

# Lucas County Special Olympics Winter 2019



**Special  
Olympics**  
*Ohio*



*Lucas County Special Olympics*

*1154 Larc Lane*

*Toledo, OH 43614*

*(419) 380-5115 phone*

*(419) 380-2636 fax*

## LCSO Registration Form

**Deadline is September 24, 2019**

Check if athlete's home information has changed since last participated.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home phone \_\_\_\_\_

Athlete cell phone \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Athlete's Shirt size \_\_\_\_\_

Name \_\_\_\_\_ Short size \_\_\_\_\_

Contact's Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Please check the sport you will participate in:

Basketball  Swim

Powerlifting  Skiing

Pep Club:  basketball only

basketball and competitive (look in brochure for description details)

Please also check any statement below that apply to you.

My caregiver /staff will be with me at all training and competitions.

I use a wheelchair

Please mail to: Lucas County Special Olympics

1154 Larc Lane  
Toledo, OH 43614

or fax to: (419) 380-2636 (please call to confirm we received it)

Or Email: [lmartin@lucasdd.org](mailto:lmartin@lucasdd.org) or [k.watson@lucasdd.org](mailto:k.watson@lucasdd.org)

## EXCITING NEWS:



### Flag Football Season Beginning soon!

If you signed up for Flag football here is the schedule for the Unified flag football league at the University of Toledo.

#### UT flag football:

Sunday, October 6th- assessment day 1:45pm-3:45pm

Sunday, October 13th- game 1:45pm-3:00pm

Sunday, October 20th- game 1:45pm-3:00pm

Sunday, October 27th- game 1:45pm-3:00pm

TUB Bowl (Toledo Unity Bowl) will be announced at a later time.

**\*\*If you have not signed up yet please call Marybeth at 419-380-5141 and sign up ASAP. We still have space for more players!**

### Larc Lane Traditional Football Team

We had a great response for traditional flag football and our team is full!! Traditional flag football team practice will take place on Monday and Wednesdays from 5:45-7:15pm at 1154 Larc Lane. First practice is Monday, September 16th. We will also have several games throughout the season. Once basketball begins in October, practice will drop down to once a week.



### Swimming

Calling all Lucas County swimmers!! The new season is right around the corner! Practices start: Sunday, October 13th 11am-12pm at St. Francis Del Sales High School Pool, 2323 W. Bancroft St., Toledo. To participate in Special Olympics swim, athletes need to be able to swim 25 yards without touching the bottom of the pool. If you have any questions feel free to call the office at 419-380-5115.

### SKIING

Skiing is offered by Lucas County Special Olympics. Athletes who register, are responsible for the cost of their own equipment and training. There is a winter competition on February 11th & 12th at Brandywine Ski Resort. We will give out more information as we receive it.



# Thank you for your support !

## Summer Volunteers

Rob Watson	Jayne Shiarla
Katie McKenty	Melanie Wolfrum
Amber Harmon	Jake Sorosiak
Diane Jones	Tiffany Rozzano
Greg Martin	
Brandon Carter	
Nate Jeppesen	
Andrae Stewart	
Ashley Trottier	



## State Softball Tournament

Come out and cheer our athletes on during the state softball as they compete in the skills competition and in the D3 tournament.



**When: Saturday, 9/14**

**Where: Oregon Rec Center**

**5330 Seaman Rd., Oregon**

**8:45 Opening Ceremonies**

**D3: games at 9am and 1pm**

**Skills Competition: will start after opening ceremonies**



## Third Annual High Noon Showdown Softball Game!

The high noon showdown is a unified softball game with Lucas County athletes that has the Sheriff's Department battling the Toledo Police Department. **The tentative date is Saturday, Sept. 28th at 12:00 noon at the Maumee Rec Center off Key Street. Stay tuned for more details!**

## Second season of conditioning with an added nutrition piece

Our second season of conditioning has been even better than last year! We have added a new trainer, Brandon Carter who has given exercise a fun twist to our program. Our very own Jake Sorosiak has added a nutrition piece to our that is teaching our athletes about hydration and healthy choices. The program will continue on Tuesdays through September from 6-7:30 pm at the PAL gym at 1111 E. Manhattan.

Thank you to all the committee volunteers who come out every week to assist with this great program!



## University Of Toledo Health Athlete Program still has openings!

This is another great chance to get healthy with help from UT Students. The program will take place on Wednesdays from 3:30-5:30 starting September 17th. Please call Marybeth Olender at 419-380-5141 for details and to sign up.

### **Additional Information: Please Read**

We want everyone to be safe and have fun so we need your help! We want to remind you that if an athlete has specific care/supervision needs it is the responsibility of family/staff to provide it accordingly. Please call the office at 419-380-5115 if you have any questions at all!

- Physicals are good for three years. Athletes are unable to train or compete unless they have a current medical form on file with us. Have questions, contact Lisa Martin at 419/380-5110 or at [lmartin@lucasdd.org](mailto:lmartin@lucasdd.org)

Athletes are responsible for their own transportation to and from training sessions and competitions in Lucas County.

