

MARCH 2013

**Special
Olympics
Ireland**



CONNECT



TEAM IRELAND

2013 Special Olympics World Winter Games

See full report on page 17



WORLD WINTER GAMES
PyeongChang 2013



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WELCOME!

First of all, I would like to take this opportunity to wish you all a very Happy and Healthy 2013. It's hard to believe that we are already well into the start of what promises to be another busy year for Special Olympics Ireland.

So much has happened since the start of the year. On January 25th, 14 athletes representing Team Ireland flew to Incheon Airport in Seoul where they were hosted by Seoul Women's University for a few days before moving to PyeongChang in the Republic of Korea to take part in the 2013 World Winter Games in Alpine Skiing and Floorball. For the very first time, 8 athletes represented Team Ireland in a demonstration Floorball competition. The team arrived home on February 6th to a tremendous welcome at the airport bringing home 12 medals and some impressive placed finishes.

We have much to look forward to in 2013. Over the next five months, several regional competition events will take place which will be part of the advancement process for athletes to qualify for the 2014 Ireland Games and ultimately for the 2015 World Summer Games in Los Angeles.

This year marks the 10th anniversary of the 2003 Special Olympics World Summer Games. We would love you to get involved in helping us to celebrate in your local area. If you are interested in getting involved log on to www.specialolympics.ie/2003 for more information.

I hope you enjoy this issue of Connect as we embrace another busy year. As always, we also really appreciate your continual engagement and feedback.



Matt English
CEO, Special Olympics Ireland

Announcement of 2013 Annual General Meeting (AGM) of Special Olympics Ireland

The 2013 Annual General Meeting (AGM) of Special Olympics Ireland will be held at

**1:00pm on Saturday, 18th May, 2013
in the Red Cow Moran Hotel, Naas Road, Dublin 22**

(note venue may be subject to change but adequate notice will be given).

All registered members of Special Olympics Ireland, which includes all registered athletes, family members and volunteers, are invited to submit motions for consideration at the AGM, and to submit nominations for the Board of Directors (two individuals will be elected to the Board at the AGM).

All Regional Councils and clubs are entitled to send delegates to the AGM, twenty from each Regional Council and two from each Club. Special Olympics Ireland Athlete Leadership and Family committees are also entitled to send delegates.

Each delegate must be a registered member of Special Olympics Ireland and be at least 18 years of age or older. Each delegate has one vote. Only duly appointed delegates or existing members of the Board shall be entitled to attend and vote at general meetings of Special Olympics Ireland. Any member of Special Olympics Ireland may attend the AGM but will not have voting rights if they have not registered as a delegate.

If you wish to submit a nomination or a motion, you can download the relevant forms from www.specialolympics.ie/agm, contact your club or contact Special Olympics Ireland on +353 (0) 882 3972.



Thank you Golfing Union of Ireland



Special Olympics Ireland wishes to extend a big thank you to the Golfing Union of Ireland (GUI) which has made a donation of golfing kit to our regions.

The GUI has been a long standing supporter of the golf programme in Special Olympics Ireland and we wish to thank them for their continued support and generosity.

VOLUNTEERS

Important update on Volunteer Registration in the Republic of Ireland

National Vetting Bureau (Children and Vulnerable Persons) Act 2012

In December 2012, the Minister for Justice, Equality and Defence, Alan Shatter T.D. announced that the Oireachtas passed the National Vetting Bureau (Children and Vulnerable Persons) Act 2012.

The new Act provides for the setting up of the National Vetting Bureau and facilitates a statutory basis for the use of Garda criminal records in the vetting of persons applying for employment or volunteer work with children or vulnerable adults.

The National Vetting Bureau (Children and Vulnerable Persons) Act 2012 makes it mandatory for persons working with children or vulnerable adults to be vetted, whereas at present this is done on the basis of a voluntary code. The Act also details offences and penalties for persons and organisations who fail to comply with its provisions.

How will the Bill affect Special Olympics Ireland?

The Act applies to all persons and organisations working with children or vulnerable adults in the Republic of Ireland. The Act stipulates that a person is not allowed to take on a staff or volunteer role within the organisation unless the organisation receives a vetting disclosure from the Bureau in respect of that person. Once the relevant section of the Act commences it will be an offence for a person to volunteer unless they have been vetted and an offence for the organisation/club/event team/committee to knowingly involve a person in the programme who has not been vetted.

All volunteers who have been vetted by Special Olympics Ireland to date comply with the legislation.

When the Minister commences the relevant section of the Act all new volunteers must be vetted with Special Olympics Ireland before they participate in voluntary work with our athletes. However in the future all volunteers (both existing and new) will be subject to re-vetting at intervals to be prescribed by the Minister.

Delays with Volunteer Registration

The Garda Central Vetting Unit is currently processing vetting applications in 12-16 weeks. We will be communicating further details on this new legislation and the responsibilities of clubs based in the Republic of Ireland over the coming months. Lists of registered volunteers were sent to all Special Olympics Ireland clubs in September as part of the annual affiliation process, if you have any queries, please contact volunteers@specialolympics.ie

Ulster Volunteers - would you like to be an Aquatics Timekeeper?

Have you ever wanted to become a qualified timekeeper in aquatics or do you think this would be something you would like to try? Special Olympics Ulster is recruiting timekeepers for the upcoming Regional Aquatics Advancement Event which will be held on Friday 31st May and Saturday 1st June at Lagan Valley LeisurePlex in Lisburn. Interested volunteers will be expected to complete Swim Ireland Timekeepers course. A training course will take place on Saturday 20th April from 2pm to 5:30pm at Lagan Valley LeisurePlex in Lisburn. This course is fully certified by Swim Ireland and there will be no cost for volunteers to complete this course. Please contact Emma McMenamin in the Special Olympics Ulster office on +44 (0)28 9023 9023 or email emma.mcmenamin@specialolympics.ie.

Good Luck to all our Athletes



We would like to wish you all our athletes, coaches and volunteers the very best of luck for this exciting competition year. The Regional advancement events will be held in each of the summer sports all over the country. Athletes competing in these events will aim to represent their regions in the Special Olympics Ireland Games in 2014.

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CONNAUGHT

CONTACT US:
 Special Olympics Connaught
 Tel: +353 (0)71 911 8320
 Email: connaught@specialolympics.ie

Announcement of Connaught Annual Regional Meeting (ARM)

Thursday 21st March at 7:30pm

McWilliam Park Hotel, Claremorris, Co. Mayo.

