



Frisco Special Olympics

FSO Newsletter

November 2002

Frisco Special Olympics

P.O. Box 1166
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www.friscospecialolympics.org

Volunteering

Tony Deyoe

Fundraising

Troy Pelias

Parent Information

Julie Tollefson

Sports Information

Kristie Brown

Secretary/Treasurer

Dr. Jill Wade

**Basketball starts
Nov. 12 at 6:45 p.m.
in the Shawnee
Trail Gym**

Athletes Participate in the Frisco High School Homecoming Parade

On Saturday, October 5th, some of the Frisco Special Olympics athletes participated in the Frisco High School homecoming parade. The athletes, parents and volunteers were riding in a trailer that was decorated by some of the FSO high school athletes in their life skills class with Mr. Watson.



The crowd expressed great appreciation for our athletes by cheering and clapping as they came by. It was so touching to see our city show their support.

Thank you to all who participated in the parade. This was the first public appearance of FSO and it was a success.

FSO athletes: Josh Sohn, Sean Tollefson, Justin Downs, Alex Aller (Hunter's sister), Madison Nissen, Lauren Trauffer, Hunter Harn and Jermeay Dorsey

Pictures of the day can be found on our website at

www.friscospecialolympics.org.

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Frisco Special Olympics website up and running

The Frisco Special Olympics website is officially up and running. We are still piecing together things here and there, but the majority of the information is available.

The website is the best place to find out information of what is going on and when. The calendar will list event practices, competitions and

events that are directly for our athletes. The events page will list local events that our area has available such as get togethers and fundraising events.

If you need information on what is happening with our organization, check the web page for the latest.

VOLUNTEERING WITH FRISCO SPECIAL OLYMPICS

Special Olympics Programs are run almost entirely by volunteers. More than 1.5 million individuals worldwide dedicate their time, one of the most precious gifts of all, to Special Olympics. This provides the people power necessary to organize and conduct local Special Olympics training and competition programs in their communities.

Volunteers come from all walks of life: civic and fraternal groups, high school and college students, amateur and professional athletes, corporate employees, sports officials, coaches, teachers, parents and retired persons.

Some volunteers offer a few hours of their time once or twice a year, while others work several hours a week year-round. In most cases, volunteers are required to pre-register and may be subject to a screening process prior to participation.

Our practices run once a week for 8-10 weeks with one day of competition. High school students are welcome and can earn

credits for school for their community service.

While some volunteer positions require experience in a sport, most volunteer jobs require little prior knowledge. Special Olympics will provide training where needed. There are also many "behind the scenes" jobs doing clerical work, accounting, fundraising, etc. Since Special Olympics is a sports organization, a desire to work with sports events will make your volunteer experience even more rewarding along with familiarity or willingness to work with individuals with mental retardation is helpful. Special Olympics

Texas requires that all volunteers be 15 years of age or older, unless accompanied by an adult.

There is truly something for everyone at Special Olympics Texas. Please join our team by indicating your interest today! Please contact our Volunteer Coordinator Tony Deyoe at 972-668-2712 or at volunteer@friscospecialolympics.org



SURVEY QUESTIONS

Parents are being asked to please fill out the survey inserted in this newsletter to help us know what you would like for Frisco Special Olympics. The survey is to be returned to Kristie Brown, Adaptive P.E. teacher for FISD. You can return the survey with your child to school in an envelope with Kristie's name on it. This is to ensure that she will get it. You are welcome to write any other comments, questions and concerns on the survey.

Frisco Special Olympics Sports

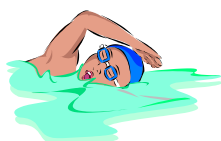
The mission of Special Olympics is to provide year round sports training and athletic competition in a variety of Olympic-type sports. The Frisco team has competed in four areas of competition in basketball, track and field, swimming, and bowling, throughout the last year. This has helped the athletes to participate in and benefit from sports training and competition.



Basketball starts in November and runs through February. The Frisco team participates in the individual skills competition. Individual skills consists of dribbling, passing, and shooting. These are each at different stations where the athletes participate one at a time. This event provides meaningful competition for athletes with lower ability levels. With more participation, Frisco will be able to have its own basketball team to compete in real game play.



Track and Field runs from March through May, and there is an event for every ability level. Some events include the tennis ball throw, softball throw, the 50-yard dash, 100-yard dash, wheelchair obstacle courses, wheelchair races, relay races, and much more. The Frisco team competes in two local competitions before the area competition.



Swimming is the summer sport. Practices run from June through August. Athletes do not have to know how to swim to compete. There are flotation races as well as actual swimming races.



Bowling runs from September through October. Bumpers can be used on the lane for practice and ramps are available for assistance. This allows all ability levels to participate.

