



# NEWSLETTER

November 2005

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FSO Board:

Troy Pelias – President

Mike Hale – Secretary

Angie Whitley – Treasurer

Kristie Brown – Head of Delegation

Tony Deyoe – Volunteer Coordinator

Julie Tollefson - Parent Coordinator

Steve Lewis

Kari Whitley

Frisco Special Olympics

C/O Julie Tollefson

11286 Covey Lane

Frisco, TX 75035

972-712-3093



## **BOWLING COMPETITION**

The bowling competition was held on Thursday, October 27 at the Don Carter Bowling Alley in Dallas. The athletes went as a class trip through school since the competition was during school hours. We had a total of 63 athletes compete who all won a variety of medals and ribbons. Shawn Bradley from the Dallas Mavericks was there to cheer on one of our Frisco Flyers, Ryan Evans. Some of our athletes were able to get their picture taken with him too.

## **HOLIDAY PARTY**

Mark your calendars. This year's holiday party is set for Tuesday, December 6<sup>th</sup> from 7:00 -8:30 p.m. at the Founders Club at the Roughriders Stadium.

Individual invitations will be mailed. Athletes that participated in Frisco Special Olympics this year and attend the party will receive a holiday basket from Santa himself. If you are interested in helping with the holiday party or the holiday baskets, please contact either Julie Tollefson at 972-712-3093 or Mike Hale at 972-431-8992.



# FUNDRAISER UPDATE



We had several fundraiser events over the summer that have helped us raise money needed for our athletes. All monies raised will go to purchase uniforms,

equipment, help with the cost of events, cost of future fundraisers and future scholarships.

**Golf Tournament raised \$22,654**

**Cops & Kangaroos raised \$2,809**

Thank you to all who helped volunteer and participated in these events.

## HELP NEEDED



The Frisco Special Olympics board is currently needing help with yearly events. Every year we have a picnic and a holiday party. We need volunteers to plan and

coordinate these events. If we do not get volunteers to plan these, we will not be able to have them since the board is busy working on growing our organization and future fundraisers.

**Annual Picnic:** 1-2 volunteers plan the annual picnic. Find a location, date and time, book the bounce house or anything else you think would be fun. Purchase the food/beverages (all monies will be reimbursed by FSO) and create invitations for the athletes.

**Holiday Party:** 1-2 volunteers plan the holiday party. The Roughriders seem to help us out a lot with this event, so it would be coordinating with them a date and time, finding a "Santa", purchasing items needed

that the Roughriders do not supply and creating invitations for the athletes.

**Holiday Baskets:** 3-4 volunteers contact previous supporters of FSO and ask if they would like to purchase holiday baskets for the athletes to be given to them at the holiday party. These volunteers can divide up the list and each take a few. We also want to contact new businesses for donations also. The amount of money collect would be the amount we would use to purchase toys. The volunteers would purchase toys for the athletes and create "baskets" for them to be given at the holiday party. The FSO board will help out with the list of athletes as well as what type of items would be good for each. The volunteers may want to come up with a "wish list" from the athletes for future baskets. These volunteers need to start soon as the time it takes to contact businesses and purchase the toys may take some time.

If you can help out with these annual events, please contact Julie Tollefson at 972-712-3093, e-mail [tollytx@comcast.net](mailto:tollytx@comcast.net) or Angie Whitley at 972 567 1264, e-mail [awfrisco@aol.com](mailto:awfrisco@aol.com).

## BASKETBALL PRACTICE TO BEGIN



It is time for basketball team practice to begin.

The basketball team will start practice on **Monday, November 7th**. Practice will be from **6:30-7:30** at the **Student Opportunity Center (SOC)**. This is located at 6928 Maple St. You will need to go to the back of the building, and go in the open door directly into the gym. Each athlete must be registered for the team.

## 'TIS THE SEASON

*(Basketball Continued)*

Basketball individual skills will begin practice on **Wednesday, November 16<sup>th</sup>, from 6-7. Practice will be at the Student Opportunity Center (SOC)** located at 6928 Maple St., Frisco, 75034. Follow the parking lot around to the back of the building, and the door to the gym will be open.

Have your athlete wear tennis shoes and athletic wear, their Special Olympics t-shirt would be great too. It would be a good idea to bring a water bottle also.

Please call Kristie Brown at 469-633-6946 or e-mail at [brownkri@friscoisd.org](mailto:brownkri@friscoisd.org) to register for the team, or with any questions.

## WORKSHOPS

The ARC of Dallas has been putting on some great workshops this fall. If you are not on their mailing list, here is the next workshop.

### **Guardianship, Who's in Charge After 18?**

Everyone, regardless of ability, becomes their own legal guardian at age 18 unless caregivers take the steps of legal intervention. Obtaining guardianship can be a tough decision for families of children with developmental disabilities. Join Attorney Chris Mims as he leads you through the questions, costs and consequences of decisions surrounding guardianship. Thursday, November 10<sup>th</sup> at 6:30 p.m. at the Plano Senior Center (401 W. 16<sup>th</sup> Street) in Plano. RSVP by November 8. No number was listed, but contact the ARC of Dallas at 214-634-9810 or e-mail [info@arcdallas.org](mailto:info@arcdallas.org)

If you are aware of any other local workshops, please e-mail them to Julie Tollefson at [tollytx@comcast.net](mailto:tollytx@comcast.net) and I will list them in the newsletter.



Now is the time to order your holiday cards and this year you can express your holiday cheer while supporting **Special Olympics Texas**. Special Olympics and VistaPrint, a leading online supplier of high-quality customized printed products, are partnering this holiday season to produce a line of cards designed by Special Olympics athletes.

