



CONNECT



Special Olympics 2010 European Summer Games

For one very dedicated group of Special Olympics Ireland athletes, Wednesday 15th September marked the culmination of several months of hard work. Bright and early, before most of the rest of us had even considered leaving the warmth of our homes, Team Ireland had arrived at Dublin Airport bound for Warsaw and the 2010 Special Olympics European Summer Games. This team has been preparing since early 2010 for these games.

The Opening Ceremony took place on Saturday 18th of September in Warsaw and marked the official opening of the Games. What a fantastic honour for athlete Ruth Geerah who was selected to represent all 1,600 athletes from 58 programmes across the Europe/Eurasia region and take the athlete oath. Ruth's voice confidently rang out through the Legia Stadium – "Let me win, but if I cannot win, let me be brave in the attempt". 5 days of competition commenced at that stage with Team Ireland represented in 5 sports. *Please see back cover for a list of participating athletes.*

These sports teams have received wonderful support throughout their entire preparation phase by a group of volunteers: Sonia Farrell, Head of Delegation; Claire Heffernan, Assistant Head of Delegation; Jackie O'Kane, Families Coordinator and Ruth Morrow, Medical Coordinator. Furthermore, in excess of 100 family members and friends travelled to Warsaw to support the team.

Padraig Corkery, Head of Sponsorship, eircom said "Once again, Team Ireland have done us proud on the International stage. Congratulations to the athletes and to the wider community of families, volunteers, coaches and supporters. We are particularly proud at this performance as we celebrate our 25 year partnership with Special Olympics Ireland this year. Well done".



Mark Bolger, Abbeydorney, Co. Kerry, who won a gold and a bronze in athletics, with his mother Maire Bolger.



Minister for Tourism, Culture & Sport, Mary Hanafin T.D. with members of Team Ireland.



Members of Team Ireland with Minister for Tourism, Culture & Sport, Mary Hanafin T.D., and Padraig Corkery, Head of Sponsorship, eircom.

WELCOME!

Hello there and welcome to the October edition of *Connect Magazine* from Special Olympics Ireland. Here are the articles included in this edition:

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2011 Special Olympics World Summer Games Athens

The athlete selection process for Team Ireland 2011 took place on Saturday September 11th in the Regency Hotel, Dublin. Congratulations to the selected athletes, their family members and coaches.

Congratulations also to the Management Team, Head coaches and coaches who commence the team training process in the build up to the Games.



Athens Volunteers 2011

Special Olympics World Summer Games, Athens, Greece

Athens Volunteers 2011 is the team of volunteers that will travel and volunteer for the duration of the Games. In order to be eligible to be part of this team you must be available between June 22nd and July 6th 2011, be willing to fundraise and take on an assigned volunteer role.

Don't miss out on the opportunity of a lifetime!

The application deadline is September 30th. Interest is very high so if you have missed the deadline but are really keen to be involved please contact Stephanie on +353 1 869 1623 or email team2011@specialolympics.ie to see if there are any vacancies remaining in your region.

All those who apply will be notified in early October if their application was successful. Selection is based on having an allocation of places per region – if there are more applications than vacancies in a particular region the volunteers will be chosen on a random selection basis. The first meeting will be held in Dublin city centre on Saturday October 9th - date and venue will be communicated when the selection calls are made. The best of luck to all applicants!



Win a Weekend Away!

We are always looking for contributions and new ideas for Connect and volunteer stories for our website. In order to encourage you all to get writing and share these, we have an exciting prize to give away: 2 nights B&B in one of Ireland's leading hotel groups. To be in with a chance to win all you have to do is send us your favourite Special Olympics stories/memories. So get writing and email them to **volunteers@specialolympics.ie** before November 1st. All entrants will be entered into the draw and the winner will be announced in the December edition of Connect. We will use all the volunteers' stories we receive for Connect and on our website.

Strategy 2012-2015

We are fast approaching the final year of the Special Olympics Ireland Strategy 2008-2011. During the coming months we will begin the process of devising a strategy for the subsequent 4 years. Input will be sought and valued from all stakeholders.

Time to reflect...

At the beginning of a new sporting season we thought it no harm to remind all volunteers of their responsibilities to each other and to the organisation. Special Olympics could not function without each and every one of our dedicated volunteers. It's always good to take a step back and remind ourselves why we are involved in such a passionate evolving organisation and to reflect on how we can work better as individuals and as a team member in our role within the organisation.



All Special Olympic Volunteers possess PRIDE

PRIDE in Special Olympics. PRIDE in your own contribution and the difference you are making to the lives of so many people with an intellectual disability in your own community. PRIDE in yourself, what you do and how you act is very important as a volunteer.

Special Olympic Volunteers are:

Person-Centred

Respect and trust your fellow volunteers – everyone brings their own unique skills and contribution.

Resourceful

When dealing and communicating with fellow volunteers. Everyone has different skills, needs, expectations and personality

Inclusive

Involve and help to integrate new volunteers to your team.

Determined

To achieve the best for our athletes by supporting other volunteers and working as a team

Exciting and energetic

Your time as a volunteer should be one of fun – let's work together to ensure this happens for everyone involved.



Vetting update

Please note that currently the vetting process for new volunteers (Republic of Ireland) is taking 12 weeks. The Central Vetting Unit has seen a huge rise in the number of organisations seeking vetting for their volunteers and staff. It is hoped that this waiting period will be reduced over the next few months but please bear in mind the current wait time when recruiting new volunteers and waiting on Special Olympics to process new forms.

The wait time as listed on AccessNI's website at the time of going to print is two weeks from receipt of application but please allow 4 weeks to include the processing time in our Central Office. There is a new AccessNI application form in use as per changes implemented in July and new volunteers from Northern Ireland can download this from the Volunteer section of **www.specialolympics.ie** or email **volunteers@specialolympics.ie** to request a copy of this.

Contact us

For further information on volunteering activities in your region please see our website: **www.specialolympics.ie/GETINVOLVED/VOLUNTEERS** & visit your region's page.

You can contact our Central Support Centre as follows:

Republic of Ireland: **0818 300 053**

Northern Ireland: **+353 818 300 053**

Email: **volunteers@specialolympics.ie**

2010 Special Ireland Games

The 2010 Special Olympics Ireland Games took place in Limerick and Clare from the 9-13th of June. On Wednesday 9th June, Thomond Park rolled out the red carpet to welcome the 1,900 athletes from all over Ireland who were participating in the Games, along with the 650 coaches and official delegates and 9,000 family members and supporters. The theme of the Opening Ceremony, which was hosted by RTÉ's Des Cahill and Today FM's Ian Dempsey, was "Hand in Hand" - a celebration of sportsmanship and the coming together of people to make the extraordinary happen.

The Opening Ceremony featured performances from The Supermodel Twins, Daghdha Garvey Initiative, The Dublin Gospel Choir, Heathers, the Munster Rugby Choir and a much anticipated return to the Irish stage by The Cranberries. Minster for Tourism, Culture and Sport Mary Hanifan, Denis O' Brien, Chairman Special Olympics Ireland Council of Patrons, Mary Davis Chairperson Special Ireland and Paul Donovan, CEO eircom, were all in attendance. In addition the assembled audience heard from Keith Wood, Face of the Games, Emily Hurley, Athlete Face of the Games and Paul O'Connell.



13 sports competitions got underway in venues throughout Limerick and Clare on Thursday 10th June and continued until Sunday 13th June. A non-competitive Motor Activities Training Programme (MATP) also took place on Friday and Saturday.

Spectators were treated to some incredible moments of sport over the four days and all the while the sun was high in the sky, the fun was felt by every passer-by and the atmosphere was electric. The 2010 Special Olympics Ireland Games will live on in the hearts of all who experienced them and our hope is that they will open the door to even more people with an intellectual disability to be part of our extraordinary team.