The Frisco team would like to add more sports to allow for more exposure to various athletic competitions. For this to happen, the team needs more volunteers and involvement from people with the knowledge of different athletic events. Special Olympics is a life long recreational activity, and a great way to help the athletes succeed.

If you would be interested in helping or have questions about our events, please contact Kristie Brown at 469-633-6946 or at sports@friscospecialolympics.org.



MEET THE COACH

Hi my name is Clint Watson, I am a Life Skills teacher at Frisco High School. I have one year experience with Special Olympics having coached track and field last year and will do so again this year. This will be my first year coaching basketball. I have coached two years in the Frisco Football league and one year in the YMCA basketball league. It is a great joy for me to work with my Special Olympic athletes, and I look forward to the upcoming season.

ARE YA READY FOR SOME BASKETBALL

FUNDRAISING EVENTS PLANNED

We have some great things planned for fundraising this year. First, for everybody that has a Tom Thumb reward card, you can now designate Frisco Special Olympics as a charity on your card. The number is 10064, and that can be added at the Customer Service counter.



We have two holiday events coming up for the athletes that we can use help on. We will be putting together holiday baskets for the athletes that include among other things, toys selected for children with special needs in mind. We will be canvassing the city looking for companies to sponsor these baskets at \$50 each. (A portion of this money will go into the Frisco Special Olympics account.) If anybody thinks their company, neighbors, church group, etc. would like to chip in and sponsor a basket, we would love to arrange that.



Also this holiday season, we will be selling raffle tickets to benefit Frisco Special Olympics offering such prizes as a toy package worth over \$300 dollars, a commemorative plate with signatures of the Frisco's state champion softball

team and 4 tickets to the Frisco Roughriders game- behind Home plate! We are looking to add more prizes, so if you have anything to add, let us know. We are not asking any parents or kids to sell the tickets, but they will be available to anyone who wants to buy them.

Companies or individuals that become sponsors to Frisco Special Olympics will get recognition based on their level of giving: Platinum Sponsor (\$500 and up), Gold Sponsor (\$250-\$499), Silver Sponsor (\$50-\$249), and a Bronze Sponsor for any donation up to \$49. Sponsors will receive items ranging from a decal to t-shirts depending on their level of sponsorship.



Later, we are trying to arrange for Frisco Special Olympics to work a concession stand at Frisco Roughrider games as a means to raise money. More details will be forwarded as we set this up. If any of these sound interesting to you and you would like to help, please contact Troy Pelias at 972-712-0583 or at fundraiser@friscospecialolympics.org.

DISCOVERY TOYS FUNDRAISER

It's beginning to look a lot like Christmas! Santa is making his way into the malls and asking little boys and girls what they want him to bring. In our continuing fundraising efforts for the Frisco Special Olympics, we would like to announce a "Virtual Toy Party".

Please help us raise money for the Frisco Special Olympics by purchasing Discovery Toys products. You may order your products by phone through Jan Pelias, 972.712.0583. **20% of all the products sold during this event will be donated to the Frisco Special Olympics!**

We were able to donate \$75 this summer with a similar event. Let's make it our goal to double

that number! As a growing community, I think we can do this! Tell all your friends about Discovery Toys and have them order also!



Think of all the kids in your life...your own, nieces, nephews, grandchildren and all the toy drives going on. You could help Frisco Special Olympics while helping underprivileged kids at the same time!

You may check out the toys at www.toysbyjan.biz or call Jan (972.712.0583) for a catalog. All orders need to be placed over the phone (972.712.0583) by November 15th at 5pm. The first 10 people to call will receive FREE shipping on their order

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Visit us on the web!
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PARENT FEEDBACK IS IMPORTANT TO THE SUCCESS OF FRISCO SPECIAL OLYMPICS

In order for Frisco Special Olympics to be a success for our athletes, we need feedback and guidance from their parents. If you have questions, concerns, ideas for improvement, please contact me. I am involved with this board to help be a voice for the parents. The ideas, events and outings will not work if parents don't feel that their child's best interest is at heart. We need to work together to make FSO the best team it can be. We are not looking to the parents to get involved with volunteering for everything. What we want is for you to make the commitment for your child to be their supporter, cheerleader and biggest fan. We need every athlete to feel that this is where they belong and know that they can do anything they can dream.

We would like the parents to help show their support by encouraging your athlete to do their best, attend practices and competitions, and never get discouraged. As the motto of Special Olympics states, "Let me win. But if I cannot win, let me be brave in the attempt." This is a wonderful opportunity for our athletes.

Again, if you have any questions, please feel free to contact me at 972-712-3093 or at info@friscospecialolympics.org