



Frisco Special Olympics

FSO Newsletter

March 2003

Frisco Special Olympics

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PARENT MEETING RECAP

This newsletter is a recap of the parent meeting that took place on Monday, March 3rd. We realize that not everyone was able to attend, but the topics that were discussed are of importance to Frisco Special Olympics athletes.

I've decided to use this entire newsletter about the topics that were discussed at the meeting. I made each topic into different sections to make it easier to read and come back to if you can't read this all at once. Please take the time to read this entire newsletter. We need everyone's support. If you have any questions about anything in this newsletter, please do not hesitate to contact me at 972-712-3093.

Julie Tollefson

DREAMS

As with anything in our lives that is new, we dream about what we want to happen. With the Frisco Special Olympics Organization, I have a lot of dreams for our athletes.

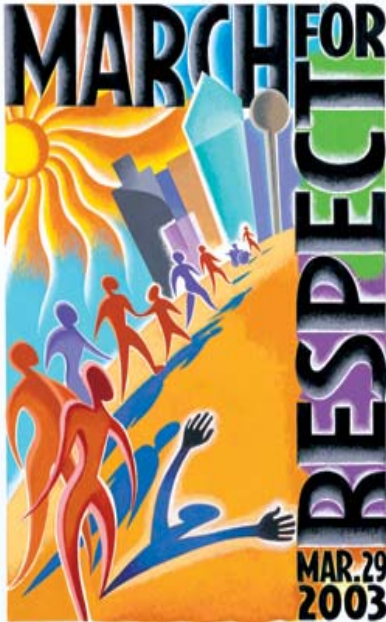
I dream about our athletes having uniforms for competitions and equipment to train with. I dream about a training facility that our athletes can come to whenever they wish. In this facility, I dream about a place where our athletes can come and socialize with other athletes, have fun and play games. I dream that this facility is open year round, where the athletes can come even when off for the summer. A place where **dreams** are made.

I hope some of my dreams will come true, but in order for that to happen,

we need support and commitment from everyone. Within each section, I will describe how each of us can do our part. Whether you can help out a lot or a little, every bit will help. If everyone can take a little chunk out of this big dream and do their part to help it come true, we can make the Frisco Special Olympics Organization the best organization there ever was.

Please consider making a small commitment now, to help create a wonderful future. If any of the events that we have listed in this newsletter interest you, please call me and let me know that you want to help. Every little bit helps!

Frisco Special Olympics to Co-Host March for Respect and Fun Day



Frisco Special Olympics is joining twenty other Metroplex area organizations in hosting the first annual March for Respect on March 29, 2003 at the Dallas West End in celebration of Developmental Disabilities Awareness Month.

sionals, service and non-profit organizations, schools, businesses, worship centers and individuals are invited to participate. Participation is free.

The march will begin at Woodall Plaza, extend 1.5 miles through the downtown area and end with a rally featuring motivational speakers and celebrity guests. A Family Fun Day will follow at the plaza, including an information fair, entertainment, face-painting, clowns, and other exciting activities.

Pre-registration may be done through us by calling Julie Tollefson (972) 712-3093, through the March For Respect website (marchforrespect.org), or by calling The Arc of Dallas, 214-634-9810.

The event will promote the acceptance and inclusion of people with developmental disabilities into all aspects of the community and everyday life. Families, friends, profes-

HOW CAN I HELP?

We would like to put a committee together to organize this for our group. We have already contacted Dr. Reedy, Frisco ISD Superintendent, to help get the word out about this march. We would like to make some type of "Spirit Stick" or something to present to the school that brings in the most marchers. Our goal is to try and win the \$1,000 by having the most pre-registered marchers.

What can you do? If you are interested in being on the committee, please contact me TODAY! This march is at the end of the month, so we need to get organizing. Within the committee, we will design a "Spirit Stick" for the winning school; create reminders or phone each registered marcher to remind

them of when and where the march is. Also, the group that has the "most spirit" wins an award; so maybe making posters, pom poms, or ribbons that all our marchers can carry to show our support and spirit. The more volunteers we have, the little each one will have to do. Please consider helping with this march. This is an important step in achieving our dream. We need to let everyone know that there is a Frisco Special Olympics. We can't grow if no one knows we exist.

