



THE ATHLETES POST

By Heather Miller

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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

As an athlete leader for your club, what are you doing in this role? What things are you responsible for? How could you build awareness about Special Olympics? **Tell me on our facebook chat page.**

What's Happening: In CBS, during Winterfest; the town, as a result from a letter I wrote to the town, is hosting 2 events to build awareness of Special Olympics and to build on inclusion within the community with us as athletes with intellectual disabilities. A Snowshoeing event along with a Campfire and marshmallow roast on Feb 20th 6:30 pm @ Parsons field in Seal Cove. The second event is a Family Games Night on Feb. 17th @ Worsley Park, 6:30pm, for Special Olympics Athletes, families & invited friends. As an athlete leader, you can work with your town to build awareness of Special Olympics in your community. Come up with some ideas Be Creative!

On Feb 7-9, the Provincial Snowshoeing/Skiing Winter Games scheduled in Corner Brook, was cancelled due to weather. There were many disappointed athletes. What are your thoughts!!!!

Athlete Leadership: We are planning another Athlete Summit in April. We are also in the process of trying to get athlete leaders from clubs across the province to come together to have a brainstorming session on communication and ways to build awareness of Special Olympics within our clubs and our province.

National Winter Games in Thunder

Bay, Ontario On February, 25th - February 29th, athletes from all over the province will be heading to Thunder Bay, Ontario for the Special Olympics National Games. Team NL send off is on February 23rd at MUN. Come support the athletes.

I will be there for the **Games Experience**, I have been invited to attend because I am the athlete leader rep. on the SOC Board. I am so thankful for this opportunity. I will do my best to represent our athletes well.

Athletes that are participating in the National Games in Thunder Bay, Can you tell me what are you looking forward to the most?

- . Competing in your sport and hopefully bringing home a medal
- . Hanging with your friends on downtime
- . The Dance
- . Opening Ceremonies
- . Meeting new friends

Join us on our Facebook chat line....

Special Olympics Athletes Post

Talk about the games!

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National Games Athlete Profiles



Meet [#TeamNL2020](#) Floor Hockey Athlete, Mark Peddle. Mark has been with Special Olympics since he was a teenager, not only competing in Soccer, Floor Hockey and Athletics, but taking part in other opportunities such as the Athlete Leadership Program. Mark attended an Athlete Leadership course in public speaking and began his journey as an advocate for Special Olympics. Mark's confidence, eloquence and poise has led him to many additional speaking opportunities speaking about the benefit of Special Olympics. The 2020 Special Olympics Canada Winter Games in Thunder Bay, ON this coming February, will be Mark's seventh National Games! Mark enjoys meeting new people, being active and traveling and hopes to bring home a medal



Meet [#TeamNL2020](#) 5-Pin Bowling athlete, Grant Dalton. Grant has been with Special Olympics for 10 years. He participates in Athletics, Bocce, Softball and Swimming. Grant's favourite sport is 5-pin bowling.

Friendship is a very important part of Special Olympics for Grant. He has met some of his best friends in SONL programs and feels it has changed his life because of the friendships he has developed.

The 2020 Special Olympics Canada Winter Games in Thunder Bay will be Grant's first time at a National Games! He is looking forward to them and to competing at his personal best all while having fun

**DON'T LIMIT YOUR
CHALLENGES.
CHALLENGE YOUR
LIMITS.**

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Special Moments



We were delighted to be the Charity chosen by Fortis Inc this year to receive a much appreciated donation! Thank you to all the Staff at Fortis Inc for selecting Special Olympics Newfoundland and Labrador

Meet Leah McDonald



Leah is an athlete with the CBS Brightstars Special Olympics Club. She began participating as a 5 pin bowler but now participates in the sports of Rhythmic Gymnastics, Bocce and Softball. Leah has also become interested in becoming an athlete leader for Special Olympics, learning to have a voice for Special Olympics athletes. Leah was recently interviewed on VOXM's Sunday Drive radio show where she spoke about her experiences with Special Olympics. When Leah is not involved with Special Olympics she likes to knit, and participate in Jam Sessions within the community. She loves to sing, have games nights and spend time with her friends.

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NEW FEATURE

I am adding a club event section to the newsletter, if your club has a special event, you can send me some photos with a detailed description of the event and I will post it for you. Below is a sample of an event held at my club(CBS Brightstars). This is our year end dinner and awards overnight event at the Wild's, We had a full day of fun activities, crafts, entertainment, supper awards, campfire and fireworks.

