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.





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.

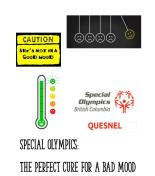
To register for the coming year, athletes need to complete the medical and registration form, either by hand using the enclosed form, or online (https://www.specialolympics.ca/british-columbia/communities/quesnel), saving the form as a .pdf document and emailing it to rprosk@telus.net. The 'Participation 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, Imvanleusden@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, meak-lotz@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.



## Welcome back! Here's what we have planned for this fall and winter!

Alpine skiing: Marianne and Kelsey will co-coach this program, starting in January when Troll Resort opens for the season. Participants pay half the regular rates for either day passes or a full season. Practices are on Saturdays from 9:30 to 11:30am...



Basketball: Sue Kent coaches the developmental program. Samantha Wright coaches the more advanced players. To start the season, both programs will practice together from 4:45 to 6:15pm on Thursdays at Riverview. If numbers increase from last year, a second time slot and venue will be sought.











Bowling: Ellen Martz and Doreen O'Brien run this popular program on Monday afternoons. Initially, the start time will be 4pm, but may be adjusted in future. The cost for this year is still to be determined. The first bowling session for the season will be on MONDAY, September 19th.

Club Fit: Linda Adams heads this program on Monday nights from 6:30 to 8pm at Riverview School. Region Eight team members will be required to participate in these strength-building and flexibility exercises.

Cross Country Skiing: Sally Johnston returns as head coach. She, and assistants Al and Peter are experienced instructors. Practices are on Wednesday afternoons at Hallis Lake, starting at 3:30pm, once the tracks are set for the season. Transportation may be available. Equipment can be rented from the ski club.



Curling: John Havens is returning as head coach to this long-established program that has had success at both provincial and national games. It would be great to see some new athletes come out to give this program a try, and have program numbers return to previous highs. It runs on Wednesdays from 6:45 to 8:15 at the Quesnel Curling Centre.



Floor Hockey: Rick Prosk will head up this program for another year. We really need to see more athletes come out to fill out roster. Last year, we had to combine with Prince George to make up a full team. Plans are already in the works for a trip to PG in December. Practices are on Tuesdays from 6 to 8pm.









Rhythmic Gymnastics: Megan Klotz returns as head coach. Work on rhythm, agility, coordination, and flexibility in a fun, relaxed atmosphere. This program is open to male and female athletes...Thursday evenings from **6:30 to 8pm** at Riverview School... We are looking for one or more volunteers to assist with this program.

Snowshoeing: Richard Lindstrom runs this program on Saturday afternoons, weather permitting. It's a great outdoor activity to work on fitness and stamina, held at Hallis Lake. This winter, several athletes will train to compete at Provincial Games in February 2023...











**Swimming**: Diane Rogers will return as head coach. Improve your swim technique and your physical fitness and learn from a very experienced coach. Practices are on Sundays from 3:30 to 5pm. Athletes pay \$2 per week toward pool admission.

Coming in **Spring** 