A special thank you from a very proud Mother!

My trip to Special Olympics in Limerick – June 2010

"Every time I hear *"And tonight's going to be a good night"* I am brought straight back to Limerick and the fantastic time I had with Special Olympics. One of the highlights was the bus trip from UL to Thomond Park for the Opening Ceremony. The excitement on the bus was palpable. We had a Garda motorbike escort and were driving on the wrong side of the road. Because traffic was at a standstill people got out of their cars and waved to us. We all waved and cheered back. The accommodation and food were way above what I expected. I was involved in athletics as a coach and I am also a parent, and the atmosphere during the races on Friday and Saturday was fantastic. The look of joy on the athletes' faces when they received their medals was lovely. Well worth all the hard training! I was so proud when my son ran his fastest race yet and received a gold medal. But it wasn't just the medals, it really was about taking part and I think everyone really enjoyed their time in Limerick. I know it will always be very special to me. Thank you to all of the coaches, chaperones, volunteers and athletes for the hard work and team spirit."

Patricia O'Brien, Parent of athlete with Prosper Fingal, Eastern Region





Legacy 2010 Ireland Games

Hi, Ann O'Callaghan here. I was Special Olympics Ireland Games Volunteer Manager and am now Regional Development Officer in the mid-West with special responsibility for maximising legacy opportunities post-Games. I wanted to say a quick hello to you all and once again thank all the Games volunteers for the huge contribution made to the Limerick Games. Maybe as a local I am biased, but I am in no doubt that it was in fact the best Games ever, not least because of the input of each volunteer, before, during and after the Games.

As the Volunteer Services team were able to get out and about to see what was happening in venues, we stood amazed and in awe at such amazing groups of people and saw you all run extraordinary competitions in the different venues, something the majority had never been involved with before. Each Volunteer Coordinator was very quick to say thanks as we had given them the "best" volunteers of the Games but didn't realise that they all said the same thing, and there was no best group, just an amazing bunch of people who put their heart and soul into something they felt passionately about.



Above: Team 2010 received the Limerick People of the Month Award in June. Pictured above are Ann O' Callaghan, Volunteer Manager, 2010 Special Olympics Ireland Games, Tom McNamara, Eugene Browne, Mary Smith and Aileen Browne who accepted the award from Dave O'Hara of Southern Advertising on behalf of all the volunteers involved in the Games. Also present, Ivan Tuohy, General Manager, Clarion hotel and Aine Fitzgerald, Limerick Leader

Team2010 received the Limerick People of the Month Award for June (see picture below), an award I gladly picked up on your behalf, in recognition of the valuable contributions made by all volunteers of the Limerick Games. It highlights the amazing dedication of volunteers, many who were on board since late 2009 and many who still wish to be actively involved locally.

The work now continues in attempting to maximise the legacy opportunities from the Games for the benefit of the Special Olympics Programme in the Mid-West and the Munster region.

These include:

- Volunteers wishing to continue their involvement with the programme at a local level – in clubs, at events, on committees or as ALPs mentors
- New athletes looking to become involved and the opportunity to set-up new clubs
- Raising the profile of the local/regional Special Olympics programme in the Mid-West
- Engaging sponsors and donors in support of the local/regional programme

I am delighted to announce that we have already had a great response from Games volunteers expressing an interest in helping out at future events and in local clubs. I encourage you to get in contact if you are interested in staying involved but may not have received any communication from me in the last month. We have two competition events happening in Limerick in November that we are asking volunteers to help out at. Please do check out the Munster section of CONNECT or contact your local office if you are not in the Munster region but would like to remain active in your area.

If you are a volunteer who was involved in the Games and have not yet filled out an Expression of Interest form please contact me at ann.ocallaghan@specialolympics.ie or download the form from the volunteer section of our website.

Special Olympics Ireland Games Law Enforcement Torch Run

Once again the Law Enforcement Torch Run for Special Olympics Ireland was a massive success. The 2010 Torch Run was launched by Assistant Chief Constable Duncan McCausland from the Police Service of Northern Ireland, Deputy Commissioner Nacie Rice from An Garda Síochána, Matt English, CEO of Special Olympics, Special Olympics' Patron Gerry Kelly and Darren Lemon, General Manager, eircom Northern Ireland outside the Odyssey Arena, Belfast. The Flame of Hope was then carried by 4 separate teams across the Island of Ireland visiting over 50 towns between June 2nd-4th. The Torch Run visited services and primary schools over the 3 days and the response from each of these schools was fantastic. Each school had gone to huge effort to make each ceremony memorable: school choirs and musicians displayed their talents and every child had made posters and torches which lent great colour and excitement in each venue.

Local garda/PSNI runners came out in strong numbers and made each event professional and exciting for the schools and services that were visited.

The Final Leg of the Law Enforcement Torch commenced on June 8th when all 4 teams joined forces in Limerick. This team of 40 strong runners made a massive impact where ever they went. The Torch Run, as always, lends to the build up and excitement of the Opening Ceremony of an All-Ireland Games and never was this more evident than in Limerick. The Torch also made history in Limerick when it ran through the new Limerick Tunnel which was not officially open to traffic until July 2010.

The Opening Ceremony in Thomond Park on June 9th was an uplifting event but there is no doubt that the Torch arriving at the Opening Ceremony was the highlight of the event.



CLUB CORNER

Please note going forward the term "club" refers to all community clubs, services, schools and centres.

Annual Affiliation 2010-2011

Annual Affiliation Documents have by now been circulated to all clubs in the organisation. This annual process ensures that all information that is held by Special Olympics Ireland on our clubs is accurate and up to date. It also helps us to pin point areas for development that will assist our clubs over the coming year.

Please ensure to take the time to go through the documents in full and return by the deadline to assist us in processing the information as quickly as possible. Please note: on the volunteer page, the column regarding membership cards reflects those who have received a membership card.

Photographic Membership Cards

By now, all volunteers who are fully registered and active in the programme should have received their photographic membership cards with athletes due to receive their in the coming months. Any club volunteer who has not received a photographic membership card should submit his/her photo to the Regional Office or email it to us at volunteers@specialolympics.ie.

Code of Ethics & Good Practice

A quick reminder to all clubs that at the very least, your Athlete Protection Officer and Head Coach should have completed the Irish Sports Council's Code of Ethics and Good Practice workshop. On completion of the workshop, a certificate of attendance is issued to all attendees. Information on courses is available from your Local Sports Partnerships.

Club Constitution – mandatory

As previously mentioned all clubs must now have a constitution in place by the Annual Affiliation deadline. Clubs without a signed constitution will not be permitted to re-affiliate. If you have any queries on this, please contact your regional office. The new Northern Ireland club constitution is to be circulated and mandatory by next year's Annual Affiliation.

Resources for your Club – what do you need?

Running a club is not a simple task and requires incredible dedication and commitment on the part of all volunteers involved. We are constantly looking at the different resources that we can offer to make that job a little easier and provide our clubs with information that they need.

If you have any suggestions please contact Vicky Finlay on 01 869 1612 or by email at vicky.finlay@specialolympics.ie

Club Insurance – what you need to know:

Special Olympics Ireland (SOI) has the following insurance policies in place which extend to all athletes and volunteers registered with the organisation:

- Public Liabilities policy – this provides cover for Athletes and the general public in case of negligence by SOI
- Employers Liabilities policy – this provides cover for volunteers and staff in case of negligence by SOI
- Directors & Officers Liabilities policy – this provides cover for the Board and committees in case of negligence by SOI

The above policies provide cover only in the event of a negligent incident on the part of Special Olympics Ireland.