As this meeting is very important to the region I ask you to make all the members in your club/event team or committee aware of the date and venue and encourage as many of them to attend and share in discussions on matters of importance to the region. The meeting will commence at 7:30pm for approximately 2 hours. It is very important to remember to nominate two delegates to attend as they will have voting rights (if needed) on behalf of their club/programme. I hope that as many of the members of Special Olympics in the Connaught Region have the opportunity to attend this ARM and I look forward to meeting you all there.

Myra Merrick, Regional Director

Connaught ALPs Awards



The Annual ALPs Awards and Dinner took place at the McWilliam Hotel, Claremorris, Co. Mayo in December. The theme of the evening, selected by the athletes, was "Your County Colours". This proved to be both very colourful and very imaginative as athletes and mentors wore their colours with pride.

Seven awards were presented on the night - 6 bronze and 1 gold award. The bronze awards were presented by Regional Chairperson, Maire Allen, to Amy Clarke and Katie Dillon, Mountbellew Tigers, Kevin Hardiman, Margaret Greally, Justin Hardiman and Karen Gale, all from Loughrea Training Centre, with the gold award being presented to Bridget Walsh, South West Mayo ALPs group.

Certificates of recognition were presented to mentors and trainers by Regional Director, Myra Merrick.

Pictured above is ALPs Mentor Majella Loftus with athlete Bridget Walsh being presented with her Gold Award from Connaught Regional Chairperson Maire Allen

Football International Caps



Dublin City Hall was a suitably impressive venue for the 7th Annual FAI Football for All International Caps Awards. Connaught athletes John Paul Shaw and Joe Shaw from Longford who compete with Mullingar Shoot n Stars Special Olympics Club received their caps. Congratulations to both brothers on a fantastic achievement. Coach Michael Keenan stated 'I was thrilled to hear the two lads were awarded their international caps, they have been committed to the Special Olympics football programme with the Mullingar Club for many years and still have a great appetite for the sport'.

Pictured above are the Mullingar Shoot n Stars Special Olympics Club members including the Shaw brothers.

Superhero/Princess Day



A total of €16,000 was raised as part of our Annual Super Hero / Princess Day in 2012. We would like to thank all the crèches, preschools and childcare facilities throughout the region that signed up for this fundraising event and made it a great success.

Connaught Regional Sports Events Calendar

Special Olympics Connaught have volunteer vacancies at the events listed below. This is a regional event year so each event will have athletes from all over the region taking part. These events cannot run without the support of volunteers. No specific skills are required for most roles so if you are available, please contact the regional office or sign up online.

We also require qualified medical & first aid volunteers for all our sports events. If you have a medical / first aid qualification and are interested in becoming involved in our sports events please contact us.

DATE	EVENT	VENUE	TIME
7 Mar	Table Tennis	GMIT, Castlebar, Co. Mayo	10am-3pm
9 Mar	Bowling	City Limits, Oranmore, Galway	9am-3pm
13 Mar	Equestrian	Sligo Riding Centre	9am-3pm
20 Mar	Gymnastics	Athlone Gym Club	9.30am-3pm
13 Apr	Basketball (Team)	Kingfisher NUIG, Galway	9am-3pm
24 Apr	Aquatics (Cat 2 & 3)	Leisureland, Salthill	10.15am-3.30pm
2 May	Pitch & Putt	Berties Pitch & Putt, Sligo	10am-3pm
8 May	Football	Leacarrow Football Club	9am-3pm
15 May	Athletics	I.T. Sligo	8am-4pm
29 May	Golf	Ballinrobe Golf Club	9am-4pm
8 June	Kayaking	Loughlanagh, Castlebar	9am-4pm
22 June	Bocce	Kingfisher NUIG, Galway	8.30am-4pm



Athletes from Loughrea Training Centre take the first steps on the Coaching Ladder

Special Olympics athletes Justin Robinson and Maurice Fahy (pictured) took their first step into the world of coaching by taking part in an Introduction to Coaching Practices Course in 2012 which gave them the basic level of skills for coaching. Their certificates were awarded by Special Olympics Ireland with Coaching Ireland accreditation as part of the National Coaching Development Programme.

Loughrea also had four athletes take part in the Kick Start Soccer Coaching course run by the Football Association of Ireland (FAI) in September last year. Three of the athletes take an active part in soccer development days and Connaught league soccer games as players. The athletes have found that their new-found skills has given them the edge on the game, and hopefully a new-found enthusiasm to do more coaching courses and give back what they have learned to other athletes.

Part time Special Olympics Employment Opportunities

Special Olympics Ireland currently has vacancies in **Dublin and Cork** for part time Office Assistants on a FÁS Community Employment Scheme. Please contact Cathy Ham on +353 (0)71 911 8326 or +353 (0)87 618 3591 or email cathy.ham@specialolympics.ie for further information.

EASTERN REGION

CONTACT US:

Special Olympics Eastern Region

Tel: +353 (0)1 8912000

 Email: eastern.region@specialolympics.ie

Open Water Swimming programme to be further developed



In 2012, thirteen athletes participated in the pilot Open Water Swimming (OWS) Programme. From the 13 athletes 9 competed in our first Open Water Sea Swim in Wicklow Harbour in August. Open Water swimming is a wonderful opportunity for athletes to develop their swimming skills. Athletes must be competent swimmers with the ability to swim at least 100m to participate in the OWS Programme. We hope to develop the OWS Programme further by introducing more athletes, coaches and volunteers to the programme. If you would like to get involved or receive more information please contact us.

MEET our athletes



**James
Woodgates**

**Blue Dolphins
Special
Olympics Club**

Co. Wicklow

My name is James Woodgates. I live between Kilcoole, Newtownmountkennedy and Kilquade in Co. Wicklow. I would prefer to live in Wicklow Town where I would see lots of people.

I joined Blue Dolphins Special Olympics Club seven years ago. I wanted to meet more people and I always loved swimming. I also wanted to help out. I like going to the sports hall after swimming training where I meet people doing other sports. I swim on my front but I do try backstroke. In the All-Ireland Games in Belfast I won a gold medal. Some competitions I like but not all, because of the steps getting into the pool. But I must get over this.

In Blue Dolphins we have an award night every year. I got the award for "Swimmer of the Year" in 2008. This year we all got club handbooks. I think I will try basketball this year. I like to dribble and shoot. I tried athletics a few years ago and I went very weak. But my feet hurt and my coach discovered I was wearing the wrong shoes. I have sorted that out now and I will think about going back.