M&M'S® KEEP WRAPPERS TO KEEP DREAMS ALIVE

The M&M'S® Brand is partnering with Special Olympics on a promotion that combines winning and giving in a unique way.

Keep Wrappers to Keep Dreams Alive

Consumers can help raise money for Special Olympics by collecting the wrappers showing the Special Olympics sports icons, which printed inside specially-marked bags of M&M'S® Chocolate Candies. The M&M'S® Brand will donate 50 cents for each wrapper that consumers mail in, up to a maximum donation of \$750,000 (\$500,000 minimum M&M'S® donation).



How you can help keep dreams alive:

Collect specially marked M&M'S® Brand wrappers.

Send the specially marked M&M'S® Brand wrappers to M&M'S® Brand. M&M'S® Brand will donate 50 cents for each wrappers received.

Send your wrappers to:
**M&M'S® Brand/
Special Olympics
Keep Wrappers to
Keep Dreams Alive
PO Box 5074
Blair, NE 68009-5074**

HOW CAN I HELP?

Again, this is a great way to let the community know that Frisco has a Special Olympics team. With this promotion, we can get everyone in the city involved. Pretty much everyone eats M&M's and if you don't, buy the bag and throw the candy away. All we want are the bags.

For those that want a small commitment, this is a great one. We would like to have some boxes decorated with Special Olympics logos and such and placed in local grocery stores. Of course we need to ask them first. We have also spoken to Dr. Reedy about using the schools as a collection spot. At the time I am writing this, I have not heard if we would need to provide the collection boxes for the schools or if they would design their own.

We would also need people to collect the bags when the collection boxes become full. We are planning on writing "Frisco Special Olympics, Frisco, Texas" on each bag. This is so when they are turned in, it is very clear who collected all those bags. We would like to place an announcement in the Frisco Enterprise informing the general public of this promotion and where they can bring their empty bags.

If you are interested in helping with this project, please call me TODAY! If the information goes out to the schools soon, we need to be prepared! I am not sure how long we will find the specially marked bags in stores. I have an e-mail into M&Ms.

WORKING AT ROUGH RIDERS GAMES

In any organization, nothing operates without funding. Since we are new, our income is non-existent, so we need to figure out a way to raise funds. This usually requires fundraising like selling something or car washes or soliciting your friends and neighbors. Usually these require a lot of setting up, taking down and frustration because you can end up spending more in preparation than you can make.

Since our dreams are big, and we all don't want to spend every other week selling something in order to buy uniforms or equipment, we thought it would be a great idea if we could have the opportunity to make a lot of money with not a lot of time spent; BUT it does require COMMITMENT!!!

We have the opportunity to work a concession stand at the Rough Riders games. This is not for the entire season, but for 8 home games. The company SportService uses this opportunity to give back to the community. We would earn 9.25% of all the sales of food, beverages and beer. This has the potential of us earning thousands of dollars.

O.K., I've sold you on why, but how much commitment will you have to make. We would need 10 people at each game. That means a total of at least 80 people. You could work one game or all 8 if you want, but 10 people have to be at each game. If we do not have all 10 people, we get penalized by only being paid \$25 per person that does come. That's \$5 per hour per person compared to 9.25% of the total sales of that night. This could be our once a year commitment to Frisco Special Olympics that could put us on the path to our dreams.

WHAT DO I NEED TO DO?

First, mark your calendars. The games that

we have committed to are July 1, 2, 3 & 4 and July 9, 10, 11 & 12.

Second, everyone will need to be trained by SportService. The trainings will most likely be on a Saturday for about 4 hours. We also need people who are interested in being Group Stand Leaders. This requires additional training. Training is happening all the time and as soon as we have some type of schedule as to when they will be we will let you know. Since we have until July, you will have plenty of time to find a date that works for you.