Activities covered are:

- Sports, training and athletic competition events
- Social activities
- Fundraising events (non high risk)

It is important to note that the SOI does not provide any insurance cover for:

1. Equipment and other contents owned by clubs.
2. Incidents that are classified as "Personal Accidents" (a personal accident is an incident where no negligent action or omission was involved on the part of Special Olympics Ireland).

Any additional insurance that clubs take out should be in the name of their own club.

A copy of the Special Olympics Ireland insurance policy cover note is available from regional offices and the Club Manager can request this where necessary.

Club request forms

Please remember help is available to recruit new volunteers for your Club. Contact your Regional Office for a club request form.

MEET OUR EXTRAORDINARY TEAM – CLUB

Starbreakers Special Olympics Club Profile



The Starbreakers Special Olympics club is based in the village of Carrickmore in rural County Tyrone. The club incorporates members from surrounding areas such as Omagh, Cookstown and Beragh and currently has 12 active athletes. Founded in 2003 after the World Summer Games in Dublin, Starbreakers was the brainchild of Margaret Kerr with assistance from Eileen Mullin and other locals to form Starbreakers. At that time Special Olympic athlete Sammy Jo Sweeney had just returned from the World Games with bronze and silver medals and Margaret invited Sammy Jo along to the official launch night as an honorary guest. This led to Sammy Jo joining the club on a permanent basis and she is still a member today.

The club has two disciplines. Athletics is our main sport but we also team up with our neighbour Omagh for training in aquatics although keep our own Starbreakers identity at competition.

There are many great characters in Starbreakers and they have had many great moments in their short history. Starbreakers had an athlete (Sammy Jo) in Shanghai for the 2007 World Summer Games, we had 5 athletes competing in Antrim for the SO Ireland Games in 2006, we had 6 athletes in Letterkenny for the 2009 Ulster Regional Games and three more athletes recently competed in Limerick this year.

This is a massive achievement for a small, hard working, friendly club. The club however has had its down sides with athletes leaving the club and founder member Margaret

having to step down from her post in 2007 due to other commitments. New coaches had to be found and Paul Sweeney and Michelle Mullin stepped up to the plate to carry on the sterling work carried out by Margaret. The new coaches have enjoyed success with both attending Regional Games and Paul attending Limerick 2010 as part of the coaching staff. The club have also had many, many good nights out at fundraising functions, quiz nights and parties. The Starbreakers know how to have a good time. The club also have their own Blog site and welcome anyone to join with them (Google Carrickmore Starbreakers and follow the link). Starbreakers news appears in the local press throughout the season and the club is open to invites from other clubs to attend events.

The Starbreakers are Aoife Kerr, Orla McCartan, Sammy Jo Sweeney, Edel Kelly, Gemma Fox, Francis Meenagh, Kevin Douch, Sean Donaghy, Francis Morris, Connor McMahon, Sean Douch, and Jarlath Mullin our youngest member. Coaches are Paul Sweeney and Michelle Mullin with Rosemary Fox the club chairperson, Eileen Mullin the secretary, a large circle of family members plus many hard working young volunteers.

The Starbreakers club welcome any new members to join them at training every Saturday morning from 11am – 1pm throughout the season in Carrickmore.

Watch out for the yellow and black tracksuit of a Starbreaker athlete at your event this year.



CONNAUGHT

We have moved!!

Special Olympics Connaught officially opened their new offices at the Gateway Building, Northwest Business Park, Collooney, Co. Sligo on Tuesday 7th September 2010. The Mayor of Sligo, Cllr Matt Lyons along with Special Olympics Ireland CEO Matt English, Regional Chairperson Teresa McCabe and some athletes officially cut the ribbon on the evening. Tony Lynagh of Sligo Pals ALPs club was MC for the occasion. In attendance were athletes selected to represent Ireland at the Special Olympics European Games in Warsaw, Poland 18th-24th September 2010, together with representatives from many clubs, centres and schools throughout the region. A variety of guests also attended from various political, social and sporting organisations throughout the region including representatives from An Garda Síochána. Everyone was treated to some live music. Performers included 'K2'; winners of the Our Schools Got Talent Sligo 2010. Light refreshments were served and a great atmosphere of celebration prevailed. There is now a fantastic dedicated space for the Support Centre and we would like to encourage new volunteers to get in touch if you would like to work with us in the office.

Dates for the Diary

Regional Council Meeting – **Wednesday, 21st October**
7:30pm, McWilliam Park Hotel, Claremorris, Co Mayo

Annual Affiliation Deadline – **Friday, 15th October**
(all Clubs meeting this deadline will be automatically in a surprise draw – so get posting!).

ALPs Awards Night – **Wednesday, 27th October**
7:30pm, McWilliam Park Hotel, Claremorris, Co Mayo

Families Halloween Party – **Sunday, 31st October**
2 – 5pm, McWilliam Park Hotel, Claremorris, Co Mayo



Our Schools Got Talent Connaught 2010–2011

Special Olympics Connaught is delighted to announce that 'Our Schools Got Talent' is back and it is bigger and better than ever. This is a fundraising initiative for the Region.

The competition is open to all secondary school students across Sligo, Leitrim, Roscommon, Galway & Mayo. Each county will have its own qualifying heats, semi-finals, and county final, with a prize fund of €20,000 split between winning contestants and their schools. Sixteen artists will represent their counties in a Provincial Final at The Royal Theatre Castlebar on March 16th 2011.

If you are a secondary school student in a school in the Connaught region and feel you would like to take part in this Talent competition and would like more details please email us at osgt@live.com or download an application form from our web-site and submit the completed form to Breda McNabb project coordinator at Special Olympics Connaught, The Gateway Building, North West Business Park, Collooney, Co. Sligo. Your school principal will have application forms and details; or you can also contact the project coordinator Breda McNabb on 086-818 9895.

CONNAUGHT – CALENDAR OF SPORTS EVENTS 2010-2011

Date	Day	Event	Booking Time	Venue
30th September 2010	Thursday	Football (Divisioning)	11.00am - 3.00pm	Manulla Football Club
13th October 2010	Wednesday	Ladies Football	11.00am - 1.30pm	Creagh TC
20th October 2010	Wednesday	Badminton	11.00am - 2.00pm	Sligo Tennis Club
4th November 2010	Thursday	Table Tennis	10.00am - 3.00pm	GMIT, Castlebar
17th November 2010	Wednesday	Ladies Football	11.00am - 1.30pm	Athlone IT
20th November 2010	Saturday	Basketball (Team)	10.00am - 3.00pm	Sligo Grammar School
19th January 2011	Wednesday	Ladies Football	11.00am - 1.30pm	Convent Of Mercy, Roscommon
29th January 2011	Saturday	Postal Bowling Finals	11.00am - 2.00pm	City Limits, Galway
2nd February 2011	Wednesday	Gymnastics	10.30am - 2.00pm	Athlone Gym Club
9th February 2011	Wednesday	MATP	11.00am - 1.00pm	Cregg House, Sligo
16th February 2011	Wednesday	Aquatics (Dev Events)	11.00am - 3.30pm	Sligo RSC
16th February 2011	Wednesday	Ladies Football	11.00am - 1.30pm	Boyle Celtic FC

For more dates see Regional page (Connaught) of Special Olympics website



LEINSTER

Leinster Region's Families Day

Lullymore Heritage Park, Co. Kildare was the venue for Special Olympics Leinster's Families Day which took place on Sunday, 26th September. What a location; the park offered our family members and athletes a unique mix of heritage, woodland walks, beautiful gardens, train trips and lots of fun in their indoor and outdoor play areas. The day ended too quickly.

