

# VOICES

SOBC Vancouver: [www.sobcvancouver.org](http://www.sobcvancouver.org)



-Callyn and Bronwyn, FUNdamentals, photo courtesy of Sean Ling

## TEAM BC 2010 ANNOUNCED

Congratulations to Vancouver Athletes and Coaches who qualified for Team BC in the 2010 Special Olympics Canada Summer Games, to be held in London, Ontario July 11-17, 2010. We are all proud of you and wish you luck as you train and compete.

### Athletes:

- Sarah Brown - 10 pin bowling
- Mark Hawksworth - Aquatics
- Jan Mareels - Power lifting
- Margaret Reber - Rhythmic Gymnastics
- Ian Brannen - Track and field
- Pat Johnson - Track and field
- Troy Gardner - Track and field
- Lawrence Lai - Track and field

### Coaches:

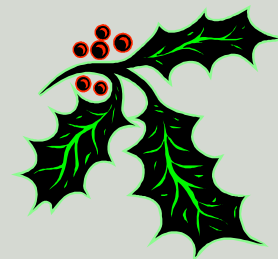
- Mags Roberts 10 pin Bowling(Head Coach)
- Gerry Kennedy - Power lifting
- Nanci Martin - Track and field

-Heather Hamilton-Wright

## NATIONAL COACHING CERTIFICATION PROGRAM:

The NCCP prepares coaches to better meet the needs of all athletes in sport. The course is also a requirement in order to be eligible to attend any provincial or national games. For SOBC Vancouver to run a course locally, at least 15 people must attend, so if you are interested in registering an NCCP course, contact Nanci Martin at [nanmart22@hotmail.com](mailto:nanmart22@hotmail.com).

Are you ready for the best party of the season? The Christmas Party is coming up on December 5th at 5:30-10pm at Masonic Hall, 1495 West 8<sup>th</sup>, Vancouver. If you have not yet purchased your tickets, contact Sami ASAP at 604-254-1715.



## ATHLETE PROFILE:

### MARK HAWKSWORTH



Mark has been involved with Special Olympics Vancouver for over 20 years, ever since he was introduced to the program by his sister. He has competed mostly in swimming and developmental weight training, but also in 5 pin bowling. His most memorable SOBC experiences involve participating in all the competitions and meeting so many different athletes.

Mark also trains to make public speeches on behalf of Special Olympics. He has helped in previous Staples campaigns, and other special events. Mark has a job at the Developmental Disability Association, where he works as a courier. He lives with his dad and helps out with household duties.

Mark has participated in many Provincial Games, including at this past 2009 Summer Games, in Abbotsford, where he qualified to join the BC Swimming Team to compete in the Nationals in the summer of 2010. Good luck at the 2010 Summer National Games, Mark, and thank you for your dedication to SOBC Vancouver.

## VANCOUVER IS BREAKING RECORDS

Vancouver has record registration this year with more than 250 registered athletes in 26 different programs. With new programs such as ActiveStart and FUNdamentals we now have athletes ranging in age from 3 to 68 years! Additionally, an impressive crew of 30 head coaches supported by 100 assistant coaches, ensures that all these programs run smoothly. A huge thank you to all our volunteers for your time and support.

## YOUR LOCAL COMMITTEE IS EXPANDING

Pam and Heather, your interim local coordinators, are delighted that SOBC Vancouver has such an energetic and capable committee managing the local this year – check below to see who these fine people are. New positions to the local this year are a webmaster, a photographer, a special events coordinator and a provincial liason. Now we need someone to take over the position of Local Coordinator. If you, or someone you know, are interested in an exciting new challenge, contact either Pam (604.263.6579) or Heather (604.731.2446).

Local Coordinators (interim)	Pam	Sywulych
	Heather	Hamilton-Wright
Secretary	Jing	Zhao
Treasurer	Richard	Wong
Program Coordinator	Miuro	Sueyoshi
Volunteer Coordinators	Chelsea	Bennie
	Raj	Chari
Public Relations	Scott	McLean
Coach Coordinator	Nanci	Martin
Athlete Rep	Nellie Joe	Kurta
Athlete Rep Mentor	Nel	Kurta
Fundraising Coordinator	Julia	Grant
Uniform Coordinator	Susan	Doyle
Equipment manager	Andy	Sward
Registration Coordinator	Dianne	Zamborsky
Parent Rep	TBD	
Web Designer	Brenden	Chu
Special events	Lynda	Mercs
Provincial Liason	Anita	Hui
Photographer	Sean	Ling
Newsletter Coordinator	Alanna	Bennett

-Heather Hamilton-Wright and Pam Sywulych

## SOBC VANCOUVER JACKET



Support SOBC and proudly wear a reminder of your favourite athletes. Contact Dianne to purchase a jacket for \$50.00, at [diannezamborsky@hotmail.com](mailto:diannezamborsky@hotmail.com)).

