Special Olympics Micheal Oswald April 22, 2014

Hello sports world! Micheal here once again bringing you up to date Special Olympic news!

The spring/summer season has begun. That means, golf, rhythmic gymnastics, softball, track & field, soccer & bocce are the sports for the sun.

Softball is a time for all SOSC athletes to hit the diamond at Hackett Park in Sechelt, throw a ball around and take a few swings. Thank you to the executive for making funding available for new uniforms. Coach Randy Younghusband spent countless hours consulting and seeking the best design for them. Our team is now known as the Sechelt Ravens. The new jerseys are orange with each player’s preferred number on the front. Pants are grey and hats have a raven logo on them. We are ecstatic about the name and the uniforms.

Everyone seemed to be tiptop at throwing and catching and everyone who took a turn at bat hit the ball. I can’t wait to play a tourney this year.

Track & Field started this season on Wednesday, April 2nd. The new coach, Tania Flynn did several unique warm-ups with the athletes, and timed their running.

This is Tania’s first experience as an SOSC coach. She also commits her time to being a circuit training and fitness instructor on Mondays at the Gibsons Rec Centre.

I am looking forward to being in Track & Field again after being away from it for 2 years. I hope, as does everyone else, to beat my previous times and to do my absolute best.

The events in Track & Field are 100-metre sprint, 200-metre sprint, shot put and standing/running long jump. I excel at some of these and am happy to have the time to practice on others.

Thank you Tania for taking the time to be our coach this season!

Bocce is a popular sport it seems, judging by the turnout. Saturday, April 5th was the opening practice. This year, practices will be held for the first time at Gibsons Elementary instead of Elphinstone Secondary because there is a covered area for rainy days.

The first day it rained so athletes and coaches practiced under cover in the play area. The floor was concrete, not grass so it would have damaged the bocce balls. Instead, after a rigorous warm up led by Marie Telder, head coach Jeannie Barwise led the practice with hoops, cones and bean bags. Later, in a funny game referred to as “Burger Bocce” plush toys of burgers and hot dogs replaced the bocce sets. All had a lot of fun, and everyone cooled down with exercises led by Judy McDonald.

Soccer started near the end of March with Mike Gojevic coaching for Sechelt and Laurie Miller for Gibsons. Coach Laurie said that this year she has three brand new players for the Gibsons Team, and one returning after a break. That makes for a total of ten players in Gibsons and fifteen players for Sechelt.

There will be tournaments played on May 24th-25th in Abbotsford and Saturday, June 14th in Delta. Friendly games between Sechelt and Gibsons will take place before the tournaments to get ready for the competition. A wrap up game will be held on Monday June 9th followed by the SOSC Annual General Meeting.

Coach Mike got poetic and submitted this entry along with a photo.

*“Well, Spring has sprung and so the soccer season has begun. We started practising at the SIB field behind McDonald’s on March 31st with head coach, Mike Gojevic, Assistants Shelley McKinnon and Barry Alleyne, along with student volunteer Jennifer Hoey leading 15 enthusiastic players on the Sechelt team this year. We have an exciting season planned with three games against our Gibson’s rivals as well as tournaments on the mainland in Delta and Abbotsford. We have three stated goals for the team this year. 1. Have fun 2. Learn about how to play good soccer 3. Improve our physical conditioning. Spectators are always welcome so come on out on Monday evenings at 6:00 pm and cheer on the team. Dates for the tournaments and games against Gibson’s can be found on the Sunshine Coast Special Olympics website.”*

Rhythmic Gymnastics began earlier this month and Margaret (Maggie) Casey is once again working her magic. We hope to have more news for the next issue.

Golf, coached by Chuck Bertrand also started at the beginning of April and already there is a wait list. It continues to be a fave for the athletes. I’m sure all who wish to take part in this fabulous spring/summer sport will be able to.

All sports will be played until the end of June even though June 7th is our annual summer banquet.

I would like to take this time to also acknowledge our Friday morning Fitness Coach, Verna Chan, for her latest endeavor into the music scene. Her debut album “Restless” is now on the shelves locally. It’s a wonder to hear. Congrats Verna!

Another accomplishment to celebrate is Bruce Stuart’s completion of the twenty-one kilometer Sunshine Coast, April Fools Run on April 6th He finished alongside his trainer, Tania Flynn.

On Sunday June 22, as part of their Community Legion Week, the Gibsons Legion has asked the Sunshine Coast Special Olympic athletes to help out with the pancake breakfast and kids day events. Sounds like a lot of fun!

As I have written in other articles, fundraising is a vital part of Special Olympics. This year The Sechelt Ravens, our illustrious softball team, sold hot dogs in front of The Source For Sports store in Sechelt as part of their 40th Anniversary event.

Head Coach Randy Younghusband sent in this note…

*“Thank you to all that came out and wore the orange to help out at our hot dog fundraiser on Saturday. A beautiful day, and something like nine dozen hotdogs sold. Coast 91.7 interviewed Josh, one of the store managers. An extra, super, thank you to the Beckman’s, Archers and Stuarts… who all did the ‘heavy lifting’. A great job folks. Thank you Trevor, Tina and Mike for helping sell the last hot dog and packing up”*

Our athlete who is going to the National Games this summer, Christel Jensen has been training hard with Coach Marie Telder and is looking forward to attending. Golf coach Chuck Bertrand is also itching for some National action.

So there’s a lot goin’ on this season and it’s just begun. Can’t wait to write you all again and tell you how the season went! That’s all for now. Till next time, play hard!