Over 150 family members and athletes attended on the day. The fantastic entertainment and weather set the mood for the day as one of enjoyment and fun. Upon arrival everyone was greeted and given a goody bag in advance of the complimentary guided tour of the Park. This was followed by a light lunch and presentation on upcoming events that will take place in the Leinster Region.

In addition, many of our Athlete Leadership Programme Athletes received their awards for the hard work and dedication they displayed over the past year. **Barry Olwill, Annita O'Connor, Alan Matthews, Shauna Bradley and Ann Marie Rowan** all received their Silver Award while **Phillip Rowan, Fiona Gallagher and Anne Hickey** received their Bronze Award.

The highlight of the day was having Special Guest Aine Brady (Minister of State with responsibility for Older People and Health Promotion and Special Olympics Ireland Patron) present. Aine was delighted to have the opportunity to meet and spend time with the families. She spoke to the attendees on challenges and



issues that face people in older age and the ongoing role that she plays in promoting the needs of this sector of the community.

If you wish to register with Special Olympics Leinster as a family member please contact Caradh O'Donovan on 01 629 6999 or caradh.o'donovan@specialolympics.ie

Above: Sandra & Jamie Murnane from Carlow Special Olympics Club pictured at the 2009 Leinster Families Day

Watch this space...

Special Olympics Leinster will be running Family Information Centres at a number of our Area Events this coming year. So why not drop in for a cuppa and chat and meet other Special Olympics Families, and receive some information on our sport programmes.

Golf Classic Fundraiser – Thank You!

Our Annual Golf Classic Fundraiser took place Monday the 23rd of August in Knightsbrook Hotel and Golf Resort, Trim, Co. Meath. Over 50 teams took part, generating over €10,000 for Special Olympics Leinster region. People travelled from as far as Wexford to support the event. The weather proved some what of a challenge for competitors who competed prior to lunchtime with strong winds and rain adding to the arduous course in Knightsbrook.

We would like to extend a huge thanks to all involved in the event – the volunteers who ran it, the participants who took part and the staff in Knightsbrook Hotel. The winning team of Michael Brennan, Gerry Cromwell, Val Cromwell and Donal McKenna are pictured to the right.



'Getting back into the Swing'

Blackbush kicking off the 2010/2011 Leinster Event Calendar Blackbush Golf Club in Dunshaughlin was host to the first Leinster Event in the 2010-11 calendar. The event catered for athletes who participate in Level 1 skills competition and course competition at Level 2, 4 & 5. Thanks to the ongoing hard work of the event

management team, a top class quality event was offered to the athletes. We would like to say a huge 'Thank You' to all the volunteers involved - your contribution was key to making the day a success. Good Luck to all the athletes involved in the upcoming golf events in Kilkenny and Baltray.

EASTERN

Welcome Arklow Vikings!

Arklow Vikings Special Olympics Club is now part of the Eastern Region. We would like to welcome them to the region and we look forward to working with the club in the future. Arklow is a multi-sport club offering athletics, badminton, basketball, bocce, MATP, pitch & putt and table tennis. The Club trains every Friday from 6.45-8.30pm in the Coral Sports and Leisure Centre. If you would like to get involved in the club as an athlete or as a volunteer please contact Irene on 087 253 0191.

Athlete opportunities

Tallaght Trojans Special Olympics Club train in Badminton on Fridays from 7:15-8:45pm in the Old Bawn Community School. If there are any athletes who would like to get involved with this club, please contact Catherine (Club Manager) on 087 2389213 or renko@indigo.ie.

New Clubs

Special Olympics Eastern Region is looking to set up a new Special Olympics club in the Celbridge/Leixlip/Maynooth area and also in the Rathdrum area if there is enough interest in the community from potential athletes and volunteers. Special Olympics Eastern Region are currently setting up a new SO Golf Programme in Castleknock and are inviting interest from any athlete or volunteer who would like to get involved with this club. Finally, would you like to get involved with a potential new Equestrian club in the North County Dublin area?

If you are an athlete or a volunteer who would like to get involved in any of these new clubs, please contact Susan O'Sullivan on 01 869 1619 or email susan.osullivan@specialolympics.ie.

Bray Lakers Annual Sponsored Walk

is taking place Sat October 9th in Glendalough, Co. Wicklow, commencing from Glendalough Upper Lake. Sponsor cards and posters are available from the regional office and will have all the details. There are three categories to choose from:

Walk A Very Easy

Suitable for everyone including children and buggies!!
1 hr approx around the lake registration 2.30pm. Start 3pm

Walk B Moderate

Woodland Walk - Ground rises to about 90M. 2 Hours and will have a walk leader registration at 1:30pm. Start 2pm

Walk C Medium/Difficult

Hill Climb up to the top of Spink - 9km/4hours approx, will have a walk leader Registration 11.30pm. Start 12 noon

If anyone needs transport to get to and from Glendalough contact the Bray Lakers office on (01) 202 2694 and we can try and arrange lifts.



Fingal Swifts Special Olympics club launch goes swimmingly

Fingal Swifts Special Olympics Club, who train in ALSAA Swimming Pool, Dublin Airport, was officially launched on May 14th at a club party in the Clarion Hotel, Swords. Michael Kennedy TD and Cllr Clare Daly held the ribbon while athlete Robert Savage, as the first athlete to join the club, cut the ribbon to officially launch Fingal Swifts Special Olympics club. Athletes were entertained by a magician before being presented with club membership medals, displaying the club logo, by Club Manager Patricia Clarke, followed by a disco. If you are an interested athlete or volunteer who would like to get involved with the club, please contact Breno Gomes on 087 9906282 or email brenogomes@iol.ie.



Ballymun Deep Blues Special Olympics club launched!

The Ballymun Deep Blues Special Olympics club was officially launched as a Special Olympics Eastern Region club at a club party in St. Michael's House Ballymun. Athletes, volunteers, their families and friends all cheered as the club was officially launched into the community. The athletes were presented with club t-shirts and swimming hats by Head Coach Helen Kirk and Club Manager Deirdre Kirk. Big thanks were given to Dublin City Council and Ballymun Leisure Centre for all their assistance in helping to get the club set up and for their continued assistance to date.

The club began training in the sport of swimming in 2009 and has grown steadily in numbers and confidence since then. Any athletes or volunteers interested in getting involved with the club, please contact Deirdre Kirk on 086 893 1861 or email d.kirk@dublin.com

Special ALPs athlete message

Come on you're never too old to be an athlete!

There is always a place in Special Olympics.

My name is Philomena O'Dowd. I'm 57 years of age and I've been an athlete for 18 months. It's great to meet up with other athletes like the ones in my club (Susan, Nicole, Ciara, Maeve, Aisling, Rita, James, Brian, Joe, Barry and many more). Philomena is an athlete in Dundrum Special Olympics club as well as being part of the ALPs programme. She is a great lover of cats, especially her own MISTY.

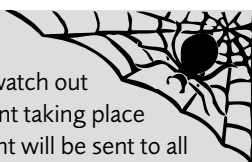


Upcoming ALPs Health Promotion Initiative

Cookery Workshop - A date has been set for Saturday 2nd October 2010 from 10-3pm for the very first ALPs Cookery Workshop. Venue: Grange Wood Community Centre, Raheny. Carol Farrell, Health Promotion Project Officer, will be facilitating the workshop. For further information please contact Neil O'Sullivan in the Eastern Region on (01) 869 1626.