The volunteers in Special Olympics listen to you and I like that. My family bring me to things and I feel very happy when they come and very proud. I feel important no matter what I do in Special Olympics.

Training Opportunities – Coaching & Development

Volunteers and coaches are absolutely essential to the Eastern Region. Without you, the programme simply cannot operate effectively. As a coach you provide athletes with encouragement, guidance and technical support to help them reach their full potential.

Special Olympics Eastern Region run a number of coaching courses and volunteer training courses across the region throughout the year for both new and existing volunteers. Please contact the Eastern Region Office if you wish to attend any of the courses below.

Introduction to Coaching Practices

February 24th 2013, Ballyfermot Leisure Centre

Athletics Officials Course

April 17th 2013, Eastern Region Office, Northpark

Golf Skills Training Day

April 28th 2013, Charlesland Golf Course

Details on any upcoming National Governing Body coaching and officials training courses will be posted on the website as they become available.

Leagues and Tournaments

In the 2012-2013 sporting calendar we are providing competitive opportunities to athletes through our leagues and tournaments. Each league and tournament climaxes with the awards presentation on the finals day.

Please come along to support the athletes competing in your local area.

Aquatics League Finals

February 24th 2013, Ballyfermot Leisure Centre

Bowling Tournament Finals

April 28th 2013, Superdome, Palmerstown

Football League Finals

May 26th 2013, St. Joeys, Sallynoggin

Eastern Region Sports Events Calendar

Special Olympics Eastern Region have volunteer vacancies at the events listed below. This is a regional event year so each event will have athletes from all over the region taking part. These events cannot run without the support of volunteers. No specific skills are required for most roles so if you are available, please contact the regional office or sign up online.

DATE	EVENT	VENUE
3 Mar	Gymnastics (Artistic)	Janz Gymnastics, Sandyford
8/9 Mar	Bocce	National Show Centre, Swords
20 Mar	Equestrian	Cherry Orchard Equine Centre, Dublin 10
13 Apr	Table Tennis	SportsCo, Ringsend
20/21 Apr	Basketball*	DCU Sports Hall
20/21 Apr	Football*	AUL Complex
28 Apr	Bowling Tournament Final	Superdome, Palmerstown, Dublin 20
14 May	Golf	Charlesland Golf Club, Greystones
19 May	Badminton	Baldoyle Badminton Centre, Dublin 13
9 June	Football League Final*	St Josephs FC, Sallynoggin
28 May	Pitch & Putt	Glenville Pitch & Putt Club, Dublin 24
28/29 June	Bowling	Leisureplex Blanchardstown, Dublin 15
28/29 June	Athletics	Morton Stadium, Santry, Dublin 9
28/29 June	Aquatics	National Aquatic Centre, Dublin 15
6 July	Kayaking	Avon Rí, Blessington

*Basketball and Football: We are looking for qualified basketball and football volunteer referees for our up-coming regional events and leagues. If you are interested but do not currently have a refereeing qualification, please forward your details and we will try get you included on the next FAI or Basketball Ireland Course.

VOLUNTEER OPPORTUNITIES

Games Management System

We urgently require computer proficient volunteers to support our Regional 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.

Office Volunteers

We are looking for general volunteers to join our Support Centre team in the Eastern Region Office located in Dublin 11 just off the M50. The volunteer Support Team is responsible for recruiting volunteers for sports events, fundraising events, local clubs, data entry, updating the Eastern Region website among other activities. If you would like to join the volunteer Support Centre team please contact us.

SAVE THE DATE! The Special Olympics Eastern Region Annual Regional Meeting (ARM) will take place on Monday 8th April at 7:30pm in the Crowne Plaza Hotel, Blanchardstown, Dublin 15.

LEINSTER

CONTACT US:
Special Olympics Leinster
Tel: +353 (0)1 6296999
Email: leinster@specialolympics.ie

2013 Regional Bocce Event

Volunteer Pat Wall, Bocce Event Manager reports on the Leinster Bocce Event held in February this year.



The 2013 Regional Bocce Event, the most successful to date, was held in the Heritage Golf and Spa Resort in January. Bocce in Leinster is going from strength to strength resulting in 146 athletes securing their places in the regional event out of a pool of 240. The athletes were divisioned by ability into 25 different divisions and over the two-day event, 175 games were played on 8 courts.

Each athlete did their utmost and played to a very high standard in both play and sportsmanship. TD Sean Fleming attended and presented awards to the athletes and was joined on the day by other guests including Portlaoise Garda Sergeant Justine Reilly and Garda Tara Reddin, Councillors John Joe Fennelly, Padraig Flemming and Tom Mulhall, Garret Culliton from the Laois Partnership and Ross Munley, Laois County Football Player.

It was great to see so many family members attending to support and encourage the athletes in their competition events.

Pictured on the left are (top photo) volunteers Aileen Bryan and Maureen Condon and (bottom) athletes Grainne Hennessey from Gorey Area Special Olympics Club and behind her Teresa Maguire from Portarlinton Friends Special Olympics Club.

Photo credit Adrian Doyle

Leinster Regional Sports Events Calendar

Special Olympics Leinster have volunteer vacancies at the events listed below. This is a regional event year so each event will have athletes from all over the region taking part. These events cannot run without the support of volunteers. No specific skills are required for most roles so if you are available, please contact the regional office or sign up online.

DATE

EVENT

VENUE

Kildare Sports Cluster

19-20 Apr 13 Aquatics The Curragh PE Facility, Kildare

19 Apr 13 Golf The Curragh Golf Course, Kildare

19 Apr 13 Equestrian Kill Equestrian Centre, Kildare

Meath Sports Cluster

27 April Football (5-a-side) Gormanston College, Meath

27 April Basketball Gormanston College, Meath

25 May Football (5-a-side) Gormanston College, Meath

25 May Basketball Gormanston College, Meath

Kilkenny Sports Cluster

7-8 June 13 Athletics The Watershed, Kilkenny

8 June 13 Pitch & Putt Lacken Pitch & Putt, Kilkenny

CLUB VOLUNTEER OPPORTUNITY

Kilkenny

Kilkenny Kats Special Olympics Club is currently looking to recruit new volunteers and new athletes for their club sessions. The club meet every Thursday at 6:00pm in Loreto Secondary School, Kilkenny. If you are interested please get in touch if you want to help out – previous experience or coaching is not required, but will be welcome - we need people who are willing to help generally across different areas. For further information, contact Brenda Whitely on 087 2802418.

