



***Special  
Olympics***  
*Prince Edward Island*

Orientation  
Handbook

Thank you to our funding partner, the Government of Prince Edward Island. Without their support this orientation handbook would not be possible.



Health and  
Wellness  
Sport, Recreation and  
Healthy Living

# Welcome To Special Olympics PEI

On behalf of the Special Olympics PEI Board of Directors and Staff, welcome. This handbook is offered as both an introduction to new members, and as a reference for existing members. Inside you will find helpful information for athletes, parents, coaches and volunteers.

Special Olympics is a world-wide program providing sports training and competition for people with an intellectual disability. Special Olympics has brought important benefits to the lives of those who participate in its programs by not only improving fitness and physical wellbeing but also enhancing social skills and increasing confidences and self respect.

“Let me win. But if I cannot win,  
Let me be brave in the attempt.” -Athletes Oath

## Finding information for...

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# Contact Information



## Need to get a hold of us, here's how:

- ◆ Address: Special Olympics PEI  
40 Enman Crescent Room 240  
Charlottetown, PE C1E 1E6
- ◆ Phone: 1-902-368-8919  
1-800-287-1196 (toll-free on PEI)
- ◆ Fax: 1-902-892-4553
- ◆ Email: sopei@sopei.com

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### **Stay Connected with SOPEI**

[www.sopei.com](http://www.sopei.com)

[Facebook.com/specialopei](https://www.facebook.com/specialopei)    @SpecialOPEI

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## SOPEI Staff:

- |   |                 |                     |
|---|-----------------|---------------------|
| ◆ | Charity Sheehan | Executive Director  |
| ◆ | Matthew McNally | Program Director    |
| ◆ | Genna Phelan    | Program Coordinator |
| ◆ | Sarah Profitt   | Membership Services |

## My important contacts:

Name	Number
_____	_____
_____	_____

# Information for Athletes

## Special Olympics PEI Programs

Special Olympics PEI offers all Islanders with an intellectual disability access to sport. Whether it is bowling once a week or training for national games, there is something for athletes of all abilities, ages, and experiences. Special Olympics programs are divided into two streams:

### Community



These recreational sports programs are for all athletes (ages 2-102), regardless of ability or experience. They are run once a week, for one hour, in communities across PEI.

### Competitive



These competitive sports programs offer various opportunities to compete at events on- and off-island, right up to the international level.



# What's your Sport?



<b>Competitive Sports</b>	
<b>Summer</b>	<b>Winter</b>
Athletics	Curling
5 Pin Bowling	Floor Hockey
10 Pin Bowling	Figure Skating
Swimming	Snow Shoeing
Softball	Nordic Skiing
Soccer	Speed Skating
Rhythmic Gymnastics	Alpine Skiing
Power Lifting	
Bocce	
Golf	
Basketball	

## My Program Schedule:

Time	Day	Place
_____		
_____		

# Community Sport

Community sport programs offer all Islanders with an intellectual disability access to recreational sport. Programs are offered for all ages:

## Active Start

For children ages 2-6, this community program focuses on promoting basic motor skills. Children learn to throw, catch, jump, skip and much more in a fun and colourful environment. Parents / guardians work one-on-one with their child while being led by a head coach.

## FUNDamentals

For children ages 7-12, this community program teaches physical literacy and encourages young athletes to stay active for a lifetime. Children learn sport-specific skills and basic rules of sport, along with nutritional information. Small groups encourage cooperation and social skills.

## Adult Programs

For athletes at least 13 years of age, this community program emphasizes basic motor skills, basic sports skills and basic sport rules. Athletes follow 5-8 week modules as an introduction to SOPEI's official sports. From here, athletes have the opportunity to advance to Competitive Sport programs.



