard work and dedication to Special Olympics. Wheaton Kia has provided special gifts for the selected athletes and given us a platform to once again highlight our athletes! With this, we say thank you to everyone at Wheaton Kia for your incredible support!



## Provincial Partners



Champion of Volunteers



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