Family Halloween Event

If you are a registered family member, watch out for the upcoming family Halloween event taking place on Sat 30th October! Details of the event will be sent to all registered family members very soon. Non-registered Family members can register now by contacting the Eastern Region on erfamilies@specialolympics.ie or by contacting Shelagh Leech (Families Officer) on 087 9759824



Special Olympics Eastern Region Annual Coach Forum 2010

The annual Coaches Forum took place in the National College of Ireland on Saturday, August 28th. Coaches from a variety of sports throughout the Region attended with a view to getting some new ideas, information and inputting to the Regional Calendar for the coming season and beyond. The topics discussed included: Development & Inter Club events; Volunteer communication; the 5 year calendar for the Region; General Rules & Selections for World Games; Coach Education & sport specific topics. Ray Hoare of Lagore Consulting volunteered his time to give us a workshop on communication. This covered topics such as our own style of communication, dealing with different types of behaviour, and discussion of scenarios. Brendan Hackett delivered an informative and inspiring talk on Coach Education. Following the regional review of the region a 5 year calendar for the Region taking us to 2015 was presented and the plans for this coming season for each of the sports were discussed in sports breakout sessions. Many thanks to all of our speakers, participants and facilitators for making the day so worthwhile! Our next Coach Forum will be held on Saturday June 18th 2011 - Coaches please put this date in your diary!

Area Council meetings will take place in October to highlight the findings and plans following the review:

Area 2 - 5th October, Carnegie Court Hotel Swords

Area 3 - 6th October, Lucan Spa Hotel

Area 1 - 12th October, The Plaza Tallaght.

Pictured right: (top) All the athletes at last year's conference and (below) Ciara MacNeill & Tara Leech enjoying last year's conference.

Eastern Region 3rd Annual ALPs Conference

27th and 28th of November

The main theme for this conference is 'Healthy Living' which will focus on 3 main areas -

Healthy Eating

Practical Activities

Healthy living in your own life

The weekend will focus on the how to increase activity and introduce a healthy balanced lifestyle to each and every person. On the first day there will be various activities set out throughout the day including a pedometer challenge, learning about the food pyramid and food diary, culminating in some practical easy to learn dance lessons to help improve fitness in your own home.

Each section will provide and help the participant to learn and adapt healthy living to your own life. The second day will help you learn the amount of activity you're already doing and how you can easily increase this. By the end of the weekend it is our hope that each participant, whether experienced or new, will have learned new easy ways to bring a healthy attitude that they can use going forward as competing athletes in Special Olympics and more specifically to adapt these new skills as part of your regular lifestyle.

Sunday afternoon will again be devoted to preparation of the ALPs awards presentation. Family members and guests will share light refreshments with the athletes and mentors before witnessing some of the hard work achieved throughout the weekend. This year we hope to present awards to 19 ALPs athletes ranging from Bronze & Silver awards, having completed various tasks over the past year.

Reminder - athletes submitting awards in time for this year's conference should note that the deadline for submission of this year's logbooks is close of business Friday 29th October 2010.

Special Olympics Eastern Region is very proud to host this event in conjunction with State Street International - Friends of Special Olympics Eastern Region and part-sponsors of this weekend. We look forward to seeing you all there!



MUNSTER

Bruff All Stars

Bruff All Stars athletes, families & volunteers enjoyed their first club summer outing to Killarney. They stopped for coffee and scones at Thomas Brown's in Rathmore before taking a stroll round Muckcross Park for the outdoor types, or the Outlet Centre for the shopaholics! A lovely lunch was provided in the Dromhall Hotel before taking a wonderful trip round the lake on the MV Lily. Many thanks to Ann Bourke - organiser extraordinaire - for all her work to ensure everyone had a great day out.



Above: Bruff All Stars athletes, families & volunteers pictured at their first club summer outing to Killarney

Families Programme

A major part of Special Olympics is family support and involvement. The Munster Families Programme is looking for interested volunteers and family members to join our regional families committee. If you would like more information or are interested in getting involved please contact Eilish Harrington, RDO Munster, 021-4977192 or email eilish.harrington@specialolympics.ie.

Munster Athlete Darragh McKenna elected Lord Mayor of Borrisokane

Darragh McKenna, a native of the town of Borrisokane in North Tipperary and an athlete with Ormond Special Olympics Club in Nenagh, was chosen for this honorary position after a period of intensive campaigning stretching back to last October. He was up against four other very worthy local candidates in the race to win the election. Darragh's successful campaign involved not only lots of canvassing, but a voting system based on a series of fund-raising activities run by each candidate. This entailed organising a wide variety of events including a very well supported horse racing night attended by well known trainers such as Charlie Swan and Tom Horgan. A table quiz, 2 poker classics, a darts night and an evening of traditional music were also held.

Darragh also undertook a strenuous schedule of house to house visits throughout the town to meet voters face to face and obtain as much support as possible. All this hard work was done for a very worthy cause and campaigns by all five candidates raised a total of €45,000 of which Darragh alone raised €22,550!

All the funds will go towards supporting a local initiative – the development of Borrisokane Town Park which will include a children's play area, a picturesque duck pond and a number of walks and bridges across the Ballyfinboy River.

Special Olympics Munster Photo Books to view online

We have two recent publications that can be viewed on our website www.specialolympics.ie/munster. "Changing Lives Together" was made as a token of our gratitude to the Johnson and Johnson companies for their ongoing involvement with Special Olympics Munster. "Team Munster 2010" is a book of photographs of the Munster Team at the Ireland Games and the lead up to the Games featuring the Ireland Launch of the Games and the Munster launch of the Games. You can view these by clicking on the icons of the books on the web page (They can take a little while to load). If you would like to purchase the book there is a "buy" button on the bottom left of the book picture that will take you directly to the site "Blurb.com" where it can be purchased.

The secretary of the town park Michael Collins praised the candidates for their efforts and in particular Darragh. Michael said "The community support has been fantastic. The town now has a wonderful safe play area for both local children and their parents."

Darragh's life has been hectic since he started his campaign last year but somehow he finds the time to work full time in the family business as well as his hobbies including hurling and Gaelic football, singing and being the co-owner of 4 greyhounds!

Darragh is a regular member of Ormond Special Olympics club training in athletics and swimming. In May he represented his club at the Munster regional athletics event in Cork competing in the 400m walk and shot putt. Darragh's family, his community and his Special Olympics Club are all very proud of Darragh and wish him well in his term of Office as Lord Mayor of Borrisokane.





MUNSTER – CALENDAR OF SPORTS EVENTS – OCTOBER TO DECEMBER 2010

Date	Sport	Level	Venue	Athlete Registration Time
02/10/2010	Basketball	Divisioning	Little Island Sports Hall/ Silversprings Hotel	09:30am
09/10/2010	Soccer	Divisioning	Mallow GAA	09:30am
06/11/2010	Aquatics Level 2	Regional	University of Limerick Arena Pool	09:00am
07/11/2010	Badminton	Regional	Nagle College Mahon	10:00am
11/11/2010	Equestrian level 1	Regional	TBD	
13/11/2010	Indoor Games	Regional	Cappawhite Community Centre	10.00am
20/11/2010	Basketball Skills	Regional	University of Limerick Arena Gym	09:30am
21/11/2010	Rhythmic Gymnastics	Regional	Colaiste Colm Ballincollig	10:00am
27/11/2010	Aquatics level 1	Regional	Mallow Pool	09.00am
02/12/2010	Ten Pin Bowling	Area	City Limits Waterford	09:30am
04/12/2010	Table Tennis	Regional	Glasheen Cope	09:30am

FUNDRAISING ACTIVITIES

Two men take on the “Train of Thought Challenge” in aid of Special Olympics Eastern Region!

Travel enthusiasts Larry Mooney and Alan Park are busy preparing before embarking on a unique train journey to raise funds for Special Olympics Ireland.

