



What's Up In Zone 1

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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 FJiythnic Gymnastics. The National Special Olympics Games will be held in Weyburn, June 15, 16 & 17. Zone

Special Olympics will be selecting a Track & 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 Olympics in Zone 1, contact Helen Parish at 634-6295.

Synchro Sask. has a number of summer programs available:

- 1) Waterfiin 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 [is a 3 hour session for Certified WSI 1 (instructors who wish to teach synchronized swimnaing on a recreational basis or include it in their regular courses) b) Level [[is a 4 hour session for more

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