



Game On!

**SOVA-Loudoun Co.
Newsletter**



**Special
Olympics**
Virginia
Loudoun County

Fall/Winter 2015

TOP STORIES:

Redskins Bring Flag Football to Loudoun and Fairfax Special Olympics Athletes

by **Lori Benish**

The Washington Redskins Charitable Foundation, with the help of tight ends Niles Paul and Logan Paulsen, hosted a flag football kickoff event for Special Olympics Virginia on July 19th, 2015.

Over 50 Special Olympic athletes participated, ages ranging from 8-19, at the team's indoor training facility in Ashburn Virginia. Coaches and Volunteers set up 3 stations to test their football skills and kick off the upcoming new fall season.

Niles Paul and Logan Paulsen joined the large group, which became just the second flag football team in Virginia (another plays in Richmond), and offered their coaching and support for this new sport to the area. We look forward to more collaboration with the



Redskins and the Charitable Foundation in other events and future seasons, hoping to expand on the youth program started this year. Read more in the Sports section about their first season.

Volunteer Today!

Special Olympics Virginia- Loudoun is on the fast track and we need your help. Even if you are unable to make a long-term commitment, but can manage to volunteer for an hour or two, or make a financial donation of any amount, let us know by contacting Caitlin Marcotte, our Area Coordinator, at (703) 777-0438.



IN THIS ISSUE:

Upcoming Calendar

- | | |
|---------------------------------|--------------------------------------|
| Nov. 29th | Winter Bowling Starts |
| Dec 5th | Basketball Starts |
| Jan. 9th | Loudoun Basketball Tournament |
| Jan.16-17th | Bowling Championships |
| Feb. 27th | No.Va. Polar Plunge |
| March 19-20th | Basketball Championships |

- | | |
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REVEALING THE CHAMPION IN ALL OF US

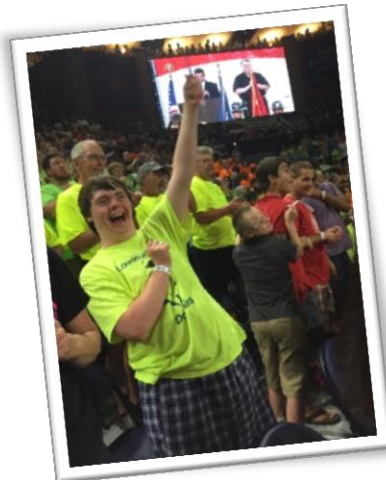


Summer Games 2015

by Lori Benish

This past June, several Area 14 teams attended the State Special Olympics Virginia Summer Games, held June 12-14th. We had 46 athletes and 18 coaches & chaperones travel to Richmond to compete with other athletes from around the State. Teams represented sports for Softball (the Cardinals Team with help from a few Rangers- 14 players), Aquatics (10), Bocce (5), Powerlifting (3), Bowling (7), and Track & Field (7).

of the Year- Congratulations Russell! Congrats also goes to all that were chosen for States, their hard work and dedication to their sports showed.



National Invitational Tournament for Loudoun County Rangers Softball

We were lucky enough to have our Loudoun County Softball team chosen to represent Virginia at the 2015 National Invitation Tournament (NIT), a national tournament sponsored by the Moose Fraternal Organization in Wichita Kansas. The Leesburg Moose Riders partnered with Special Olympics to organize a Poker Run which raised funds to send our Area 14 softball to the tournament. Four athletes from the Cardinals joined the Loudoun Rangers and traveled to the 2015 Special Olympics North America Softball Championships.

The Rangers competed against some of the best teams in the country and brought home fourth place, proudly representing Loudoun. The Town of Leesburg and Mayor Kristen Umstattd recognized the Rangers team for their accomplishments at the October Town Council Meeting.



FUNDRAISING EFFORTS:



Wine County Half Marathon

Thanks to all the volunteers who came out for the Destinations Races, Wine Country Half Marathon. For each volunteer we provided, Destinations Races donated \$50 to SOVA- Loudoun!