Lucas County Special Olympics will provide limited transportation to events outside of the county. We will need the help of providers and parents to transport their athlete if possible.

For your safety we ask that you arrive no more than 15 minutes before the scheduled practice/game start time. If you come before this you may find yourself alone and outside with the building locked. Also, please have your ride pick you up at the scheduled times the event should be over. If you are having issues with times, please let SO staff know so we can help you.

If you know anyone who is interested in volunteering for Special Olympics please call Liz Lubinski at 419-380-5452



Lucas County Special Olympics has a website you can access schedules, forms and upcoming events go to: [www.specialolympics.lucasdd.info](http://www.specialolympics.lucasdd.info)  
If you have a Facebook page please search Lucas County Special Olympics and like our page!!!

If you have questions about the LCSO program, please contact our office at 419-380-5115 or email [kwatson@lucasdd.org](mailto:kwatson@lucasdd.org).



## POWER LIFTING

Do you have what it takes to be a member of the Lucas County Special Olympics' power lifting team? We are looking for a few athletes (male or female) who are willing to make a big commitment to improving their physical fitness.

Training will take place at Super Fitness on Tues/Thurs. from 4-5pm. at 1207 N. Reynolds Rd., Toledo. Training starts on Tuesday, November 5th and will continue through June.

Lifters will compete in a qualifier and may be offered other events as well during the season.

If you are interested in another winter sport in addition to powerlifting, please call Kelley at 419-380-5109 and she can let you know what other sports you can participate in.

## PEP CLUB



Do you have spirit?? Then maybe you want to be a part of the Lucas County Lightning Pep Club! The pep club will cheer at many home games throughout the basketball season and during some tournament games.

**NEW THIS YEAR!!** Cheer will compete at the state winter games that will be held in BG in February. The team will learn a competitive routine during practices.

When you sign up you can choose:

1. To cheer at basketball games only or
2. Cheer at games AND be a part of the competition team that will compete at Winter Games.

Practices will begin on Thursday, November 14th, 5:30-7 pm at NODC (1101 S. Detroit Ave. Toledo, Bldg. 610)

# BASKETBALL



It may be early this year, but it is that time again for basketball season!! Here is what our program will look like this year:

- **Women's basketball team:** New this year!! All women that sign up will try out for the women's team.
- **Basketball SKILLS program:** to help athletes work on their basketball fundamentals. Practices will take place at NODC, 1101 S. Detroit Ave., building 610 on Mondays at 4:45pm (will let you know of start date)
- **Traditional teams:** we will also have 3 traditional teams for the different skill levels of athletes. Each team will have no more than 15 players on it.

We are excited about the high number of athletes interested in basketball; however, this means that all those who register will participate in a screening/tryout and some may not make a team. If you do not make a team, you may choose another winter sport we are offering. Talk to SO staff about what is available.

**Tryouts:** will be on Tuesday, October 1st, 5:45pm-7:30pm at the Police Athletic League (PAL), 1111 E. Manhattan Blvd. Please mark your calendar!!

**\*\*Practice schedules will be passed out at tryouts.**

**\*\* This year, we will practice at the PAL gym 2 days per week (Tues and Thurs) and at Proclaim FM (Mon and Wed practices). If you are a Tarps rider, SO staff will assist with arranging your Tarps ride if you have practices at Proclaim.**

D3 and D5 team practices will be on Monday/Wednesdays at Proclaim FM, 7112 Angola Rd., Holland, Ohio  
D5—from 5:30-7:00pm and D3- 7:00-8:30pm

D4 and Women's team- will both practice on Tuesday/Thursdays, 6:00-7:30pm at the PAL, 1111 E. Manhattan Blvd., Toledo, Ohio



## Upcoming Events

### SAVE THE DATES!

**Saturday , November 23rd– Chuck a puck night at the Toledo Walleye 7:15 game. SO athletes and staff sell pucks at the game to raise money for our organization. We also need to sell 100 tickets for the game.**

**Ticket prices will be between \$15-20.00.**

**Please call Kelley Watson if you will be interested in attending the game in order to reserve your tickets. This is a fun easy way to support Lucas County Special Olympics so come out and join us!!**

### “Rally for Rhonda Fundraiser”

Lucas County SO parent Deb Welch and Dan Martin of Miss Cue Pool will be hosting a fundraiser for Rhonda Marx, mom of athlete Koby White. She has been battling a serious illness and we would like to help her make memories with her friends and family by helping her fulfill some of her dreams on her bucket list.

When: Wednesday, October 2nd, 2019, 6-8pm

Where: Miss Cue, 1720 Reynolds Rd. Toledo, Ohio

Price: \$20.00 includes 2 hours of pool, t-shirt, sloppy joes, chips and dessert (drinks will need to be purchased)

All funds raised will go towards Rhonda's bucket list.  
Call Kelley Watson at 419-779-7133 or Deb Welch 419-654-2791 if interested in attending.