SAVE THE DATE! The Special Olympics Leinster Annual Regional Meeting (ARM) will take place on Saturday 13th April at 2:00pm in the Osprey Hotel, Naas, Co. Kildare.

Will your company take on the 2013 Irish Sports Council Challenge?



Healthy and active employees are more effective employees, so we are asking companies to get involved in the Sports Council Challenge to motivate their staff to get more active and take an interest in their health. This is a 4 week challenge which will take place in May 2013.

Companies taking part will set physical activity challenges to accomplish over four weeks in May. Setting a challenge or goal will make it easier to keep people involved and interested. Whether your company decides to cycle the equivalent distance of the Tour de France on Irish roads or climb the equivalent of Mount Everest in the Wicklow Mountains over the four weeks, the choice is up to you. Whether you have 5 or 50 employees it doesn't matter, the sky is the limit when it comes to deciding on your challenges. All that matters is that your employees are motivated to increase their physical activity levels and enjoy the challenges they get involved in.

Special Olympics Ireland have been chosen as the charity partner for 2013 so perhaps you would like to consider raising funds for Special Olympics as part of your Sports Council Challenge.

Full details can be found online at:
www.specialolympics.ie/sportscouncilchallenge

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 or Special Olympics Ireland
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 Email: fundraising@specialolympics.ie
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**www.specialolympics.ie/caminoway
www.caminoways.com**

MUNSTER

CONTACT US:
Special Olympics Munster
 Tel: +353 (0)21 497 7192
 Email: munster@specialolympics.ie

Volunteer Joe Murtagh honoured by Volunteer Ireland



Special Olympics Munster volunteer, Joe Murtagh, was shortlisted from hundreds of volunteers in the Sports Volunteer category of the Volunteering Ireland awards held in the City Hall, Dublin in December.

It was a great evening of entertainment and excitement as all the finalists assembled. Special Olympics Munster and Ireland were represented and Joe's family travelled to the awards. We were very proud to see that one of our own volunteers from Munster was honoured by being presented with his finalist award on the night.

It was a much-deserved award for Joe, who began his volunteering with Special Olympics during the 2003 World Games in Dublin. At the Games in Dublin, Joe was a transport pool driver, transporting celebrities and foreign delegations around to the venues. Immediately after the Games Joe volunteered for the Special Olympics Munster programme and was instrumental in setting up the Munster Volunteer Support Centre in the Cork office, and he also joined the Munster Committee as Volunteer Officer. After a number of years in this position he became Munster Events Officer and began the work of forming the Munster Event Support Team. This team is a group of very experienced event volunteers who assist in training event teams, assessing events for minimum standards and are always on hand to assist with event teams as the need arises. Well done Joe, from all of us in Special Olympics Munster.

New Equestrian Club rides out in Castlewhite

Special Olympics Munster is delighted to welcome Castlewhite Equestrian Special Olympics Club to the Munster programme. Castlewhite Riding Centre has been a huge supporter of the Special Olympics Munster Equestrian program over a long number of years and many of our regional equestrian events have been held at the venue.

The club trains on Saturday mornings in Castlewhite Riding Centre and is going from strength to strength. For further information on how to get involved or support the club please contact, Club Secretary, Kevin O'Mahony on 086 8271804.

Castlewhite Equestrian Special Olympics Club have a very dedicated group of enthusiastic volunteers and Special Olympics Munster would like to acknowledge all their hard work in setting up the club as well as their on-going support of the equestrian programme. We would like to wish our newest club every success in the years ahead.

Pictured is head coach Kay Murphy and volunteers from Castlewhite Special Olympics Club with athlete Norma Murphy



Coaching Conference

We are delighted to announce that the Inaugural Special Olympics Munster Coaching Conference will take place in University of Limerick on Saturday March 23rd. The theme of is "Promoting a Season Long Approach to Coaching Within Special Olympics".

Cork's All-Ireland winning player and manager, Conor Counihan, will deliver the opening address, and former Munster, Ireland and Lions rugby star, David Wallace, will host a questions and answer session during the day.

A range of speakers will present on topics such as diet, nutrition, event selection, preparation for competition, and physical fitness. The aim of this conference is to give coaches some very useful, practical ideas that they can implement in their clubs, thus benefiting athletes across all our sports.

If you are actively coaching within one of our clubs, then this is an event not to be missed. Spaces are limited, so get your name in quickly!

Munster Regional Sports Events Calendar

Special Olympics Munster have volunteer vacancies at the events listed below. This is a regional event year so each event will have athletes from all over the region taking part. These events cannot run without the support of volunteers. While we need volunteers with experience in officiating at our events, no specific skills are required for most roles so if you are available, please contact the regional office or sign up online.

DATE	EVENT	VENUE
2 Mar	Aquatics	Mallow Pool, Cork
9 Mar	Table Tennis*	Little Island, Cork
25 Apr	Equestrian	Killoteran, Waterford
27 Apr	Basketball Cup	University of Limerick
29 Apr	Golf	Doneraile Golf Club, Co. Cork
18 May	Athletics	Waterford Regional Sports Centre
20 May	Golf	Charleville Golf Club, Co. Cork
23 May	Equestrian	Clonshire, Adare, Co. Limerick
25 May	Athletics	Cork Institute of Technology
27 May	Golf	Doneraile Golf Club, Co. Cork
10 June	Golf	To be confirmed
15 June	Athletics	Cork Institute of Technology

*Table Tennis - officials and umpires are also needed for this event

OTHER VOLUNTEER OPPORTUNITIES

Cork	Cork Special Olympics Swimming Club require volunteer to assist with the swimming programme in Lota Pool, Silversprings, Cork. The club trains on Monday evenings from 6:00pm-7:00pm. Please contact Christine McCarthy 087 8133339 for more information.
Cork	The Volunteer Support Centre in the Special Olympics Munster Office in Cork is looking for volunteers with office experience and, in particular IT skills, to give some time on a weekly basis to assist with the administration of the programme.



Left: Transition Year students from Colaiste An Croibhin Fermoy who volunteered at the Munster Swimming Gala held in Fermoy.

Middle: Athletes from Skellig Stars Special Olympics Club who took part in the Basketball Skills Event in the University of Limerick.

Right: Athletes from Bruff All-Stars Special Olympics Club meet actor Emma O'Driscoll backstage at their annual Club trip to the pantomime.