Upcoming Fundraising Events

We are looking forward to several upcoming yearly fundraisers- the Polar Plunge and Casino Night, which raises money to help us keep Special Olympics completely free to all our athletes. Each Area is responsible for raising its own funds to keep their programs running, so please volunteer or donate!



Polar Plunge- Tim's Rivershore Feb 27, '16



Casino Night- Spring 2016 Details TBD



Dulles Plane Pull

by Lori Benish

The Dulles Plane Pull, a Special Olympics Virginia Fundraising Event, was held on September 19, 2015. Our Area 14- Loudoun County Supersonics team was in full effect. This year there were two planes! Tons of athletes and volunteers came out to be the first to pull on the new United Airlines plane. Thanks to everyone's efforts, our team raised \$ 2790.00 to date!!

Thank You!
The local Moose Riders Lodge organized a Poker Run July 18th to Raising Money for our NIT Softball Team this year! It was a fun event for attendees and athletes.



5th Annual Golf Tournament

by Eric Pearson

For the past two years, SOVAL and Pearson Smith Realty joined in organizing the Loudoun County Special Olympics Charity Golf Tournament. The event was



hosted at Raspberry Falls Golf Club in Leesburg VA on June 22nd, 2015. The event attracted over 100 golfers and 36 official sponsors. The day began with a complimentary breakfast, sign in, and raffle purchases. The highlight of the day came on the 15th hole when Trevor Wright shot a Hole-In-One! Not only is a hole-in-one an incredible feat in

and of itself, but this year the hole-in-one came with a \$10,000 prize!
In addition, there were 6 Special Olympic Athletes helping the golfers putt at different holes on the course and the day was rounded out with a complimentary lunch and award ceremony. Overall, we had a great day raising money for an amazing organization.



FOR MORE INFORMATION

For more information on donating or how to help our with one of our fundraisers, please email our fundraising chair Karin Aaron at fundraising@loudounspecialolympics.org.

Council Corner

by Mikey Kasen –President

I would like to introduce myself. I am Mikey Kasen, the new area chair. Previously, I was on the council as the Secretary. Living my entire life in this area, I am established and familiar with many of the resources available. I have connections to businesses, schools and agencies in the area and I am willing to contact them with any needs for our program. I am a dedicated volunteer and put forth energy and enthusiasm in all that I do.

I attended UVA, majoring in Psychology, and have worked in

the MH/ID field for almost 30 years. For the past 6 years, I have worked with individuals that have participated in Special Olympics. They get such joy out of their practices, accomplishments and friendships. I am honored to be a part of the organization. Currently, I am a Support Coordinator with Loudoun County CSB. My vision is to expand the community's knowledge and participation in Special Olympics. Identifying new sponsors and volunteers is crucial. I also hope to increase the number of athlete's we support. I am honored and humbled to be a part

of this wonderful organization. Please feel free to introduce yourself whenever you see me around.



IMPORTANT NOTES AND UPDATES FOR ATHLETES AND COACHES:

Just a reminder, there is several new forms for athletes, coaches, and volunteers that have come out recently. This article helps to give useful tips for completing the forms so everyone can keep participating without delay!

Attention Athletes:

Our new athlete medical form has several required fields that must be completed. Also pictured is a list of items to look for that will make a medical form invalid (i.e. missing signatures, missing release, missing physician recommendation, etc.) Please note that on page two that an athlete OR a parent/guardian can sign the bottom of the form.

Please make sure that the corresponding athlete release form is signed and included with the medical when due. **Also, all medical forms will required a doctor's signature.**

We hope this helps transition everyone to using the new forms. Remember this is the only form that will be accepted starting **January 1, 2016.**

Athletes need to use this new form as their medicals expire. Feel free to contact a coach or coordinator with any questions!

Forms are available through our website or contact Caitlin Marcotte to receive a hard copy.