Finally, let everyone you know that those games in July are going to help Frisco Special Olympics. We need people to get the word out. Contact newspapers, make posters, etc. If you can't work the concession stand, you can help tell people to come those nights and eat up! The more that come and eat, the more money we will make.

This is a big thing and probably the only thing we will have to do for the next year. This is going to get us the money to purchase uniforms for the athletes, equipment for practices and any other events that could come up this next year. Please consider helping as much as you can. With this happening during summer, we know that a lot of you might be on vacation. The dates we picked are over two weeks with the hopes that if some of you go out of town over the 4th of July, that you might be able to help the second week.

Please call me or e-mail me at info@friscospecialolympics.org and tell me what you can do.

HELP NEEDED FOR SWIMMING!

We are in need of volunteers to help with swimming this summer. Safety is a big issue with our athletes and when you add water to the mix it can be very dangerous. We want each athlete to have a “buddy” that they would be assigned to. You and your “buddy” would need to communicate with each other. This means if your athlete becomes sick or you know you won’t be able to make practice, you would need to inform your “buddy”. This will also work for your “buddy” to contact you if they would not be able to make it to practice. If we don’t get enough volunteers to help, we might have to cancel swimming this year. This

is very important. Some of our parents are unable to swim or have other small children to tend to and can’t get in the pool.

If you know of anyone that would be willing to help us with swimming, it would be greatly appreciated. This is open to anyone over the age of 13. If you know of a neighbor, co-worker, family member or anyone that would be willing to help our athletes, please have them contact Tony Deyoe at volunteer@friscospecialolympics.org or by calling 972-668-2712. We need all the help we can to keep everyone safe.

PARENT QUESTIONS AND CONCERNS

The parents brought up good questions and concerns at the meeting.

Some of you, including myself, are interested in something for the athletes to do over the summer. Some type of program like Plano Parks and Rec has. It is one of my dreams, but again to provide anything requires funding for it. This is something that we won’t be able to accomplish by this summer, but it could happen next summer. With having the funding, such as from the Rough Riders games, we could try to put together some pro-

grams. And as each year goes by, it could grow.

Other thoughts were of something for the athletes to do that didn’t end in a competition. Something that they could do either on a weekly or monthly basis. This brought the discussion of T-ball starting again.

We are planning on having a picnic in May

NEEDING A TEAM MASCOT

The athletes are in need of a team name and mascot. At the parent meeting it was suggested that we have the athletes vote on a team name. At the risk of being called the Frisco Sponge Bobs, we thought we should come up with a list of names for the athletes to choose from. Please submit any thoughts that you might have by either calling me or e-mailing me at info@friscospecialolympics.org.

ATHLETE DIRECTORY

I would like to put together an athlete directory so that everyone has a way to contact each other. With the summer coming, the ways of communicating through the school will no longer be available. Some have informed me that they are not receiving the newsletters or any other information through their school. We feel that it might be time to send newsletters home and call or e-mail if other matters come up. We didn't want to assume that everyone is in agreement with this, so I created this form for those of you who are interested. Please return it to me directly. Send it to Julie Tollefson, 11286 Covey Lane, Frisco, TX 75035 or e-mail your information to info@friscospecialolympics.org. Please try and return this information as soon as possible. Thank you.

Parent's Names _____

Address _____

Phone _____ **E-mail** _____

Athlete's Name _____ **Age** _____ **Grade** _____

School Athlete Attends _____

Athlete's siblings names, ages and schools they attend

Other information you wish to include.

FRISCO SPECIAL OLYMPICS

P.O. Box 1166
Frisco, TX 75034

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Email: info@friscospecialolympics.org



Visit us on the web!
www.friscospecialolympics.org

FRISCO SPECIAL OLYMPICS

VISION:

Pursuing excellence in ensuring that citizens with special needs and their families are included, celebrated, and supported.

MISSION:

To create and sustain an exemplary local Special Olympics Team for Frisco and surrounding communities by honoring the dreams and human spirit of athletes.