



# THE ATHLETES POST

November 2021

## Our Mission:

This newsletter was created for athletes so they can give their opinions on different topics. As Newfoundland and Labrador's Athlete Leader Representative on the Canadian Input Council, I have created a newsletter to allow athletes to communicate with other athletes in the club regions. I hope this newsletter will keep us informed, and you, the athlete, can discuss topics through a new Facebook group – **Special Olympics Athlete Post**. If you would like to contribute to the Athletes Post, please do so by joining the Facebook group.

**Note from the Creator:** This is my first newsletter since March, 2019. During the Pandemic there hasn't been any in person practices in the clubs around the province to put out any newsletters. Some clubs around the province are now starting some in person activities.

## Special Olympics Oath:

Let me win

But if I cannot win

Let me be brave

In the attempt.

## What's Happening:

On October 28<sup>th</sup>, Special Olympics Canada facilitated an Introduction to Athlete Leadership pilot course through zoom. Part 2 of the pilot will take place November 18<sup>th</sup>, 2021 on Zoom.

The SONL Virtual Halloween Dance was held over zoom on Oct. 28th at 7:30 pm. A Spooky Boogie time was enjoyed by all.

Torch Run events were happening in October at some of clubs around the province. Law Enforcement officers came to support the athletes Monies raised would go to clubs to help with programming.



Friday, October 29<sup>th</sup>, the Law Enforcement Torch Run was held in the Metro region. It was a very successful event. Three Athlete Leaders Mark Peddle (Mt Pearl), Heather Miller (Conception Bay South) and Andrew Hynes ( Mt Pearl) spoke at stops throughout the run. They had wonderful speeches on what the Law Enforcement and Special Olympics meant to them.

The SONL Provincial office staff members were there at this event to support the cause.

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Let's Welcome new Staff Members at SONL Provincial Office.

**Hannah Curran:** Sport Co-Ordinator. She is also helping with Athlete Leadership

**Lesley Pilgrim:** Youth Program Co-Ordinator



## Profile A Athlete:



Special Olympics Newfoundland and Labrador athlete John (Jackie) Barrett has been actively involved with Special Olympics since he was a child. Jackie Barrett became the first-ever Special Olympics athlete inducted into Canada's Sports Hall of Fame. Jackie is one of nine outstanding individuals invested into the Order of Newfoundland and Labrador on Wednesday, September 2, 2021.

## Meet SONL's Fall Program Assistant Greg Blyde



Please join us and welcome our new Fall Program Assistant, Greg Blyde, to the Special Olympics NL

Greg is no stranger to the sports world! Greg graduated from Memorial University with a Bachelor of Recreation in 2020 and achieved CTRS status in May of 2021. A competitive curler for over 10 years, including 6 national appearances, and Coach of the under-18 boy's team. Hobbies include hiking, running, playing tennis, walking with pup Louie and watching reality TV. Greg is excited to be working with a sports organization, and we are excited that the organization is Special Olympics NL!



Congratulations to Andrew Hynes on completing the Tely 10 with an incredible time of 1:46:00. Andrew is SONL's Health Messenger, serving as a health and wellness leader, educator, advocate and role model within Special Olympics. It's great to see Andrew taking on fitness challenges in his community like the Tely 10.

## CBS Special Olympics

CBS Special Olympics Club hosted a Fun Event for the Law Enforcement Torch Run. The CBS Brightstars athletes participated in the event on October 28<sup>th</sup> at 6:30 pm at Nugent's Field in Kelligrews. Athlete's, Coaches and Volunteers, and also some LETR members came to support our athletes in the Walk A Mile event



## Torch Run Club Events Gander, Exploits and Corner Brook



# THE ATHLETES POST

## SONL ANNUAL AWARDS 2020-21

### Covid 19 AWARDS Winners

**Courageous-** Cameron Bennett (Bay St. George)

**Outstanding-** Matthew McCarthy (CBS)

**Venturesome-** Samantha Walsh (Bay St George)

**Impactful-** Heather Miller (CBS)

**Determined-** Valerie Mercer (CBS)

1- **One for all, All for one-** Daphne White (CBS)

2- **The whole Nine Yards-** Shirley Miller (CBS)

**Congratulations to all the winners!**

### Athlete Leadership in Review by Heather Miller

Athlete Leadership allows Athletes to “shine” outside sports. During the SONL challenges they created fitness workouts to use in programming. Art, drawing, and craft sessions were hosted on zoom by Athletes for other Athletes. We saw athletes voicing their opinions on Social Chats and our athletes were becoming more confident, independent, and more willing to take on more Leadership roles. Over the last year many athletes completed Athlete Leadership courses that were offered during the challenges, the training that they completed is preparing them to become Athlete leaders in their communities.

SONL Athletes Jesse Renouf and Brayden Moraze put their Athlete Reporter training to use and interviewed SONL’s Health Messenger, Andrew Hynes.

**What’s Next?** SONL is hoping to host our 2<sup>nd</sup> Leadership Summit in April 2022.

**SONL** is looking for an athlete representative to volunteer on the Organizing Committee for the 2022 Provincial Summer Games. Applications Due by Nov 18<sup>th</sup> 2021. ( See SONL’s webpage for details)



SONL Provincial Summer Games, July 15-17<sup>th</sup> 2022 **See u there!**

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