SAVE THE DATE! The Special Olympics Munster Annual Regional Meeting (ARM) will take place on Monday 25th March at 7:00p.m. in the Hibernian Hotel, Mallow, Co. Cork.

ULSTER

CONTACT US:
Special Olympics Ulster
Tel: +44 (0)28 9023 9023
Email: ulster@specialolympics.ie

Special Olympics enters into new partnership with Ulster Business School



Athletes from Coleraine Cougars Special Olympics Club pictured with staff members from the University of Ulster and Keith Thompson, Regional Development Officer Events and Volunteers, Special Olympics Ulster

The Ulster Business School, through its Department of Hospitality and Tourism Management, has entered into a new partnership with Special Olympics Ulster. Students undertaking its Bachelor of Science (BSc) degree in Leisure and Event Management will now be able to gain practical experience volunteering at local Special Olympics events, thus significantly enhancing the theoretical events skills taught on the course.

Dr Adrian Devine, Course Director explains: "In the past few decades event management has grown and matured into a legitimate and widely recognised profession. This growth is reflected in the increased demand for the BSc degree in Leisure and Events Management which is based at the Coleraine Campus. The Events industry is very competitive and only those students with appropriate theoretical and practical skills will succeed in such a dynamic and evolving industry. This new partnership with Special Olympics will enable our students to develop those skills thereby improving employability and demonstrating global citizenship in action."

Engagement with Special Olympics begins in year one when all BSc Leisure and Event Management students register as official volunteers, attend workshops on intellectual disability and become familiar with how Special Olympics organise its events.

Welcoming the new partnership Keith Thompson, Regional Development Officer Events and Volunteers for Special Olympics said: "The Special Olympics Ulster Events Programme is planned, organised and delivered by our teams of dedicated volunteers from across the Region. This partnership with the Ulster Business School provides a great opportunity for Special Olympics to raise the awareness of our programme and continue the development of quality competition".

Inclusive Activities Tracking

Inclusive Activities are a great opportunity for athletes with and without a disability to take part in sports activities together. Additionally it is a great opportunity to increase public awareness of the Special Olympics Programme. If your club is taking part in an Inclusive Activity or would like some assistance in organising an inclusive activity please contact us. There is a recently published Guide to Inclusive Activity available from the office.

Volunteer Forum 2013: The Volunteer Pathway

Special Olympics Ulster is delighted to launch our Volunteer Forum 2013 and would like to invite all volunteers from across the region to attend on Saturday 2nd March 2013 in Holiday Inn Express, Belfast from 11:00am - 3:30pm.

It has been two years since we last hosted a Volunteer Forum in the region. The Forum provides a platform for volunteers to come together and express their interests, opinions and ideas with a view to helping to drive Special Olympics Ulster forward.

This year's Volunteer Forum will focus on the Volunteer Pathway and will aim to address the issues and challenges clubs/volunteers face when recruiting, recognising and retaining volunteers. We have chosen Holiday Inn Express, Belfast as the location as this is where our new offices will be based from Spring 2013.

For further information and a booking form please contact the regional office. We have 60 places available on a first come first served basis.

SAVE THE DATE! The Ulster Annual Regional Meeting (ARM) will take place on Wednesday 6th March at the South West Regional College (Omagh Campus, 2 Mountjoy Road, Omagh, BT79 7AH) at 7:00pm.

Ulster Regional Sports Events

Special Olympics Ulster have volunteer vacancies at the events listed below. This is a regional event year so each event will have athletes from all over the region taking part. These events cannot run without the support of volunteers. No specific skills are required for most roles so if you are available, please contact the regional office or sign up online.

DATE	EVENT	VENUE
9 Mar	Basketball	Antrim Forum, Antrim
22 Mar	Artistic Gymnastics	Belvoir Activity Centre, Belfast
11 Apr	Equestrian	RDA Causeway Arena, Coleraine
19-20 Apr	Bocce	Jim Baker Stadium, Parkgate
27 April	Badminton ¹	National Badminton Centre, Lisburn
10 May	Golf ²	Killymoon Golf Club, Cookstown
18 May	Football	Mid Ulster Sports Arena, Cookstown
31 May-1 Jun	Aquatics	Lisburn Leisureplex, Lisburn
15 June	Kayaking ¹	Gartan Outdoor Ed Centre, Letterkenny
28-29 June	Athletics ³	Antrim Forum, Antrim

¹**Badminton and Kayaking:** Volunteers with a background in health and safety who can take on the role of Safety Officer are needed for these events.

²**Golf:** Volunteer for the role of Event Services Manager is required for this event. No experience in this role is necessary, training will be available.

³**Athletics:** We are looking for a volunteer to take on the role of Volunteer Services Coordinator for the Athletics event. No experience is need, training will be available.

CLUB VOLUNTEER OPPORTUNITIES

Belfast	Aquinas Special Olympics Club: Club Management Volunteers needed for this club that meets on Monday evenings from 5:00-6:00pm in Aquinas Grammar School. No experience needed.
Belfast	All Stars Special Olympics Club: This club meets on Sunday from 2:00-3:00pm in Thiepval Barracks/Mary Peters Stadium and are looking for general volunteers to help. No experience needed.
Belfast	Belfast Eagles Special Olympics Club: This club trains at various golf locations are seeking Club Management Team volunteers. No experience needed.
Bangor	North Down Special Olympics Club: General volunteers needed on Monday evenings from 7:00pm-8:00pm. No experience needed.
Newcastle	Shimna Starts Special Olympics Club: Based in Shimna Integrated College, the club is seeking to recruit a Club Secretary. No experience needed.
Enniskillen	Lakeland Special Olympics Club: This club meets on Saturday mornings from 10:00am-11:00am at Erne Integrated College and are looking for general volunteers to help. No experience needed.
Newry	Zenith Special Olympics Club: Gymnastics club based in Newry Sports Centre needs general volunteers to help on Saturday from 3:00-4:00pm. No experience needed.
Antrim, Carrickfergus & Magherafelt	We are in the process of establishing new clubs in these areas and would welcome volunteers willing to assist us in any capacity..