# Competitive Sport



Competitive sport programs are for athletes at least 13 years of age. This program emphasizes basic to advanced sport skills and rules. Each program year Special Olympics PEI offers a number of competitive events, both on- and off-Island. Levels of competition are:

## **Local:**

Competitions vary by sport and are often sport specific. Competitions can be Special Olympics specific or can involve non-Special Olympics teams. Competitions are ongoing.

## **Regional:**

Competitions are generally sport specific. Competitions can be on-Island or in Nova Scotia or New Brunswick. Competitions can be Special Olympics specific or can involve non-Special Olympics teams.

## **Provincial Games:**

Games are held every two years, alternating Summer and Winter. Games are either held on-Island or in Nova Scotia or New Brunswick and serve as a qualifier for advancement to National Games.

## **National Games:**

Games are held every two years, alternating Summer and Winter. It is from these results that athletes are chosen to represent Canada at World Games.

## **World Games:**

Games are held every two years, alternating Summer and Winter. Athletes represent Canada on a world stage.

# Information for Parents

Parents play a vital role in the lives of their children, and children grow immeasurably with the support of their parents. Encouragement from parents makes a difference in the lives of Special Olympics athletes.

## Want to Become More Involved?

Special Olympics PEI offers numerous opportunities for parents and guardians to become more involved through volunteer work. Below are just a few ways you can support SOPEI:

- ◆ Volunteer at an event
  - ⇒ Bowling Provincials
- ◆ Consider helping out at a sports program
  - ⇒ Program Volunteer
- ◆ Participate in a fundraiser
  - ⇒ Sell Ice Cream at the Home Show
- ◆ Cheer at a Pep Rally

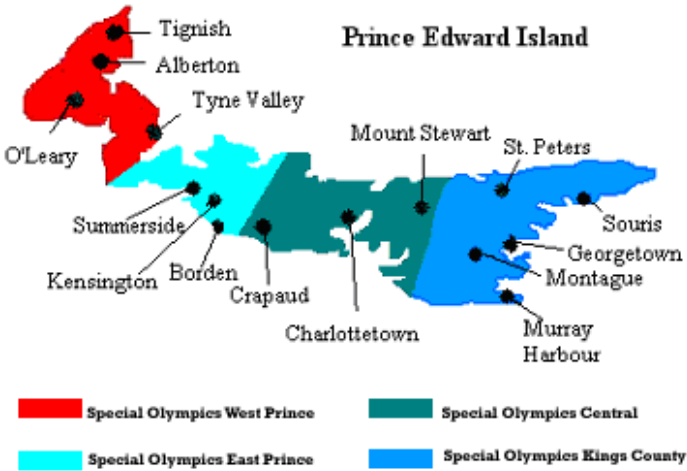




# Involvement at the Community Level



Parents can also become involved on a community level. Special Olympics PEI is divided into four community councils:



These councils represent Special Olympics PEI on a grass-roots level. To find out more about your community council, visit our website.

## My Community Information:

My Community: \_\_\_\_\_

My Contact Person:

Name	Number
_____	_____

# Information for Coaches

A coach is an important fixture in the life of an athlete. Special Olympics coaches, however, go one step further. They are teachers, role models, mentors and friends. Special Olympics PEI strives to offer our coaches everything they need to fulfill these roles in the lives of our athletes. To ensure the highest coaching standards we offer regular seminars, workshops and training sessions, all at no cost to coaches.

## Coaching Positions

All Special Olympics PEI programs offer several positions for volunteers who wish to coach:

- ◆ Head Coach
- ◆ Assistant Coach
- ◆ Program Volunteer

## Coaching Streams

Special Olympics PEI has two coaching streams:

- ◆ Community
  - ⇒ Coaches work with athletes at a community level. The focus here is on a love of sport, participation, and basic skills, all in a fun environment.
- ◆ Competitive
  - ⇒ Coaches work with athletes to prepare for sport specific competitions at a variety of levels.