Attention Coaches:

Do Not Forget- all Coaches and assistant coaches are required to take an online **concussion training** course (in addition to the Protective Behaviors and Class A Backgrounds checks).



Medical Form Invalid Reasons



- Missing Athlete/Parent Signature
- Missing Physician Signature
- Missing Release Signature
- Missing Physician Recommendation for Participation
- Religious Objections box checked yes, we will send them a form to sign and once received they will be able to participate.
- Physician checked that the athlete is not able to participate until further evaluations are completed. Athlete must then follow-up and have the new physician sign the additional page for clearance to participate.
- We must obtain the Physician's license number but that is something we have the ability to look up in our office. We will do this as long as we can read the information or do some quick research to resolve the issue.

The course highlights how to be aware if a player may or may not have a concussion, and the safest way to handle them. The program is run by the CDC. This is required by the State to be a coach, especially to participate in the State Games. Coaches and volunteers must forward a copy of their certificate to Caitlin noting Area 14 on them when complete.

If you have not completed this training yet, please go to <http://www.cdc.gov/headsup/youthsports/training/index.html>.

Falls Games 2015

by **Lori Benish**

This November, we sent several teams to the State Special Olympics-Virginia Falls Games, in Virginia Beach Nov. 7th and 8th. We had 48 athletes and 17 coaches/volunteers travel to compete with other athletes from around the State. Teams represent sports for Soccer-Traditional (1 team of 7 athletes) and Unified (1 team of 12),

Volleyball (1 team of 7), Golf (2), Bocce (4), and Bowling (8). After a rainy Saturday (many teams were not able to play due to the weather), all events were on for Sunday. Many medals and ribbons were won, including a gold in Division 1 Unified Soccer, our first year participating.

Way to go Area 14!



OPEN POSITIONS ON COUNCIL:

*ATHELETE REPRESENTATIVE

*OFFICE-AT-LARGE

*TRANSPORTATION COORDINATOR-NEW

IF YOU ARE INTERESTED IN RUNNING FOR ONE OF THESE POSITIONS, OR WANT TO KNOW MORE INFORMATION ABOUT THE POSITION, PLEASE CONTACT CAITLIN MARCOTTE VIA EMAIL AT

Caitlin.Marcotte@Loudoun.gov

Sports Update

by **Coaches!**

Swimming Update (Lori Benish-Uniform Manager for Swim Team): Another great year of swimming completed this summer. We had several swimmers try new strokes, Breast Stroke and Butterfly, along with our normal freestyle and backstroke. Everyone showed great development. We are looking to setup a coach for our Skills Division, so that we can add this back to our program.



Bocce Update (Coach Dan Dillon):



We just got back from VA Beach and had a great time. We had two doubles team compete. We had a major rainout

Saturday, but got up early Sunday morning to compete. Both teams we competed with from other areas were evenly matched games. All the matches were very close and well played. We continue to have fun at all our practices with all our Bocce players and look forward to next year.



Flag Football Update (Lori Benish-Athlete's Mom): The season was a great first season, with the athletes really picking up the new sport- we were even able to hold a couple of scrimmage games at the end of practices. We hope to be able to add an adult league next year.



Softball Update (Coach Emily Nalls): This year the Cardinals won the Valley Cup and received bronze medal at state games in division one traditional competition. The Rangers competed in Bedford at a high level of competition, having been placed with unified teams to even out the playing field. The Rangers received silver at their season opener and later competed against unified teams from Fairfax and Winchester as they continued practicing with athletes from the Cardinals team in preparation for NIT through September.



Power-lifting (Assistant Coach Lori Benish): Our first season of power lifting went great. It was an overwhelming response, and we had even more athletes than expected. 3 athletes were chose to go to States, doing Bench, Dead lift, and Squats. We hope to continue to grow the program each year!