SPORTS NEWS

European Basketball Week 2012

The Special Olympics men's and women's National Basketball Cup and Plate took place in Gormanston College, Co. Meath in November with 15 teams participating. The games were very competitive and displayed impressive basketball skills, unquestionable dedication and fantastic sportsmanship. Special Olympics Ireland Patron Micheal O'Muiricheartaigh, Basketball Ireland's Louise O'Loughlin and Special Olympics Ireland CEO Matt English presented the medals and silverware to the teams. The results on the day were as follows:

Men's Cup:

1st: Palmerstown Wildcats Special Olympics club
2nd: Waterford Special Olympics Club

Women's Cup:

1st: Blue Dolphins Special Olympics Club
2nd: Antrim Borough Special Olympics Club
3rd: Shrewleen Special Olympics Club
4th: Limerick City Special Olympics Club



Micheal O'Muirecheartaigh presenting the Women's National Basketball Cup to Blue Dolphins joint captains Julianne Moran & Caitriona Brady.

Men's Plate:

1st: Limerick City SO Club
2nd: Connaught
3rd: Shrewleen Special Olympics Club and Ards SO Club
4th: Prosper Fingal and Sports Club 15

Women's Plate:

1st: Connaught
2nd: Sports Club 15
3rd: Killester Special Olympics Club

COACHES CORNER

New Coaching Resources

Over the past year, we have been working hard to develop some really useful resources for all of our coaches. We know that you are all very busy people and so we want to make all of our information as easy for you to access as possible. So, just a quick reminder of all of the guides we have produced for you this year. Remember, you can find all of these on our website or pick up hard copies at your regional office

- Inter-club Activity Guide
- Older Adults Activity Guide
- Readiness for Competition (Coach Tips & Flow Charts)
- Sports Regulations
- Sport and Event Selection
- Inclusive Sports Guide

Don't keep it to yourself - tell us about your qualifications!

You have all worked hard for your coaching awards and qualifications, so if you do hold a qualification, please call your regional Volunteer Support Centre to ensure we hold the most up to date details for you. Having accurate information on who and where our coaches are and on the level of their certification helps us to develop a coach education programme to meet your needs as coaches and, most importantly, the needs of our athletes!

If you are interested in updating your qualifications or taking the next step on the coaching ladder, please contact your local regional office and they will be able to advise you.

Golf Coaches Forum October 2012

In October, 28 coaches took part in a Golf Coaches' Forum in Carton House and availed of their golf and training facilities. The Forum was a training day for coaches and involved presentations and a practical session from PGA Teaching Professional Gillian Burrell as well as a presentation from guest speaker, Liam Moggan, Coach Education Development Officer, Coaching Ireland. The day was an ideal opportunity for coaches to recap on their coaching skills and share ideas with other coaches.

We want to hear from you! If you have suggestions of topics you would like us to cover, we want to hear from you, so send your suggestions to Fiona.murray@specialolympics.ie

HEALTH in Focus

Special Olympics Clubs get healthy for the New Year!

In January, six Special Olympics Clubs have taken on the Health Promotion Programme which brings the number of clubs participating to 58. The programme enables athletes and volunteers to learn more about being healthy. These clubs are:

- Co Action Beara
- Co Action Skibbereen
- Co Action Bantry
- Club Ash Special Olympics Club
- KARE Edenderry
- Newpark Nemos Special Olympics Club

If your club would be interested in taking on the Health Promotion Programme or for more information call Carol Farrell on 01-8691669.

New recipes!

If you're a fan of our user-friendly recipes then you are in luck – we have some fantastic new recipes available on the website which you can access at www.specialolympics.ie/health in the Athlete Resource section. Here you will find lots of healthy inspiration for the New Year. If you have any healthy recipes which you would like to see featured on our website please send them to carol.farrell@specialolympics.ie



Get up, get out and get active!

In January it seems like you can't turn on the TV or radio or open a paper without hearing about some new weight loss fad. One of the easiest and most accessible things that you can do for your health is to go for a walk. Rain, hail or shine - all you need is a good pair of walking shoes and either a rain jacket, a woolly hat, sunscreen or all of the above! There's no expensive membership fees and no complicated equipment which you need a degree to figure out.

The National Physical Activity Guidelines say that we should take 30 minutes of moderate intensity physical activity on at least five days of the week. Now what exactly is moderate intensity physical activity I hear you ask? Basically, it means any physical activity which causes your heart to beat faster than normal - your breathing is harder than normal so you should feel warm or slightly sweaty. Often we say you're at moderate intensity when you can talk but not sing. So, if you are still able to sing along to Adele on your MP3 than you need to move a bit faster!

Regular physical activity reduces your risk of chronic diseases, such as coronary heart disease (CHD), type 2 diabetes, stroke, cancer, osteoporosis and depression. For older people regular physical activity reduces the risk of falls and resulting injuries.

HEALTH SERVICES

2012 was a busy and productive year in Health Services focusing greatly on the areas of Code of Ethics and Good Practice and Intellectual Disability Education.

Code of Ethics and Good Practice

Throughout the programme a number of athletes have attended the Athlete Code of Ethics workshop learning more about their roles, responsibilities and conduct in sport and Special Olympics. There is increasing demand for these workshops with workshops being organised in Eastern, Connaught and Ulster Regions in the next few months.

Intellectual Disability Education

Following the review of the Intellectual Disability Education Modules by Intellectual Disability Nursing Discipline, Trinity College Dublin the modules have been adapted to incorporate up to date information and best practice and also making them more interactive to ensure clubs and volunteers gain more from them.

The education modules are available to all volunteers.

Congratulations to our new tutors for the Education Modules and the Athlete Workshops; we are very excited to have you on board in delivering these programmes. This spring, we are working to build up the tutors' confidence in delivery so if your club is interested in booking us for a workshop contact us.

So what about 2013?

Thank you to the nurses for your on-going support of our Regional events. This year we will be working with the regions to update the information you need about Special Olympics Ireland and the supports you have when acting in the role of medical at our events.

In Code of Ethics and Good Practice the Social Media Guidelines will be delivered to the clubs over the coming weeks so keep an eye out for them. We are also working on the best practice when using physical contact in coaching athletes in bocce and the motor activities training programme.

If you have any comments or queries on the Health Services please contact Muireann +353 (0)1 869 1615 or email to muireann.niriain@specialolympics.ie.

10 Years Later...

10 years ago Ireland proudly hosted the 2003 Special Olympics World Summer Games. One of the iconic events held as part of those Games was the Final Leg Law Enforcement Torch Run.



In 2003, Police Officers from all over the World carried the Flame of Hope from Athens across Europe and into Ireland. On 13th June 2003 the Flame of Hope arrived in Ireland and during the next 9 days the Flame of Hope visited over 90 towns and villages in Ireland on it's way to Croke Park for the Opening Ceremony on 21st June.