The two men will take to the rails on 6th October and travel around Ireland in one day in order to raise funds for Special Olympics Ireland. Their fundraising journey will start at 5.20am from Tralee and they are due to arrive at their final destination in Derry at 11.20pm. Their trip will see them cover a journey of 1255 rail kilometres, passing through many of the country's towns and cities during the course of the day.

The men, who are both enjoying retirement, say that they wanted to do something good for a good cause and decided to maximise their benefits of their free travel pass in the process!



Larry & Alan are life long friends and proudly boast that their friendship is still going strong after 65 years! No strangers to maps and journey planning they have competed at the highest level in competitive rallying and are well regarded within the rallying community.

Paul Ahearne, Fundraising Coordinator with Special Olympics Eastern Region said “We are absolutely delighted to be associated with such a unique fundraising adventure. Larry and Alan have been busy plotting the course of their journey for the past number of months and I would like to wish them both all the very best on the 6th of October!”

You can support Larry and Alan's fundraising drive for Special Olympics Eastern Region by visiting their fundraising page (visit Fundraising Events under Ways To Give) or by contacting Paul Ahearne on 01 8691660.

We have garnered the support of Irish Rail and CIE Tours International, www.cietours.ie, who have donated a holiday for two that will be awarded to the donor who guesses to the nearest figure the number of railway sleepers we will pass over on our journey. Only €2 to sponsor a sleeper - i.e. €2 +1 entry or €20 +10 entries.

All entries along with your name and contact number should be emailed to - paul.ahearne@specialolympics.ie. Paul will ensure all entries are entered into the draw.

Pictured above: Special Olympics athlete Tara Leech with Larry Mooney and Alan Park in Heuston Station, Dublin ahead of their fundraising trip in aid of Special Olympics Ireland. Photo credit Jason Clarke Photography.

ULSTER

Shimna Stars Update

Shimna Stars Special Olympics Basketball Club held their annual awards night recently in the magnificent surroundings of Castle Ward House. The evening commenced with a range of outdoor activities hosted by "Clearsky" adventure centre. These activities proved very popular with athletes & volunteers, not least the Climbing Wall. Next up was the large "Fire Engine" slide and the "Archery" both of which provided great excitement and the Archery challenged the accuracy of all involved. Once the food had been served, musical entertainment and dancing was led by the inimitable Finbar Keavney. The evening was rounded off with the Awards presentation to all the participating athletes by Emma McMenamin from Special Olympics Ulster. Many thanks to the parents & volunteers who assisted on the night and helped to create such a success. The season recommences in September and the club would like to welcome any new members either athletes or volunteers who wish to come along.

Omagh SOC Taking on New Challenge

Omagh District Special Olympics Club is delighted to announce that they are adding Golf to their programme of activities. The club already had a successful Aquatics element and will begin offering Golf to existing and new athletes in first week of October. This new development will be led by key volunteers and golfing enthusiasts Susan Anderson and Anne Cullen. Omagh Golf Club has generously offered their facilities as a base for this new venture.

Any athletes interested in getting involved please contact Susan on +44 780173817. All levels of golfer are welcome. Competition, whilst offered, is not for everyone, so our focus is on participation and helping every athlete achieve their personal best. Further details with dates of launch, training etc. will be announced in the local media

Regional Training School

Special Olympics Ulster Annual Regional Training School is now open for application. All courses, dates, times & venues are listed below:

Course	Venue	Date	Time	Fee
INTRODUCTION TO COACHING PRACTICE	Cookstown Leisure Centre	23/10/2010	10.00am - 6.00pm	£10
CODE OF ETHICS & GOOD PRACTICE	Cookstown Leisure Centre	23/10/2010	10.00am - 1.00pm	£10
ATHLETICS WORKSHOP	Cookstown Leisure Centre	23/10/2010	11.00am - 4.00pm	£10
COMPETITION & EVENT MANAGEMENT TRAINING	Cookstown Leisure Centre	23/10/2010	2.00pm - 5.00pm	N/A
SPORTS SPECIFIC FIRST AID	Cookstown Leisure Centre	24/10/2010	10.00am - 4.00pm	£30
SWIM IRELAND OFFICIALS COURSE	Cookstown Leisure Centre	24/10/2010	11.00am - 3.00pm	£15
INTRODUCTION TO BASKETBALL	Cookstown Leisure Centre	24/10/2010	10.00am - 6.00pm	£30

Please note that places are limited and allocated on a first come, first served basis. For further information or to request a course booking form please contact the Special Olympics Ulster Regional Office.



Anne Robinson supporting Special Olympics Ulster

Special Olympics Ulster is holding a Fundraising evening hosted by Anne Robinson, best known as the presenter of The Weakest Link. The table quiz event which will see up to forty teams competing for amazing prizes. Local broadcaster and Special Olympics Patron, Gerry Kelly, will compère the evening's proceedings which will also include a drinks reception, fork buffet, raffle and music by the James Peake Xperience.

All in all, this promises to be an unforgettable and unmissable occasion for a wonderful cause. Details of the evening are as follows:

Date: Saturday 9 October 2010
Venue: Europa Hotel, Belfast
Time: 7pm – late
Tickets: £50 each (£500 for a table of ten)
Dress: Smart casual

If you or any friends/colleagues are interested in buying tickets, or taking a table of ten, please get in touch as soon as possible. For further details, contact Ronan McCay on 028 9089 2996 or 07702 714129 or e-mail ronan.mccay@specialolympics.ie



MLA Alex Attwood Supporting Special Olympics Ulster

The Department of Social Development through their Modernisation Fund recently funded the purchase of a specially adapted van for the Special Olympics Ulster programme. Minister for Social Development, Alex Attwood MLA, formally handed over the keys at a launch event at Stormont. In total Special Olympics Ulster secured a grant of £82,000 with approximately £26,200 for the purchase of the van from the department. The van will enable the Region to transport various items of equipment to events. Alex Attwood said: "This is a good boost for Ulster's Special Olympic athletes. The van will help Special Olympics Ulster in practical terms, by transporting heavy or large equipment to training and sporting events and providing a mobile centre for the IT equipment needed at many events." The Minister said that the Department's Modernisation Fund is providing modern facilities to make community based initiatives more effective. The Fund is about providing support to organisations throughout Northern Ireland, enabling them to deliver better services to their local communities. He went

on say that "Special Olympics Ulster is embracing this ethos wholeheartedly. The new van will assist athletes from across the North, helping them to participate in sporting activities and events and improving the quality of such events."



Events Meetings

The Region would like to invite volunteers from each Club to attend one of the upcoming meetings in relation to the Events Programme in the Region. The details of these meetings are as follows:

Thursday 30th September, 7pm - [Ormeau Business Park](#)
Thursday 7th October, 7pm - [Strabane Library](#)

It is vital that each Club is represented at one of these meetings. All-Tex Recycling, Northern Ireland's leading re-cycling company will also be attending these meetings to present an exciting funding opportunity for Clubs.

Ulster 2010 / 2011 Calendar of Events

Special Olympics Ulster have released their upcoming calendar of events for the period October 2010 – June 2011 and would like to invite any volunteers who are interested in getting involved to

please contact the Regional Office for further information. Please see table below for event date and venues.