-Dianne Zamborsky

## LYNN SCARBOROUGH

Special Olympics Vancouver is sorry to hear of the sudden passing of Lynn Scarborough, a coach for 5 and 10 pin bowling and softball. Her enthusiasm as a volunteer will be missed. We send our condolences to her family and friends.

## 2010 SOBC WINTER QUALIFIERS

Snowshoeing: Campbell River-February 27-28  
Cross-Country Skiing: Kelowna-(Date TBA)  
Alpine Skiing: Vernon (Silver Star)-March 13-14  
Speedskating: Coquitlam-January 17  
Curling: Burnaby-(Date TBA)  
Floor Hockey: Vancouver-January 10th  
Figure Skating: Kamloops-March 11-14

## SPEEDSKATING



Chris Nicholls, (left) pictured training, is the only competitor in the Vancouver speedskating program.

-Photo courtesy of Sean Ling

## COACH PROFILE:

## ENRIQUE YEP



A volunteer with SOBC Vancouver since 2003, Enrique Yep is currently coaching developmental weight training, softball, skills/teeball and bocce. Previously, he coached swimming, track and field and walking club. He is interested in anything that allows him to try new things, and he adds that "Special Olympics has given me the opportunity to grow and contribute to an athlete-centered environment with many fantastic people, who have a passion to coach."

Enrique became involved with the program while taking a sport coaching course at Douglas College. He has returned each year because "the athletes, volunteers and executive are really passionate about the programs," and the athletes are fun to be around. He is inspired by every athlete's commitment to upholding their athlete oath.

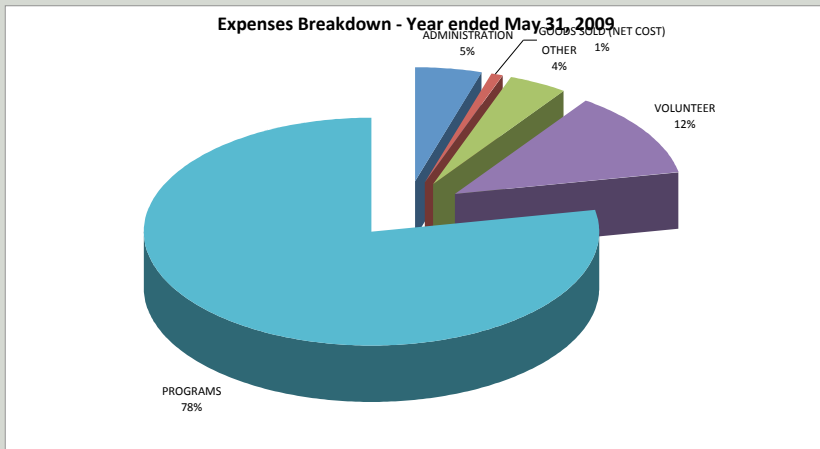
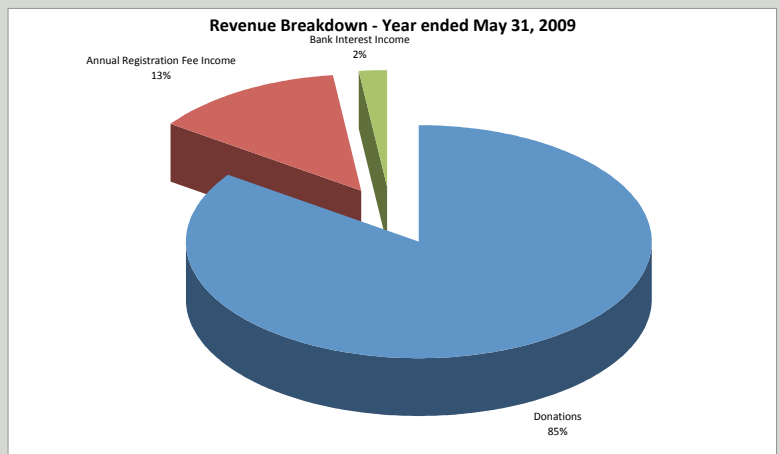
Enrique has attended the 2005 and 2009 SOBC Provincial Summer Games as well as the 2005 Softball Skills Competition. He hopes to improve his knowledge of the sports he coaches, in order to help athletes excel and to "teach them to be their best in sport and in life."

SO Vancouver would like to thank Enrique for his hard work and dedication.

# FINANCIAL SUMMARY

Richard Wong, treasurer, has provided pie charts that summarize SOBC Vancouver finances. If you have further questions regarding these charts, please contact him at richardwong2000@hotmail.com.

The first graph provides the various sources of revenue, a majority of which come from donation.