You can create your own messages for both the front and inside of the cards, include a corporate logo or even upload a family picture! The exclusive Special Olympics holiday cards are completely customizable, full color, printed on high-quality paper and are available at a low cost. You can choose glossy or matte finishes and order 10 to 20,000 cards.

To order, log onto [www.SOTX.org](http://www.SOTX.org) and click on the red HOLIDAY CARD link in the center of the homepage. 50% of the proceeds of all sales will come back to Special Olympics Texas. You will also have the opportunity to donate between \$1 and \$249 as a sponsor of Special Olympics. Sponsor recognition will be printed on the back of the card. 100% of these donations will go to the Special Olympics program (i.e. state) from which the order was placed!

Of the ten cards designed by athletes throughout the country, THREE were created by one of our own Texas athletes – *Vicki Clark of Leander, Texas*. Vicki has been involved with **Special Olympics Texas** since 1986. The 26-year-old athlete trains and competes in bowling, golf, softball and athletics as part of the Hill Country Stars. When Vicki isn't busy with Special Olympics, she works at Albertson's as a courtesy clerk and volunteers at the Bridges to Growth Lending Library in Georgetown.

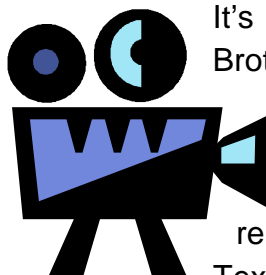
# FSO NIGHT AT THE TORNADO GAME



Mark your calendars for Saturday, January 28, Frisco Special Olympics Night at the Tornado hockey game

against the Wasilla Spirit. Tickets will be available soon, but we need to get an idea as to how many would be interested in attending. Athletes and their siblings are free, and adults are will be determined when we know how many we need. This year, our athletes will be picking up the “chuck a pucks” during the 2<sup>nd</sup> intermission. Please contact Susan or Brian Clark at 972-377-3212 or e-mail [susanclark01@comcast.net](mailto:susanclark01@comcast.net) and let them know if you are interested in attending the great family night out.

## THE RINGER



It's official! The Farrelly Brothers movie, *The Ringer*, will hit theaters nationwide on December 23... a much-anticipated release for Special Olympics Texas athletes, volunteers,

coaches and families.

**The Story:** Desperate for cash to help a friend in need and pay off his smarmy uncle's gambling debts, Steve Barker sinks to an all time low...he attempts to fix the Special Olympics by pretending to be a person with intellectual disabilities. But he is completely out-classed by his fellow Olympians, who are not only superior athletes; they're also wiser in the ways of the world.

Several of his fellow competitors immediately spot Steve as a fraud, but because they too would like to see the fall of Jimmy, the snooty reigning champion, they join forces to help THE RINGER win. Together they train Steve to become a better athlete and, most importantly, a better man.

## RESOURCES

Upside Downs Dance Workshop (Ballet & Creative Movement). We customize for each student by focusing on individual diversity, while working on strength coordination, balance and flexibility. Boys and girls of all ages with intellectual and/or physical disabilities are welcome at our facility, which is wheelchair accessible. For more information, please contact us at Dream Catcher Dance & Creative Arts Workshop 972-964-5377.

Express Cheer & Dance Facility in Frisco: We are starting a new program for Special Needs Athletes, called the Shining Stars. This will be a competitive cheer team that will meet on Tuesdays 4:00-5:00 p.m., the cost is \$65 per month. They will compete in local and national competitions; most companies do not charge these teams entry fees. The instructor that will be working with this program has a degree in Special Education, and has worked with many different special needs populations. For more information you can check us out on-line at [www.expresscheer.com](http://www.expresscheer.com). Or contact Christopher Henson at 972-731-5888.

If you know of other resources in the area, please feel free to forward them on to Julie Tollefson to list in the newsletter by e-mail [tollytx@comcast.net](mailto:tollytx@comcast.net).

## FSO LIBRARY



I would like to start a library for all to view. I know I have purchased books about how to work with our kids and now they are just

sitting around on a shelf. If you have a pile of books that you think could help out other families and would be interested in lending them out, please e-mail me your list. If you are looking for a book, and don't want to pay the high prices for these specialty books, e-mail me your wish list. I will print the list of books in the newsletter for all to see and check out.

We still have a few items available for purchase. If you are interested, please contact Julie Tollefson at 972-712-3093 or e-mail at [tollytx@comcast.net](mailto:tollytx@comcast.net).



1 FSO Hat and 2 FSO Visors  
\$5.00

## MUCH THANKS



All of us at Frisco Special Olympics would like to say "Thank You" to Troy

Pelias. Troy has served on the FSO board as President for the past 3 years and was a member of the Leadership Frisco class that started and organized Frisco Special Olympics. Troy has decided to resign as president after the end of this year. Troy has helped our organization grow and blossom. He will definitely be missed. Thank you Troy for all you have given us.



FSO Sweatshirts \$12.00  
Available Sizes: M, L & XL



FSO Window Decals  
\$5.00

**SHOW YOUR FSO SPIRIT!**  
**MARK YOUR CALENDARS:**



**Basketball Team** starts practicing Monday, November 7 6:30 – 7:30 p.m. at the SOC

**Basketball Individual Skills** starts Wednesday, November 16<sup>th</sup> 6:00-7:00 p.m. at the SOC

**FSO Holiday Party** Tuesday, December 6<sup>th</sup> 7:00 – 8:30 p.m. at the Roughriders Founders Club

**Tornado Hockey Game** Saturday, January 28<sup>th</sup> Contact Brian Clark ASAP if interested

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**Frisco Special Olympics**  
**Julie Tollefson**  
**11286 Covey Lane**  
**Frisco, TX 75035**