Soccer (Unified) Update (Emily Nalls): Loudoun Lightning attended state games and competed as a division one unified soccer team in its inaugural season. After double sudden death overtime and a shootout against Newport News

featuring athletes from Christopher Newport University, they played the Richmond All-Stars and left the tournament bearing a gold medal in their first season.



Volleyball Update (Shawn Bevan): Well, we had a great time at the Fall Games this weekend. Everyone competed so well and we had so many moments big and small that was so exciting to watch. We had a great comeback to win a playoff game. We had athletes get their first serves in and the excitement they showed was just awesome to experience. We had athletes making plays and extending volleys and really saw the improvement in skills since we started the season earlier this fall. They had a great time at the dance and were all excellent representatives of the Special Olympics of Loudoun County. But most importantly-as I stressed from our first practice-they had fun. The season has come to an end. I hope everyone will be playing a winter sport or doing something to stay active. We'll look forward to seeing everybody again at the end of the season.

Golf Update (Coach Paul Spears): Another great year at Brambleton, we had a great turn out and even got to play on the course at the end of the year.



Traditional Soccer Update (Coach Eamon Eager):



Our season wrapped up with a solid effort from your favorite Wildcats. We were

well represented in VA Beach for the state championships. I am really proud of the way our team played and, more importantly; the respect with which they showed ALL athletes on AND off the field. We battled some really talented teams & braved some uncomfortable weather, but everyone played well and had a positive attitude. As a first year head coach for SOLC Soccer and rookie to the state championships, it helped tremendously having the nonstop support of Coach Jodi Kinner, Volunteers such as Annette Bacon, Rachel Criswell and Garrett Streich. Throughout the season, Jodi and I also received a lot of help from Jeff Erikson, Kristin Trenum, Raymond Trenum, Mark Dalessandro, Andy Burns, Maeve McQuillan and of course Caitlin Marcotte, who was our last minute resource for pretty much everything. Thank you all for making this season a total success! Until next time... 1... 2... 3..... **WILDCATS!!!**



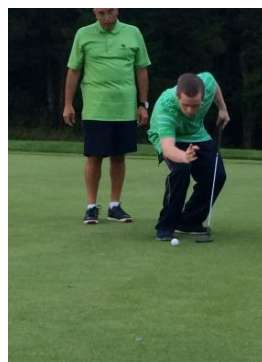
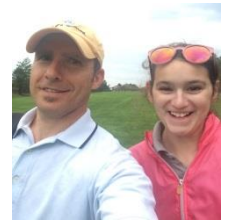
Equestrian



Track & Field

****No written updates were provided for Bowling, Equestrian, or Track & Field.**

PHOTO MEMORIES AND HIGHLIGHTS:



SOVA- Loudoun Co. Newsletter



20145 Ashbrook Pl. Suite
170
Ashburn, VA 20147



www.facebook.com/specialolympicsloudouncounty

or

On the Web At:

www.loudounspecialolympics.org

About Us

Editor

Lori Ann Benish

Special Olympics Virginia

Caitlin Marcotte,
Loudoun Area Coordinator
Veronica Jennings,
Potomac Region Director

Council Members

Mikey Kasen, Chair
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Maureen Buckley, Public Relations/Outreach
Karin Aaron, Fundraising Chair
Lori Ann Benish, Communications Chair/Webmaster
Emily Nalls, Member at Large
OPEN*, Member at Large
OPEN*, Athlete Representative
OPEN*, Travel Coordinator
*Apply for Open Positions with Caitlin!

Our Mission

To provide year-round sports training and athletic competition in a variety of Olympic -type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friend-ship with their families, other Special Olympics athletes and the community.

Contact US:

On the Web:
www.loudounspecialolympics.org

Or By Mail:
Atten:
Caitlin Marcotte
SOVA-Loudoun
20145 Ashbrook Pl. Suite 170
Ashburn, VA 20147



Go Green!

Email Us At:
Caitlin.marcotte@loudoun.gov
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of through the mail.

Game On!

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