



**SPECIAL OLYMPICS NL**



# THE ATHLETES POST

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Published by Heather Miller

## Get involved:

This newsletter is created for athletes so they can give their opinions on different topics. I hope this newsletter will keep us informed and you, the athlete, can discuss topics through a new Facebook group – **Special Olympics Athlete Post**. Go to [https:// www.facebook.com/r.php](https://www.facebook.com/r.php) Enter your name, email or mobile phone number, password, date of birth and gender. Click Create an Account. You will need to confirm your information. Then search for Special Olympics Athlete Post.

## What’s Happening:

On February 22-24 and March 1-3, 2019, Special Olympics Athletes are going to compete at the Winter Games in Grand Falls, NL, to try to earn a spot to compete in Nationals in Thunder Bay, Ontario February 2020

## Are you interested in Athlete

**Leadership:** Special Olympics Newfoundland & Labrador has scheduled an Athlete Leadership Summit for April 12-14, 2019 at Max Simms Camp in Grand Falls. One athlete and one mentor will be chosen to represent each club. Training will be provided to attendees in Governance and Public Speaking. **Contact your club coordinator**

**Please Comment on our “Special Olympics Athletes Post” Facebook Group or Chat**



## What’s Your Opinion?

How do you feel about athletes that need a respite with them at National Games, should they be able to go, if the athlete earned a spot?

### QUOTES FOR A LITTLE INSPIRATION:

The Harder      If you aren’t going all the  
The Battle      way why go at all  
The sweeter  
The Victory

It’s not the will to win that matters,  
Everyone has that.

It’s the will to prepare to win that matters

### THOUGHT FOR THE DAY...



# THE ATHLETES POST

## The Revolution in Inclusion

**Special Olympics and over 5 Million of our athletes are leading the charge for full inclusion of people with Intellectual Disabilities (ID). The movement is rooted in the spirit of our founder, Eunice Kennedy Shriver, who took a rebellious stand against the injustices faced by people with Intellectual Disabilities in 1968. Today, the fight for inclusion is more relevant than ever. People of all ages, races, genders, cultures, backgrounds, and abilities continue to face discrimination, ignorance, and being mean. Just as Eunice Kennedy Shriver did 50 years ago, Special Olympics is setting a stake in the ground to create change and, this time, our athletes are leading the way.**

**For 50 years, Special Olympics has been building a movement to break down barriers – both on and off the field in health and education – all through the power of sport. As we celebrate our 50th Anniversary, we launch a 5-year campaign to inspire action and ultimately end discrimination for people with Intellectual Disabilities.**

**The Revolution Is Inclusion.**

## Special Olympics Canada ambassadors return from Global Athlete Congress ready to make an impact

Three Special Olympics Canada athletes have returned from the [Global Athlete Congress in the Dominican Republic](#) with new skills, confidence and ready to make a difference in their communities.

Ontario's Matthew Fields, Nova Scotia's Natalie Branscombe and Newfoundland & Labrador's Heather Miller, were among 60 Special Olympics athletes from around the globe who attended the event, which takes place every four years to provide a platform for Athlete Leaders to meet and help make decisions that will positively impact the Special Olympics movement.

From November 10 to 17, the group shared ideas, while developing leadership skills to take back to their local programs, communities and workplaces.

"The athletes that represented the world at the 2018 Global Athlete Congress are ready to take on new challenges," said Nora Mason with Special Olympics North America. "They want (the Special Olympics) leadership to listen to their input and engage them on decisions impacting the movement. No doubt many found their voice in the Dominican Republic this week!"

Athlete Leaders left Congress eager to put their new skills to work and support projects in their home programs.

"I really enjoyed the Global Athlete Congress – it was amazing," said Special Olympics Ontario's Matthew Fields. "I can't wait to put all the new skills I learned into practice."



# THE ATHLETES POST

**Go to our Facebook Group**

**Tell me why Special Olympics is Important to you?**

**Here are some of the Athlete's responses on the question Why is Special Olympics so important to you?**

**Kristen Tibbo** Having fun and meeting new people was important to her.

**Deon Cantwell** It is important to me because I have been involved for many years, I have many of friends and I get to meet new ones everywhere I go. I love to compete.

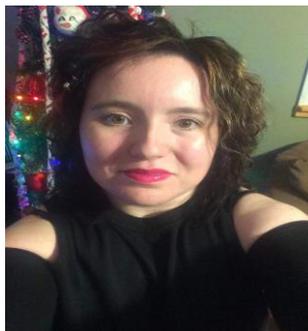
**David Horne** I love to compete in all my sports.

**Heather Miller** It is important to me because I have made many friends since I joined Special Olympics in 2007.

I love being an Athlete Leader on the Canadian Leadership Council. I enjoy giving speeches, taking part in SO events and going to Competitions. SO has given me the opportunities to do these things.

**Megan Martin** It is important to me because I like seeing my favorite coaches during my sports and seeing my friends and competing in games. And having fun, and never giving up if you like it.

## Meet an Athlete!



My name is Kayla Sceviour. I am 29 years old and from Colliers, NL. I have 7 sisters and brothers and 7 nieces and nephews and a cat named Toby. I joined the CBS Brightstars Special Olympics club in 2018. I am in several sports, Bowling, Bocce, Athletics, swimming, and Table Tennis. This summer I will be in softball.

Last September we went to Gander for the Bocce tournament and our team won gold! In March I will be attending the winter games in Grand Falls to play Bowling. Some of my favorite things to do are watching Coronation Street, Fuller House and some movies.