February 2020 Article For The Local Athlete Reporter Mike Oswald

What a start to 2020! Despite crazy weather, Special O Sunshine Coast just keeps going!

The fires of FUNdamentals and Active Start have been reignited thanks to the fabulous coaching of Raylene Gojevic! On January 14th at Mission Point House in Davis Bay, the two programs, now one for athletes aged 3 to 11 years old had a resurgence of sorts. Mission Point House has a nice outdoor area for when the weather decides to cooperate. It runs Tuesdays in January, February and March from 4-5pm. Please don’t be shy to enroll your younger athlete in this wonderful program!

Yes Fundamentals has restarted. This time we've included Active Start, combining the group. The program is for ages 3-11 years old.

Members of the Sunshine Coast Orcas attended a regional qualifier at Simon Fraser University and came home with some top three places and a vast number of personal best times!! Athletes will find out later this year if they qualified for Provincial Games. They will be hosted by Surrey in 2021. Orcas have their final meet of the season March 15th in Coquitlam.

Head swim coach Cathy Verge’s goals for her team is to “improve skills & techniques.” She has these kind, encouraging words…” As athletes you put yourself out there, willing to give it all you got whatever the outcome...it is so wonderful to be part of that.”

It’s a new year and coaches have great goals for their athletes. Samantha Giampa, head Bball coach is looking forward to taking her players off coast.

Basketball athletes have that chance to compete at two tourneys, one of which is a qualifier for Provincials in 2021.That takes place March 14-15th in North Shore. Before that on February 22nd they play at Charles Best High School. Best of luck to all!

Soccer coach for Sechelt Jessica Gojevic has a goal, for her athletes to have fun stay active and increase skills.

Mike Gojevic is Floor Hockey coach and there he has his athletes to get better at passing, and shooting.

Avery Lane, a student at Chatelech Secondary has taken it upon herself to facilitate a project with SOBC. What project you ask? Ultimate Frisbee!! February 10th, 13th, and 20th from 3:30-5pm at Chatelech she and other students will teach participating athletes this fabulous game. Just another example of Inclusion in Action!

2020 belongs to Special O!!