

Special Olympics BC – Quesnel was established in 1993. Since then, we have grown to offer 13 sport programs to more than seventy registered athletes. We offer sport training to all levels of athlete. Our coaches will teach beginning athletes to ski, swim, shoot a basketball, or throw a curling rock. We encourage our athletes to participate in competitions when they are ready, and aim to provide at least one competition per year in each of the programs we offer. Supportive plans are put in place for athletes who need assistance with traveling to competition.



QUESNEL

After two years of practice and very limited opportunities to compete, Quesnel athletes and volunteers hit the road in 2022. This year, we travelled to Prince George (six times), Dawson Creek, Kamloops, Kelowna, Smithers, Abbotsford, and made an epic trip to Whitehorse, for a total distance of **10,581km**. We've travelled in a Chevy Aveo, a Dodge Caravan, a Kia Sedona, a charter bus and a 737 aircraft. We've had athletes and volunteers making their first trips with Special Olympics, and we've had Glenda and Cory probably making their hundredth. These road trips are expensive, but their benefits are priceless. Not only do athletes accomplish personal goals and win ribbons and medals, they make memories that will last a lifetime. They form bonds as strong as any family. They learn caring, compassion, empathy, teamwork, patience, and responsibility.

A big change for 2022 is that Special Olympics BC has dropped its requirement that all athletes and volunteers be fully vaccinated. Coaches will continue to provide athletes with hand sanitizer, encourage social distancing where possible and encourage anyone to wear a mask should they feel it necessary. Athletes who are sick will need to stay home until their symptoms subside.

To register for the coming year, athletes need to complete the medical and registration form, either by hand using the enclosed form, or online (<https://www.specialolympics.ca/british-columbia/communities/quesnel>), saving the form as a .pdf document and emailing it to rprosk@telus.net. The 'Participation Waiver and Promotional Media Opt In or Out' form is only available as an online document. Athletes who cannot complete this form will get assistance to do so before the season starts. Athletes who have completed a printed registration form are encouraged to bring it, along with the **\$20** registration fee, to **REGISTRATION NIGHT on TUESDAY, September 13th at 6pm** at the West Fraser Centre Dunkley Room. **For more information, contact Rick Prosk at 250-992-2741 or rprosk@telus.net.**

Anticipated start up dates and contact information:

- Alpine Skiing: early January... Head coach(es): Marianne van Leusden (250-983-6501, lmvanleusden@gmail.com) and Kelsey Lefebvre (250-255-7568, kelseylefebvre55@gmail.com)
- Basketball: THURSDAY, October 13th... Head coach(es): Sue Kent (250-992-3431, sqkent@outlook.com) and Samantha Wright (250-991-6373, samantha.wright@westfraser.com)
- Bowling: MONDAY, September 19th... Head coach(es): Doreen O'Brien (250-992-2349) and Ellen Martz (250-747-2995, loma1@telus.net)
- Club Fit: MONDAY, October 17th... Head coach: Linda Adams (250-747-3178, lindaadams1749@gmail.com)
- Cross Country Skiing: mid December/early January... Head coach: Sally Johnston (250-747-3615, sallyjohnston48@gmail.com)
- Curling: WEDNESDAY, October 12th... Head coach: John Havens (250747-1453, johnhavens1937@icloud.com)
- Floor Hockey: TUESDAY, October 4th... Head coach: Rick Prosk (250-992-2741, rprosk@telus.net)
- Golf: April or early May... Head coach: Richard Lindstrom (250-983-5464, elwoodselectric@gmail.com)
- Rhythmic Gymnastics: THURSDAY, October 13th... Head coach: Megan Klotz (250-991-3811, meaklotz@gmail.com)
- Snowshoeing: early January, depending on snow conditions... Head coach: Richard Lindstrom (250-983-5464, elwoodselectric@gmail.com)
- Soccer: early March... Head coach: Rick Prosk (250-992-2741, rprosk@telus.net)
- Swimming: SUNDAY, October 16th... Head coach: Diane Rogers (250-316-0608, dianerogers52@gmail.com)

Also being planned for the coming year:

- Athlete Input Council, headed by Laura Hender. The council meets monthly and provides advice to the local executive about matters of athletes' interest. Anyone who'd like to commit to the council for this year can contact Laura at sinder@telus.net
- Fundraising opportunities>> The annual raffle will return this fall, as well as the 'Athlete Fundraiser' next spring...
- Social events organized by the Athlete Input Council.