Event	Event Type	Area	Venue	Date
Motor Activities	Development Day	Regional	Melvin Hall Strabane	Tues 19th October '10
Badminton	Development Day	Regional	Cookstown Leisure Centre	Sat 13th November '10
Table Tennis	Development Day	Regional	Cookstown Leisure Centre	Sat 13th November '10
Aquatics	Development Day	Counties Antrim, Armagh, Cavan, Down & Monaghan	Orchard Leisure Centre Armagh	Sat 27th November '10
Aquatics	Development Day	Counties Derry, Donegal, Fermanagh & Tyrone	Aura Leisure Centre Letterkenny	Thurs 2nd December '10
Bowling	Competition	League Finalists	Brunswick Superbowl Derry	Fri 25th February '11
Motor Activities	Development Day	Regional	Melvin Hall Strabane	Thurs 3rd March '11
Bocce	Competition	West & South	Omagh Leisure Centre	Thurs 24th March '11
Alpine Skiing	Competition	Regional	Silverwood Ski Centre Lurgan	Thurs 7th April '11
Equestrian	Development Day	Regional	RDA Causeway Coleraine	Fri 15th April '11
Football	Development Day	Regional	Coagh Sports Centre Coagh	Thurs 19th May '11
Kayaking	Development Day	Regional	Gartan Outdoor Centre Letterkenny	Sat 7th May '11
Athletics	Development Day	Counties Antrim, Derry, Donegal & Tyrone	Templemore Sports Complex Derry	Sat 11th June '11
Athletics	Development Day	Counties Armagh, Down, Cavan, Fermanagh & Monaghan	Shercock AC Cavan	Sat 18th June '11

HEALTH IN FOCUS



You may have heard a lot in the media about heart health recently. In September the Irish Heart Foundation launched their Red Alert campaign for women and September 26th was World Heart Day. People often forget about the importance of looking after your heart. Cardiovascular Disease (CVD) is the number one killer of Irish people, accounting for 36% of all deaths. There are a number of risk factors for cardiovascular disease which include:

Unhealthy Diet



High Blood Pressure



Lack of Physical Activity



Smoking



High Cholesterol



Stress



Overweight



There are lots of simple changes we can make to reduce our risk factors for CVD. Changing our diet can help reduce a number of other risk factors including high cholesterol and high blood pressure. Things that we should focus on are reducing our intake of saturated fats (contained in foods like red meat, butter, cream and processed foods) which will help to reduce the amount of cholesterol we take-in in our diet. Cutting down on salt and salty foods can help to reduce high blood pressure. Increasing participation in physical activity has many health benefits not least of all helping us keep a healthy weight which is very important to our heart health. By making a few small changes in your daily life, you could decrease your chances of developing CVD.

For more information on heart health visit the Irish Heart Foundation website on www.irisheart.ie

TRIPLE CROWN September 7th - 8th 2010

A team of 8 athletes participated in the Triple Crown event in Drumoig Golf Club, Scotland. The event was played over 2 days. The athletes on Team Ireland were Margaret Carr, Shea Tighe, Kaelin Foley, Michael Murphy, David Brophy, Billy McGagh, Mark Hutchinson and Christy Hurley. These were supported by Lizzy Lynch, Michael Forde, Graham Hillick and Grainne Egan.

Upon arrival at Drumoig, the athletes were straight onto the golf course for practice. After lunch the competition began and 9 holes were completed. Although the weather was dry, a strong wind made conditions very tough but, despite this, our athletes did themselves proud by paring a number of holes.

That evening the team were brought to St Andrew's and had the opportunity to try some putting on the "Himalayas" putting green and to have their photo taken on the famous Swilcan Bridge on the 18th hole, an amazing experience for the team.

On day two the competition had only got underway when play was suspended due to a torrential downpour. As the greens had been flooded, play had to be abandoned altogether and the competition results would rest on day 1 alone.



Team Ireland finished a very impressive 2nd place to Team England with only a small number of points separating the two teams. Well done to all the athletes and a big thank you to the management team involved.

2010 AGM

The 2010 AGM was held in the Red Cow Moran Hotel on Saturday 22nd May and was very well attended. Minister for Tourism, Culture and Sport Mary Hanafin attended as guest speaker and as always demonstrated her extensive knowledge and enthusiasm for our programme... *"The ability of sport to be inclusive, the ability of sport to unite people and to bring them on with their own skills and their own talents.."*

There were four Distinguished Service Awards presented during the AGM to Geraldine Ryan Meagher, Elizabeth Doyle, Shirley Mac Dermott and Tim Craig. All four were delighted to receive their awards and spoke very eloquently during their acceptance speeches to rapturous applause. As always, this was one of the highlights of the AGM.

Finbar Cahill, Claire Kennedy, Patricia Hickey and Frank Donnelly retired from the Board of Directors and all were thanked by Mary Davis for their great service and commitment to the organisation. Dervila O'Mahony and Fiona Donaghy were elected to the Board at the meeting. It was also announced that two new members had been co-opted onto the Board: Liam Collins who is a partner in Gore and Grimes Solicitors and Laura Murphy who works in Squared Financial and has extensive experience in Human Resources. Nine motions were put to the floor and all were passed.

One of the highlights of the meeting was an ALPs update which was presented by the ALPs Ireland Chairperson, Joe Feehily.



Above (L/R): Matt English, CEO Special Olympics Ireland, Minister Mary Hanafin and Mary Davis, Chairperson Special Olympics Ireland pictured at the 2010 Special Olympics Ireland AGM.



Lifestyle Sports Adidas Dublin Marathon 25th October 2010

Are you doing the Dublin Marathon?

We are and we would love for you to join us...
Join an extraordinary team and help
us change lives

To register or enquire about fundraising please contact
dublinmarathon@specialolympics.ie
or call Paul Ahearne on 01 8691660



Volunteer Vacancies

Leinster Region

The following calendar of Sports events will require volunteers to plan, organise and deliver events. Please note: no sports experience is necessary, just a willingness to take on new tasks and learn new skills. If you would like to become a part of team and you are available to volunteer at any of the below events please contact Aine O'Driscoll on (01) 629 6999 or email aine.o'driscoll@specialolympics.ie.



Calendar of Events from Sept until Dec 2010

Sport	Location	Date
Badminton	Newbridge Leisure Centre	Sunday 10th Oct
Pitch and Putt	St Patricks Pitch & Putt Club, Enniscorthy	Wednesday 13th Oct
South Leinster Golf	Kilkenny Golf Club	Wednesday 20th Oct
Leinster Aquatics	Forest Park Leisure Centre, Courtown Harbour, Gorey	Sunday 14th Nov
Leinster Aquatics	The Curragh Army Pool, Co Kildare	Sunday 21st Nov
North Leinster Golf	Baltray Golf Club	Monday 15th Nov

Please note a full calendar of events for our 2010-2011 area events is available on our website.

Medical Volunteers

MEDICAL volunteers needed URGENTLY. Special Olympics Leinster requires medical volunteers to assist during their 2010-2011 area events. If you are interested in getting more information on these dates and venues please contact the regional office.

Games Management System (GMS) Volunteers Needed.

Are you technically minded? Interested in learning a new skill? If so, we need you!

Special Olympics Leinster are looking for people who are computer proficient to support our 2010 - 2011 events. The Games Management System (GMS) is a software package used by Special Olympics worldwide to operate and manage our sports events. The programme can complete tasks such as registering athletes for Events and Games and generating reports and results. GMS is a user friendly software package – so, no computer programming/coding required.

Sport Specific Volunteers - Basketball

Have you or someone you may know an interest in basketball. If so why not get involved in our area events being held in April 2011 in Gormanston College, Co Meath April 12th
Carlow date tbc in April

We are looking for:

Basketball Officials/ Referees

A Basketball Competition Manager. (Training will be provided)

A Basketball Event Manager. (Training will be provided)

To sign up for either of these events contact Ashling, in the Special Olympics Leinster Office on (01) 6296999.

Drogheda Special Olympics Club

Volunteers needed for our Monday night Club - Junior Section from 6:30-8pm/Senior Section 7:30-9pm in DIFE. For more information contact our Volunteer Co-ordinator Ruth Gough on 086 2809709.

