

What's Up In Zone 1

By: *Patty Williamson, Zone 1 Co-ordinator*

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The Saskatchewan Special Olympics Society seeks to improve the quality of life, of persons challenged by mental handicaps through sport, fitness and physical recreation. The programming is developmental in nature and the ultimate goal is to prepare the athletes to compete at a level where they have the necessary physical and social skills to successfully integrate into regular community programs. In Saskatchewan, the "official" sports include: Track & Field, Swimming, Five Pin Bowling, Cross Country Skiing, Alpine Skiing, Speed Skating, Figure Skating, Snowshoeing and Floor Hockey. The demonstration sports include: Power Lifting and Rhythmic Gymnastics. The National Special Olympics Games will be held in Weyburn, June 15, 16 and 17. Zone 1 Special Olympics will be selecting a Track and Field team this year to compete at the 1996 Saskatchewan Games in Moose Jaw. If you have a child who would benefit from participation with Special Olympics or if you would be interested in volunteering with Special Olym-

pics in Zone 1, contact Helen Parish at 634-6295.

Synchro Sask. has a number of summer programs available: 1) Waterfun Clinic Program is a joint program of Water Polo Sask., Sask. Diving, and Synchro Sask. The event involves a demonstration of each sport followed by an introductory clinic, which lasts 2-3 hours; 2) The National Star Program is a participation oriented skill program, which introduces the basics; 3) Swimmer Clinics - (a) **Beginner** is a two hour clinic which introduces the basics (b) **Advanced** starts to prepare swimmers for the competitive level; 4) Instructor Clinics - (a) **Level I** is a 3 hour session for Certified WSI 1 (instructors who wish to teach synchronized swimming on a recreational basis or include it in their regular courses) (b) **Level II** is a 4 hour session for more advanced levels and competitive figures; 5) Star Examiner Clinics which enable individuals to test swimmers; 6) Summer Training Camps; 7) Summer Star Provincials. For more information, contact Synchro Sask. at 780-9227.