# Resources for Coaches



At Special Olympics PEI we want to help our coaches become the best they can be. To this end, we offer the following resources:

- ◆ SOC Online Volunteer Orientation
- ◆ Sport Specific NCCP Coaching Workshops
- ◆ National Coaching Certification Program Workshops
  1. NCCP SOC Community Sport Workshop
  2. NCCP SOC Competitive Sport Workshop
  3. NCCP SOC Young Athlete Training Workshop
- ◆ Access to Online Resources and Information
- ◆ Coaches Handbook

For more information on all the resources available visit our website .

## My Coaching Schedule:

Time	Day	Place

# Information for Volunteers

It is because of the support of our volunteers that the programs offered by Special Olympics PEI are possible. By volunteering with Special Olympics PEI you are helping to provide sporting opportunities for athletes with an intellectual disability across PEI. It is our hope that you will find this opportunity both fulfilling and personally enriching.

Special Olympics PEI offers many volunteer positions to suit all individuals. If you have a love of sport and helping others, then we have something for you. Volunteer positions include:

- ◆ Sport Program Volunteer
- ◆ Sporting Event Volunteer
- ◆ Community Council Member
- ◆ Event Volunteer





You are offering your best, and in return we offer ours. Special Olympics PEI has numerous resources available for volunteers including:

- ◆ Special Olympics Canada Online Orientation
- ◆ Access to Online Resources and Information
- ◆ Peer Support
- ◆ Special Olympics Code of Conduct

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## **Not a volunteer yet? Want to get involved? Here's how!**

All of the information you need to become a volunteer with Special Olympics PEI is on our website. Visit us online and download the application form, or stop by our office to pick one up. In addition to your application, all potential volunteers will need to submit references and a criminal record check.

### **My Volunteering Schedule**

Day	Time	Place
<hr/>		
<hr/>		

# Information for Everyone

## Appropriate Terminology

At Special Olympics PEI we know the words matter. Words can be powerful, in both a positive and negative way. We are committed to promoting respect amongst all those involved in Special Olympics. Special Olympics has developed language guidelines to this end. For more information on terminology to avoid and people first terminology, please visit our website.

## Board of Directors:

Special Olympics PEI is governed by a volunteer Board of Directors. Members are elected annually and positions are open to the public. The current members of the Board are: Reid Barnett (President), Brad Colwill (Vice-President), Jamie Arsenault (Treasurer), Donna Campbell, Alana Taylor, Kevin Stonefield, Cecil Villard, Paul Smith, and Matthew Judson (Athlete Representative).

## Code of Conduct

Special Olympics PEI's Code of Conduct is taken from our policy manual and is a standard to which all members are held. To view this policy in full, please visit our website.

## Mission Statement

"To enrich the lives of Islanders with an intellectual disability through sport".



The Special Olympics movement began in 1963, led by Dr. Frank Hayden. Special Olympics came to PEI in 1982.

Special Olympics PEI has approximately 500 athletes, 120 coaches and volunteers and over 50 programs running annually.

Since 1998, 21 Special Olympics PEI athletes have represented Canada at World Games. Two athletes, Suzie Smith and Michael Morris, have competed at two World Games.

Three Special Olympics PEI athletes have been named Female Athlete of the Year by Special Olympics Canada—Suzie Smith (2000), Alyssa Chapman (2011), and Ellen MacNearney (2013)

In the last 10 years four Island teams have been named Special Olympics Canada Team of the Year: PEI Stars Floor Hockey Team (2004), Paul Phillips Curling Rink (2005), PEI Jays Softball Team (2011) and PEI Curling Team Charlottetown Rink (2012).

Two Special Olympics PEI Volunteers have been awarded the Special Olympics Canada Jim Thompson Award for volunteerism, Cecil Villard (2002) and Peter Howatt (2008).

# Thank you to our Sponsors



Special Olympics PEI would like to extend a heartfelt thank you to all of our sponsors and donors who's continued support help make our programs possible.

## Platinum Sponsor



## Gold Sponsors

