



THE ATHLETES POST

By Heather Miller

Volume 6 April 2020

Our Mission:

This newsletter was created for athletes so they can give their opinions on different topics. As Newfoundland's Athlete Leader Representative on the Canadian Input Council I want to communicate with as many athletes in our province as I can. I hope this newsletter will keep us informed and you, the athlete, can discuss topics through a new Facebook group – just by searching **Special Olympics Athlete Post**. If you would like to contribute to the Athletes Post, please do so by joining the Facebook group.

THOUGHT FOR THE MONTH

What do you think about having our Special Olympics sports cancelled because of COVID 19?

Tell me on our facebook chat page.

What's Happening:

Special Olympics Newfoundland and Labrador Provincial Office has postponed all sports, dances, competitions and fundraising until June 30th, 2020.

CBS Special Olympics Rhythmic Gymnastics coaches have scheduled some virtual practices on Zoom for our athletes in our club.

Movement Mondays:

FOR CBS BRIGHTSTARS Athletes Only:

Cardio warm up, stretching, music, exercise and socialization. 6:30 pm for 40 minutes

<https://us04web.zoom.us/j/77336679174>

Message to the athletes

I'M HEATHER MILLER.

I AM THE CHAIR OF THE CANADIAN ATHLETE LEADERSHIP COUNCIL. THIS IS A GROUP OF ATHLETE LEADERS FROM EACH PROVINCE AND TERRITORY OF CANADA. WE ARE A VOICE FOR YOUR CONCERNS ON SPECIAL OLYMPICS TOPICS

AS THE ATHLETE REP FOR NEWFOUNDLAND AND LABRADOR I WANTED TO CHECK IN WITH YOU TO SEE HOW YOU ARE DOING DURING COVID-19

I KNOW YOU ARE DISAPPOINTED ABOUT HAVING ALL OUR SPORTS PROGRAMS CANCELLED, BUT REMEMBER WE HAVE CANCELLED SPORTS SO THAT EVERYONE WILL STAY WELL. WHEN IT HAS PASSED, WE WILL GET TO PLAY OUR SPORTS AGAIN. SO STAY CALM.

IT IS VERY IMPORTANT THAT YOU FOLLOW THE RULES
STAY HOME
KEEP WASHING YOUR HANDS
AND KEEP 6 FEET AWAY FROM PEOPLE. (THATS 6 BIG STEPS BACK FROM SOMEONE)

ITS ALSO IMPORTANT THAT YOU STAY ACTIVE AND KEEP CONNECTED WITH OTHERS.
IF YOU HAVE SOCIAL MEDIA, YOU CAN TALK WITH YOUR FRIENDS. USE SKYPE OR ZOOM OR FACETIME TO TALK TO MORE THAN ONE FRIEND AT A TIME.YOU CAN PLAY GAMES OR PLAY TRIVA WITH EACH OTHER.

SIGN UP TO MY ATHLETES POST FACEBOOK PAGE. JUST SEARCH SPECIAL OLYMPICS ATHLETES POST ON FACEBOOK AND CLICK JOIN.

THERE ARE ACTIVITIES POSTED AND THERE ARE ALSO SOME VIDEOS OF ATHLETES COOKING AND DOING EXERCISE WORKOUTS.
YOU CAN MAKE YOUR OWN VIDEO AND POST TO THE PAGE.

I WANT EVERYONE TO THINK ABOUT ATHLETES WITHOUT A WAY TO CONNECT ONLINE. PLEASE CALL A FRIEND AND HAVE A CHAT.
IM ASKING COACHES AND VOLUNTEERS TO CALL SOME ATHLETES TOO.

STAY SAFE EVERYONE. HOPE WE WILL ALL SEE EACH OTHER SOON

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Ideas for Athletes to: Stay Safe, Stay Active & Connected

1. Bored Jar: I made a bored jar, you can too..... You need a jar, some pieces of paper, and a pen. Write down some things you can do on the paper, fold them, put them in the jar. Each day pick one piece of paper and do what it says. You can put exercises, and stuff for training in there as well....



3. Here is a link that I found that has lots of activities like Easter Word finds, Easter mazes, Easter word scramble also they have Easter color by number. They are printable. I printed some and did them they are fun. They also have recipes, and activities for each Holiday, Check it out.

<https://www.Purplepumpkinblog.co.uk>.

2. Neighbourhood Scavenger Hunt

(cant use own house)

- A house with a black railing
- A blue car
- A plant in a window
- A recycling Bin
- Someone out for a walk
- A camper in a driveway
- A dog
- An electricity Box
- A license plate that spells a word
- A house with a 9 in the number
- A Bird
- A fire Hydrant
- A house with no cars in the driveway
- A bicycle
- A porch with 2 chairs
- A license plate that starts with an A
- An outside light turned on
- An open garage door
- A basketball Net
- A for sale or sold sign
- A black garage door
- A wreath on a front door
- Christmas lights
- A WELCOME sign
- A house with 3 cars in the driveway

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Athlete Leadership: We had planned an Athlete Leadership summit in April, because of the COVID 19, we had to postpone it. Hoping to schedule it sometime the fall. Kim is working with other chapter staff and looking at the possibility of offering some Athlete Leadership courses online on zoom. Keep checking for updates.

More Athlete Resources

Healthy@Home: this has great information for athletes and a weekly challenge they can participate in with athletes from all across Canada.

<https://sohealthyathome.ca>

NL@ Home: this has great information for athletes and coaches along with a spotlight on our local athletes. <https://www.specialolympics.ca/newfoundland-and-labrador/nl-home>

Coast to coast Challenge: Coast to Coast Challenge Begins Now!!!! - We are challenging athlete, coaches, volunteers, families and friends to come together as one community working towards one common goal by virtually walking across Canada! Check it out! Start walking today

https://l.facebook.com/l.php?u=https%3A%2F%2Fmailchi.mp%2F1bacac065c01%2Fcoast-to-coast-challenge-begins-now%3Ffbclid%3DIwAR12QmhPYBOTBVSdxLj0Hb96AAkedEkDSk7a3zyN6kFHZpBY1h7QvNKY3To&h=AT35WmLp_huhzkrXW1qwgINbcguzrV7AKbLVRTbgw3fPVQkqB9xAC1xXELCwUo6kPgastq4Kc5C9gLsyDXdu3VgAVeilCaoFHGOciOtmV8v2GI7gBTJckaQZnINjIW1JTssJIP_18

**“Stay home,
stay safe and
take care of
each other.”**

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National Games Thunder Bay 2020

Team Newfoundland brought home 45 medals, and many personal bests at the Special Olympics National Winter Games held in Thunder Bay Ontario, Feb 25-29, 2020. We have 11 Bronze, 13 Silver and 21 Gold medals.



Team NL



Floor Hockey Team



Curling Team



Speed Skater

THE ATHLETES POST

Snowshoeing



Bowling



Cross Country Skiing



Figure Skating



Please join the Athletes Post Facebook page, and post a video of an activity or exercise for other athletes or just write a few words telling us how you are doing