Ulster Region

Badminton

Experienced volunteers needed. Special Olympics Ulster are hosting a Badminton Development Day for athletes across the Region and are seeking volunteers who have experience in badminton as either a competitor, coach or official to assist with the days activities. The event will take place on **Saturday 13th November 2010** in **Cookstown Leisure Centre**. If you are interested in getting more information please contact either Emma or Paddy at the Regional Office.

Table-Tennis

Experienced volunteers needed. Special Olympics Ulster are hosting a Table-Tennis Development Day for athletes across the Region and are seeking volunteers who have experience in table-tennis as either a competitor, coach or official to assist with the days activities. The event will take place on **Saturday 13th November 2010** in **Cookstown Leisure Centre**. If you are interested in getting more information please contact either Emma or Paddy at the Regional Office.

Aquatics

Experienced volunteers needed. Special Olympics Ulster are hosting two Aquatics Development Days for athletes across the Region and are seeking volunteers who have experience in aquatics as either a competitor, coach or official to assist at one or both of these events. The event will take place as follows:

Saturday 13th November 2010 – Orchard Leisure Centre, Armagh

Thursday 2nd December 2010 – Aura Leisure Centre, Letterkenny

If you are interested in getting more information please contact either Emma or Paddy at the Regional Office

Administration

The Special Olympics Ulster volunteer support centre is looking for new members for its Thursday evening shift from 5pm – 8pm. No previous administration skills required, training will be provided. Please contact Emma at the Regional Office for further information.



Munster Region

Calling Limerick Games Volunteers to Action!

Sat 6th November – Aquatics – University of Limerick
Sat 20th November – Basketball Skills – University of Limerick

These events will require event management teams (Event Manager, Competition Manager, Safety Officer, Operations Manager, Volunteer Coordinator etc) and also lots of helpful volunteers to help with the smooth running of the event on the day. You do not need to have any prior experience to help out; although many of you have very valuable experience from the Limerick Games which I am sure will provide that extra little bit of support.

If you are interested in helping at one of these events, please let me know via email or by phone and indicate if you would like to be

involved in the event management team or as a general volunteer on the day. Some training will be required but as you have all completed quite a bit of training for the Limerick Games, we will do our best to keep this to a minimum.

The first meeting for those of you that would like to be involved at an Event Management Team level will be on Thursday 7th October in the board room at the Special Olympics Games office in Limerick 7pm – 9pm.

For further details please call Ann O'Callaghan on 085 1641149 or email ann.ocallaghan@specialolympics.ie

Eastern Region

Eastern region volunteer opportunities available at:

	Sport	Location	Role	Day	Time
CLUBS/SERVICES					
Blue Dolphins Special Olympics Club	Athletics	Charlesland Track, Greystones	Coach	Saturdays	1.30-4pm
Sunbeam House	Bocce	Cedar Estate, Killarney Rd, Bray	Assistant to Coach	Tuesdays	2-3pm
Sunbeam House	Badminton	Cedar Estate, Killarney Rd, Bray	Assistant to Coach	Tuesdays	3-4pm
Stillorgan Rangers	Football	Alexandra College Milltown, D6	General Volunteer	Mondays	6-7.30pm
Blanch Spinners	Table Tennis	St Brigid's Hall, Blanchardstown, D15	General Volunteer	Mondays	7-8pm
SPORTS EVENTS					
Our events run from October to June each year, if you are interested in becoming part of a team to help plan, manage and run events please call us. A commitment of about 1 hour per week during the sports calendar year is required.					
MENTORS NEEDED					
For Philip	ALPs	Ballymun Area	ALPs Mentor Needed	For more info	Contact Regional Office (01) 8691626
For Kevin	ALPs	Clonsilla Area	ALPs Mentor Needed	For more info	Contact Regional Office (01) 8691626
SUPPORT CENTRE					
Eastern Region	All	Park House, North Circular Road, D7	Database work, Telephone calls	Mon to Fri	10am-5pm
COMMITTEES/TEAMS					
If you have experience of being on a Committee or leading a team and would be interested in leading a group of volunteers undertaking specific projects please call.					
MEDICAL/FIRST AID					
We require qualified medical & first aid volunteers for all our sports events held during the year.					

Please contact easternvolunteers@specialolympics.ie or telephone 01 8691626 for more information on all the above vacancies

Training goes Virtual

Are you a whiz with a video camera and creative at editing the results?
Are you involved in design or development of online training and or virtual learning environments (VLEs)?

If either applies to you, even 1-2 hours of your time would make a difference and really help us out. To find out more, please contact Anne Hughes at 01 8691620 or anne.hughes@specialolympics.ie

Eunice Kennedy Shriver Day 2010

On Saturday 25th September An Taoiseach Brian Cowen T.D. hosted a reception at Farmleigh to mark the inaugural Eunice Kennedy Shriver Day (EKS Day). EKS Day will be held on the 4th Saturday of September every year. It will be an annual celebration of her life and a global call for people to commit actions of inclusion, acceptance and unity for and with individuals with intellectual disabilities.

Pictured right (below) are: Mary Davis, Managing Director Special Olympics Europe/Eurasia, Special Olympics athlete Anne Hickey, Mark Shriver and An Taoiseach Brian Cowen T.D.



MEET OUR EXTRAORDINARY TEAM – ATHLETE

Fiona Gallagher

I am a member of the Carlow Special Olympics Club and also a member of the ALPs group in Carlow. I took part in the 2010 Special Olympics Ireland Games in June. It was held in Limerick. I took part in athletics. I came fourth in the 50m run and sixth in the shot putt. I met lots of people from various counties.

The Opening Ceremony was brilliant. It took place in Thomond Park. This is a stadium in the heart of Limerick City. It is the home ground of some of the regions best loved sporting heroes, the Munster Rugby Team. Over 22000 people attended the opening ceremony. The Cranberries were the main performers and everyone enjoyed themselves and it was a great experience.

The sports that were involved in the Games were aquatics, athletics, badminton, basketball, bocce, bowling, equestrian, football, golf, kayaking and table tennis. Over 1,900 athletes took part in the Games and 3,500 volunteers helped run the Games. The SO Ireland Games was a very special event enjoyed by all.

I really enjoyed myself. It was the best experience ever. I would like to thank everyone who helped make the Games possible. To make it all even better the sun was shining every day.



Special Olympics 2010 European Summer Games *(continued from front page)*

At the Special Olympics 2010 European Summer Games Team Ireland was represented in 5 sports as follows:

Athletics: Hugh Mohan, Mary Melia, Breffini McCarthy, Niall Flynn, Nicole Smith, Cathy Fitzgerald, Robbie McNamara, Mark Bolger and Therese Nolan with coaches Pauline Nugent, Olga Carthy and Mike O'Leary.

Badminton: Riobard Lankford, Darren Day, Ruth Geerah and Bernadette Kennedy with coaches Edel Dempsey and Ken Kavanagh.

Bowling: Dermot Leavey, Kyle Norton, James Crowe, Monica Kilgannon and Emma Chalmers and supported by coaches Kevin Mallon and Chris Mackey.

Table Tennis: Francis Power, Gerry McCormack, Philip Patton, Leah Breen, Sarah Shaw and Doreen McGreevey, with coaches Jim Kelly and Joan McSwiney.

Women's 5-a-side Football: Mary Strain, Nicola McIntyre, Siobhan Dunne, Karina Houlihan, Linda Cannon, Catherie McCarthy, Andrea Buckley, Diane Mitchell, Kim Byrne and Fionnuala Treacy with their coaches Oisín Jordan (FAI Football For All Development Officer), Ciara Twomey and Adrienne Murphy.