Over the years both An Garda Síochána and the Police Service Northern Ireland or PSNI have been fantastic supporters of Special Olympics Ireland. Not only are they the proud Guardians of the Flame of Hope, they also organise many fundraising activities. Here are just a few of their more recent activities.



2013 Law Enforcement Torch Run visits Team Ireland athletes' communities

On Thursday 24th January, representatives from An Garda Síochána and the PSNI joined Special Olympics Team Ireland athletes for the Law Enforcement Torch Run. This Torch Run was organised to take place a day before Team Ireland departed Dublin to take on the World at the 2013 Special Olympics World Winter Games in South Korea.

Four torch run teams toured Ireland on the day with Torch Run ceremonies taking place in the towns and cities that the Team Ireland athletes come from: Dublin, Bray, Limerick, Cork, Waterford, Lisburn, Portadown, Armagh and Lurgan. A special ceremony also took place at Leinster House, Dublin, attended by Minister of State for Tourism and Sport, Michael Ring T.D.

Following on from this, four police officers from Ireland travelled to South Korea to take part in the Final Leg Law Enforcement Torch Run for the 2013 Special Olympics World Winter Games. Gary Gordan and Hilda Maloney from An Garda Síochána together with Ewan Balintine and Tim Craig from the Police Service of Northern Ireland helped bring the Flame of Hope to the Opening Ceremony of the Games on 29th January.



Members of An Garda Síochána and the Police Service of Northern Ireland carrying the Torch along Kildare Street, Dublin on 24th January.

Two "Freezin' for a Reason" Polar Plunges organised by An Garda Síochána were held in Waterford and Dublin in December 2012.

In Waterford, local Gardaí, along with members of the Fire Brigade and Waterford hurling heroes, grinned and "bared" it by taking eight chilly dips into an above-ground swimming pool filled with icy cold water from. They were joined by a number of Special Olympics athletes, family members and others from the local community that participated in the once-off plunges.

Over 100 people took the chilly dip on the day and €7,500 was raised to benefit Special Olympics Munster and the local Waterford Special Olympics Club.

At the 40 Foot, Sandycove, Co. Dublin another 100 brave people plunged into the Irish Sea for the Eastern Region Polar Plunge. A large number of Gardaí and Special Olympics athletes were joined by Santa clad ladies from St. Luke's Hospital, some bears, and several elves. Santa himself made an appearance and took time to chat to the children. The Howth Division of the Irish Coast Guard very kindly supported the event and to top it all off the Newtownpark Gospel Choir sang Christmas Carols which really added to the festive spirit.

Cops and Donut Shops

A huge thank you to everyone who supported the Cops and Donut Shops fundraiser in Kilkenny just before Christmas. Gardaí, volunteers and Special Olympics athletes took to Kilkenny High Street to sell Dolly's Doughnuts and raise funds for Special Olympics Leinster. With the continued commitment of the Law Enforcement Torch Run committee and the wonderful support from the people of Kilkenny, over €6,700 was raised in total.



CONGRATULATIONS TEAM IRELAND!

The air of excitement and anticipation was tangible as Team Ireland gathered at Dublin airport on Friday January 25th to depart for the 2013 Special Olympics World Winter Games. Journalists were trying to get those last minute interviews to make the lunchtime news and The Garda Síochána and PSNI were there with the Special Olympics Torch to see the team on their way. This was the start of a momentous journey for the 14 athletes, 8 of whom would be participating in Floorball, a demonstration sport at these Games. The other 6 athletes would take part in Alpine Skiing in the slalom, giant slalom and super G events.

The journey to these Games began in 2011 when all of the athletes participated in their regional events in order to qualify for Ireland Winter Games in 2012. It was from these Games, which were held in Kiltarnan (Alpine Skiing) and University of Limerick (Floorball), that the athletes were selected to represent Special Olympics Ireland in South Korea. Training sessions were a vital component to the preparation of the team and all athletes worked extremely hard in terms of improving their overall fitness and monitoring their nutritional intake.

After a 16 hour flight, Team Ireland arrived in Seoul, South Korea on Saturday 26th January where they were warmly welcomed by the Games Organising committee. The team then travelled to their Host Town at Seoul Women's University. Here there was an opportunity to relax, acclimatise and take in some of the wonderful Korean culture over three days before the Opening Ceremony on Tuesday 29th January in YongPyeong Dome, PyeongChang.



Alpine Skiing

Alpine Skiing took place at YongPyeong Resort. Divisioning took place over the first few days and huge congratulations to athlete Gary Burton, who was moved from Novice level up to intermediate, an exceptional achievement for him.

There was an amazing atmosphere at Alpine Skiing as the Floorball team arrived to cheer on their fellow team mates, alongside family members and a group of Irish people who are living in South Korea. There was a sea of green that could be heard for miles.

All the hard work and training paid off when the Alpine skiers took home 3 Gold, 6 silver, 2 bronze, 4 4th place ribbons and 2 sixth place ribbons.

Team Ireland Alpine Skiing: Ryan Hill, Gary Burton, Stuart Brierton, Rosalind Connolly, Katherine Daly and Lucy Best.

Congratulations to each athlete on their achievements, all the hard work and dedication to training has paid off. A very sincere thank you to the coaches and Management Team for their commitment and support, roles such as this are very demanding and each and every one gave tirelessly to ensure the success of the Team. Management Team: Paul O'Callaghan, Floorball Head Coach; Martin O'Leary and Louise O'Toole, Floorball Coaches; Elaine Byrne, Alpine Skiing Head Coach; Jill Sloan and Len Gallagher, Alpine Skiing Coaches; Julie Dwyer, Medical Coordinator; and Barbara Cahill, Head of Delegation.



Floorball

The Floorball team went straight into divisioning pool matches and competition. There were 8 teams in the competition with the exception of South Korea all were from Special Olympics Europe-Eurasia. Team Ireland was placed in the 2nd division with Switzerland, Austria and the host country South Korea. The quality of play across the board was outstanding and the atmosphere in the Gangneung University Stadium was unbelievable. Music blared every time a goal was scored!

Team Ireland were on tender hooks in their final pool game against Austria and came back from 5 – 1 down to lose by one point 6 - 5. Head Coach Paul O'Callaghan and coaches Martin O'Leary and Louise O'Toole were so proud of all the players on their admirable sportsmanship.

The final result for the Floorball Team was Bronze Medal beating South Korea 11 -01 in the Bronze medal play off. A huge achievement and well played by the Team.