The expense breakdown shows that the majority of revenue goes to the development of athletic programs, with a smaller amount toward volunteers and administration.

## FITNESS

The fitness program offers a light workout that involves a fun aerobic routine, with great music, followed by muscle strengthening using various exercise equipment. Head coach Jackie has incorporated resistance training using hand held weighted balls, large fitness balls and fitness bands. The program finishes with a few running exercises and cool-down stretches.

Recently, Claire Cayley from the Provincial Office came to our program to assess the fitness of our athletes. They did very well, and should Claire come to another program, we recommend that all athletes and volunteers participate. The fitness program runs every Wednesday evening at 5:30, at McBride Elementary school. It is a great opportunity for athletes to get up and move to easy steps with a fun group of people.

-Anita Hui



-Photo courtesy of Jackie Ehgoetz



From left to right; Alison Rodrigues, Nellie-Joe Kurta and Sarah Brown celebrate Halloween in style.

-Photo courtesy of Nellie-Joe and Mom Kurta

## PROVINCIAL SUMMER GAMES

Thanks to all the coaches, athletes and 1:1 volunteers, Region 5 had a successful year at the 2009 Provincial Summer Games in Abbotsford. Region 5 was represented by over 100 participants from Vancouver.

To show you how lucky Vancouver is to have such wonderful help at the Games, let me share what great hands your athletes were in. It was a bumpy start at the bus station when we discovered that we had only two buses, each with 46 seats, for our 103 passengers. Yes...it just didn't add up. Then the bus depot wouldn't let us park the buses near the building. All the coaches pitched in to make it work. Once we got the buses sorted out, we used Michael Donoghue's list of athletes/coaches and Heather Hamilton-Wright and Nanci Martin quickly re-organized everyone to board the bus. Without hesitation, Rita Wares and Rod Cowie offered their leadership to manage one of the buses in all the chaos. Gerry Kennedy kindly got us our

parking spots and we were soon on our way.

I appreciate the kindness and support of the additional volunteers, who offered to help at the last minute. Heather Cowie and Sean Stevens, offered to come as 1:1 workers not knowing what to expect, and they did a wonderful job. Fellow 1:1 volunteer, Rene Picard, brought his expertise by not only helping all the guys from Bocce, but befriending the basketball players as well. We were down a basketball coach at the last minute, so Julia Kwon (who literally came from nowhere) stepped in to help, and she really enjoyed the experience.

Swimming looked a little rocky, as some of our athletes were getting tired from the sun. Coaches had to work hard to keep them cool, and Christine Symonds showed her dedication to encourage our athletes to participate—I don't know how long she was giving that athlete a ride on her back, but she deserves a medal. Track also worked hard and pulled in some excellent numbers in the medal count.

Nazgol Seyednejad took on the role to coach 2 soccer-ISC athletes from North Shore and true to Special Olympic form, found a way to recognize these athletes after discovering they were the only 2 athletes in the ISC who did not win a medal.

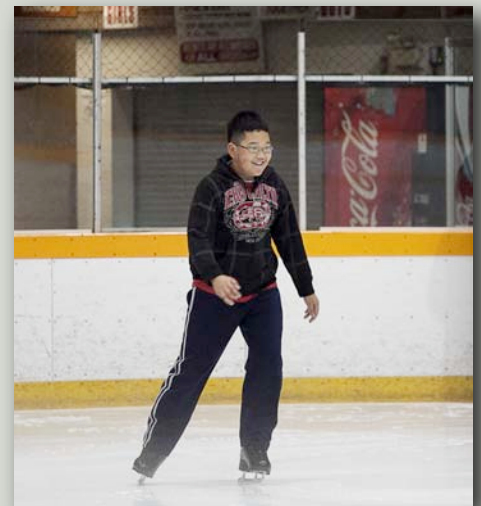
We had an incident where we were one coach down in 10 Pin. Without thinking twice, Gerry Kennedy and Leta Labiuk offered to take those players under their wing for the rest of the trip. Smiles from ear to ear on those athletes.

Thank you everyone for your hard work. We hope you had a memorable experience at the Games. I apologize if at times I entered the boys' wing unannounced in moments of haste and I really apologize to those who shared a room, wall, hallway or wing with my brother. Yes, it was Stanley who was snoring. Thanks for your patience, and remember the "bus plan". I hope this offers some insight as to how fortunate we are to have such special volunteers with the Vancouver Local.

-Anita Hui



**"LET ME WIN  
BUT IF I CANNOT WIN  
LET ME BRAVE  
IN THE ATTEMPT."**



We need *your* contribution to the SOBC Vancouver newsletter. If you have memories or information that you would like to share with the Vancouver community, contact Alanna Bennett at [lanna\\_b@hotmail.com](mailto:lanna_b@hotmail.com).