



# THE ATHLETES POST

By Heather Miller

Volume 5: October 2019

## 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 am having a hard time communicating with all the athletes in their club regions. I hope this newsletter will keep us informed and you, the athlete, can discuss topics through a new Facebook group –just by searching **Special Olympics Athlete Post**. If you would like to contribute to the Athletes Post, please do so by joining the Facebook group.

## THOUGHT FOR THE MONTH:

If you were an athlete Leader in your club what do you think would be your most important job?

## What's Happening:

Nov 3<sup>rd</sup> the Law Enforcement Polar Plunge

Oct 21-Nov 3 Staples Give a Tooney, Share a Dream Campaign.

February 2020 Winter National Games in Thunder Bay Ontario.

April 24-26<sup>th</sup> 2020 Athlete Leadership Summit at the Emanuel Convention Centre in Lewisporte. We will be offering 2 workshops Athletes on Committees and Input Councils, and Athletes using PowerPoint.

## Facebook Chat Thoughts:

Tell me some ways you can build awareness of Special Olympics in your community?

How can athletes communicate with each other?

## SURVEY: Athlete Feedback

All Athletes are asked to complete before Dec 1<sup>st</sup> Results will be used as input from athletes for the development of the new Strategic Plan.

## Here is the link

<https://www.surveymonkey.com/r/Q3RRZTP>

## Best BUDDIES- MUN CHAPTER

Are you interested in a program that builds one- to – one Friendships between people with and without an intellectual and developmental disability? Hang out with a buddy who shares your interests: monthly fun group events (bowling, paint nights, movies, and holiday mixers). Check it out! Email [munbestbuddies@gmail.com](mailto:munbestbuddies@gmail.com) or check out the Facebook page: MUN Best Buddies

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## Athlete Leadership Highlights

Kim McDonald wrote:

“Celebrating Athlete Leaders in Newfoundland & Labrador

Our province is proud to showcase its many Athlete Leaders! As our Special Olympics athletes gain confidence and feel empowered, they often seek new challenges. Special Olympics Canada’s Athlete Leadership Programs are a great way for our athletes to challenge themselves! Below are some highlights of Athlete Leadership in action!!!”

To learn more about athlete leadership and how YOU can get involved please contact our program coordinator Kim McDonalds- Wilkes, you can email her at [kimm@sonl.ca](mailto:kimm@sonl.ca)



### **Sheyanne Boone, Tri Con Gentle Giants**

After completing an Athlete Speaker Workshop in April 2019, Sheyanne was proud to put her newly acquired skills to work in a variety of ways! Sheyanne was the Emcee at the Provincial swim competition in Carbonear, she also gave a speech at the NLCU walk in June 2019. On another occasion Sheyanne spoke briefly at a local concert in her area and also sang a song! Amazing list of events to part take in while showing off your Athlete Leadership skills Sheyanne! Fantastic!



### **Darrin Frampton, St. John's**

Darrin also was involved in the Athlete Speaker Workshop in April 2019 and enjoyed giving a speech in the city of St. John's area just after learning all about how to write a speech!



### **Chris Gillam, Lab West Big Landers**

Chris spoke at his clubs closing banquet in June 2019. Chris spoke at the Employment Corporation Gala where Chris also received the Cindy Witts Memorial Award. Chris received this reward because he is well rounded in the community with activities and volunteering and demonstrates a positive attitude.

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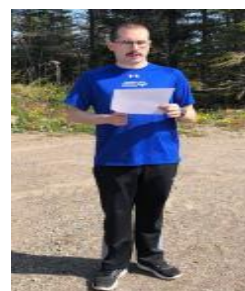
**Michael Budden, Bay St. George**

Michael showcased his newly learned skills from the Athlete Leadership summit by delivering the opening remarks at the Law Enforcement Torch Run in his own community of Stephenville in June 2019! Amazing job Michael!



**Logan Firmage, Bonavista Polar Bears**

After learning at the Athlete Leadership Summit that the speech you write reflects who you are and what Special Olympics means to you, Logan was inspired to talk more about bullying. Logan helped spread the message about “ Why bullying is wrong” during a senior Hockey Tournament in his local area. Logan also emceed a little at the game opening! Way to go Logan.



**Donald Kendall, Bay St. George Brave hearts**

Donald Kendall Participated in the NLCU Walk at Ned’s Pond on June 2,2019. Donald gave the opening speech during the walk, putting the skills he learned at the Athlete Leadership Summit to the use! Donald enjoyed giving the opening speech, welcoming everyone and extending a huge thank you to NLCU for being a supporter of Special Olympics NL!

## **MARGARET MACNEIL, EXPLOITS HURRICANES**

Margaret opened the NLCU Walk in 2019 for her local club, but stood alongside fellow athlete Michael Barnes and Co-Emceed the Opening Ceremonies at the 2019 Provincial Winter Games! Another amazing showcase to all of just what our athletes can do when you set the bar! Way to go Margaret!



Our  
Athlete  
Leaders



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## Profile An Athlete:



**Robyn Kenny:** Robyn belongs to the Mt. Pearl Special Olympics Club. She is going to Thunder Bay to compete the National Winter Games in the sport of Floor Hockey, "It is my first time going to Nationals, I am excited!" She told me that she has been involved in Special Olympics for most of her life. "I have met many new friends and had many new experiences at games that are so important to me."



**David Horne:** David Horne is an athlete from the Mt. Pearl Special Olympics Club. He is going to the Special Olympics winter games in Thunder Bay to compete in Snowshoeing this February. David said that it is his second winter games at National level. He told me that Special Olympics makes him feel happy, and that he is very proud to be on the NL team for the second time in four years." My training is really good because I am getting stronger and faster when I run. My goal is to try to win in the same spot as Terry Fox .... finished in Thunder Bay Ontario."



Heather Miller CBS Brightstars athlete received the Gina Blundon award, an award that exhibits the qualities of Heart, Commitment, Dedication and Leadership.

## Provincial Awards

THE GREATEST  
AWARD IS DOING  
SOMETHING YOU'RE  
PROUD OF.

Louis Sachar

QUOTEHD.COM



Our Team of the Year is the Exploits Hurricanes Curling Team. Exploits Hurricanes Curling Team have been playing and competing together for 4 years and they truly demonstrate the definition of a team. Their work ethic and determination at practice and in competition is outstanding.

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## More Award Winners.....



**Jessica Summers** is an athlete from Mt. Pearl. Jessica received the Female athlete of the year award. Jessica is attending the National Winter Games in Ontario for Snowshoeing.

Her personal motto is "I can do this!"



**Joshua Gardner** is an athlete from the Exploits Hurricanes, He received the Male Athlete of the Year award. Joshua qualified to represent team NL at the winter games in Thunder Bay in the sport of Curling.



**Male Coach of the year:** Grant Cudmore, Gander Wings

**Female Coach of the year:** Colleen Ryan, Exploits Hurricanes

**Volunteer of the Year:** Sue Horne, Mt Pearl

**Presidents Award:** Shirley Miller, CBS Brightstars

**Evan Ash Award:** Colleen Ryan, Exploits Hurricanes

**Builders Award:** Dr. Carmel Casey, Gander Wings