Team Ireland Floorball Athletes: Aidan Cross, Brendan O'Sullivan, James Murphy, William McGrath, George Fitzgerald, Joseph McCarthy, Sean Murphy and Roy Saville

A complete set of Team Ireland results is available on our website at:

www.specialolympics.ie/wintergames

EMPLOYER SUPPORTED VOLUNTEERING

IN ACTION

Olga Tighe Kennedy, one of our newest volunteers, recounts her first Special Olympics event experience which was supported by her employer Allergan.

Several months ago, a number of people representing Special Olympics Connaught had an information table outside of the Allergan Canteen where I work. Being curious, a few of us sauntered over to see what was going on. I knew little about Special Olympics but their request for volunteers to assist at events in the summer months seemed like a prospect to learn a little more. In addition, the management in Allergan Westport were supporting this initiative and allowing volunteers to attend an event during the week.

It seemed simple enough, just sign the sheet along with the 30 others who had done so before me and Special Olympics Connaught would contact me with details of how to help. I got a welcome e-mail which provided me with an on-line training programme. The training set out the Special Olympics ethos and structure and I completed the training (twice!) and passed. All that was left was to submit photo identification and complete a vetting application and wait.

I was cleared to attend the Ballinrobe Golf Event in May 2012, and found that of all those from Allergan who had expressed an interest, only 4 of us had followed the process through to completion.

A little nervous, I made my way to the Golf club at 9:00am not knowing what to expect. When I arrived there were people rushing here trying to organise and line out a myriad of events. I managed to find an equally lost soul and we awaited direction and advice over a coffee in the clubhouse. It was a nice opportunity to meet with other people who were keen to help in any way they could.

By 10:30am, the car park was hectic with buses and teams arriving from near and far. I had never imagined the numbers of participating athletes of different ages, and abilities. And that is when the fun truly began and by coincidence the dark clouds cleared and the sun began to shine!



I was paired with another volunteer from Sligo and we were responsible for scoring the athletes in the pitching skill. Honestly, I expected this to be a very staid role – the athlete steps up, take their shots, we score them and onto the next person. How far from the truth this was! The athletes were truly joyful, humorous and incredibly supportive of one another. From those aged 16 – 60 years, their ability astounded me. Each participant demonstrated respect for one another and for us too as newcomers to their sport. They were amazing as they saw past how we looked, or where we were from and just accepted and trusted us in the most humbling way.

A break for an hour lunch and it was back to the hard work! With the second round of qualifying competitors rounding the course, we had truly got into the swing of things. It was exciting to see each team pass through. The day passed so quickly and with such excitement. The awards ceremony was the pinnacle of the day and medals awarded to the athletes by the Ballinrobe Golf Club Men's Captain and Lady Captain.

It was clear however that there would have been ample work available for many more volunteers if they had been available. Another event was scheduled for the next morning elsewhere, so the organising team would be busy late into the night and early the next morning. This is clearly more than just a job for these people – it takes real care and dedication to do all that they do never losing focus on what matters – the athletes.

I have since discovered that there are 86 Special Olympics clubs in the Connaught region 40 Community Clubs, 13 Schools and 33 Service all of which embrace the great cohesive powers of people coming together through sport. My experience as a volunteer was fantastic and truly I can hardly wait to have an opportunity to repeat this wonderful experience again.

If you might be nervous at the thought of stepping up to this opportunity, don't be. You will never feel more welcome and will never feel alone in this phenomenal example of all that is good in Irish sport.

Special Olympics Volunteer wins Community Excellence Award

Special Olympics Ireland would like to congratulate John Fisher from Antrim Special Olympics Basketball Club for winning the Antrim Borough Council Community Excellence Award 2012 for Individual Volunteer Contribution. John was presented his award by former Mayor Councillor Paul Michael at an awards evening hosted by the Council.

John commented: "I was extremely honoured to be nominated by the parents of the clubs for an Antrim Community excellence Award for volunteering contribution in the community. It's a sheer pleasure to volunteer at the club and the award is as much for the whole volunteering team as it is for me, as all club volunteers contribute to the club's success. It is the clubs athletes that are the true champions."

Fantastic FUNdraising!

If you've always wanted to run a race, climb a mountain, go for a long walk in sunny Spain or maybe just get out to play golf for a day we have just the challenge for you! Check out what we have on offer for 2013 and contact the Regional Fundraising Coordinator in your regional office if you want to find out more.



Date	Event	Region to Contact
Saturday 30th March	Achill Island 10k, Co. Mayo	Connaught Region www.26extreme.com
Friday 26th April	All Ireland Collection Day	All Regions
Month of May	Irish Sports Council Challenge - will your company get fit for the month of May?	Special Olympics Ireland www.specialolympics.ie/irishsportsCouncil
Sunday 12th May	Run Kildare 10k, Half and Full Marathons. The Curragh, Kildare	Leinster Region www.kildaremarathon.ie
Saturday 18th May	Cooley Cycle Challenge	Eastern, Leinster and Ulster Regions
Monday 3rd June	Flora Women's Mini Marathon, Dublin	Eastern and Leinster Regions www.florawomensminimarathon.ie
Monday 3rd June	Cork City Marathon	Munster Region www.corkcitymarathon.ie
Saturday 15th June	Hell and Back, Bray Co. Wicklow	Eastern Region http://www.hellandback.ie/apollo2013.html
29th June - 6th July	Camino Way, Northern Spain	Special Olympics Ireland www.specialolympics.ie/caminoway
Friday 19th July	Golf Classic, Wexford	Leinster Region
Monday 19th August	Golf Classic, Knightsbrook, Trim, Co. Meath	Leinster Region
September	Paris 2 Nice Cycle Challenge	Special Olympics Ireland http://www.paris2nice.com/
Monday 28th October	Dublin City Marathon	Eastern and Leinster Regions www.dublinmarathon.ie
Saturday 7th December	Clonakilty Waterfront Marathon, Cork	Munster Region www.runclon.ie

Dates to be confirmed for Carrauntoohil Climb and Zip Line (Munster Region), Golf Classic (Eastern Region)

Fundraising Contacts

Special Olympics Ireland

Tel: +353 (0)1 8823972 Email: fundraising@specialolympics.ie www.specialolympics.ie

Connaught Region:

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Leinster Region:

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Munster Region:

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Ulster Region:

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Please volunteer to collect in your area on April 26th 2013



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Email: collectionday@specialolympics.ie
Phone: Sarah on +353 (0)1 869 1608

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