

Mark Your Calendars



July –Oct 2015	Bocce Practice —Saturdays 9 am-11 am
July –Oct 2015	Powerlifting at Dedicated Fitness Delaware Ave., Palmerton
August 16, 2015	Annual Family Picnic at Mauch Chunk Lake
August 16, 2015	Fall Sports Training School at the Pocono Dome
Sept 12-13, 2015	Leadership Training in Harrisburg
Oct. 4, 2015	Eastern Fall Sectionals at ESU
Nov 6-8, 2015	Fall Festival at Villanova
Late November	Bowling Starts

Annual Family Picnic

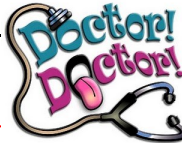
All Athletes and their families and our wonderful volunteers and friends are invite to Carbon County's Annual Family Picnic. This year's picnic will be held at the Koch-Wildoner Pavilion at Mauch Chunk Lake starting at 1 pm on August 16th. There will be games and swimming available. Families with last names A-K are asked to bring a dessert and families with last names L-Z are asked to bring a salad or side dish. Rep. Doyle Heffley will be on hand at 1:30 pm to present the athletes from summer games with special certificates. A good time will be had by all! Hope to see you there!!

Do you feel there is something missing from the Family Newsletter? Please send comments and ideas for articles to

akarnish@spectrumcommunityservices.org

All suggestions are welcome!

Physicals and Medical



Don't miss a practice! If you are going to the doctor in the next couple months, take along the enclosed athlete medical and get it updated. Athlete medicals are good for three years and can be signed by either a physician or physician's assistant. You can find out when your medical is due by asking Sharon Bonser, the Athlete Coordinator.

Completed medicals should be mailed to 158 Princeton Ave., Palmerton, PA 18071. To ensure that our athletes receive appropriate care in the event of an emergency, please remember to let Sharon Bonser, our Athlete Coordinator, know of any changes in health status or medications. Also, please remember if any athlete is hospitalized or receives treatment in the ER, Carbon County SOPA needs to be provided with a release from the doctor clearing the athlete for participation.

Wanted: New Blood

We need YOU!!!! Carbon County Special Olympics is a 100% volunteer organization. We need more volunteers to help us!! We have several open positions on the management team. We also need more coaches. We need people to help at trainings and competitions. We need people to help with fund-raising events. Even if you can only donate a couple of hours per week, we need you!!!



If you are interested in joining our team or learning more about us, we would love to hear from you. Please visit our website or Facebook page to learn more. We are counting on you!

We Have Powerlifting Again



Powerlifting started its second season on July 25th and this year practices are held at Dedicated Fitness on Delaware Ave. in Palmerton. Practice starts at 1:00 pm and end at 3:00 pm. This year athletes will have to choose to advance in powerlifting or bocce. We hope that you will come out and support one of our newest offerings!

Special Spartans



Earlier in July two of our Carbon County Athletes Matt Anthony and Delina Rodrigues participated in a Special Spartan Challenge that was held at Blue Mountain Ski Area. They made us proud and had a blast going through a challenging obstacle course that included climbing, running and MUD. Thanks for representing us!

Congratulations Matt Anthony!

We are happy to announce that Matt Anthony has agreed to be our new Athlete Representative and Lisa Lux will serve as the Athlete Mentor. Matt has already had one meeting and has a lot of great ideas for the program. He needs help from his fellow athletes to help make Carbon County an athlete driven program. Matt and Lisa will be attending the annual Leadership Conference that is held in Harrisburg and Matt will be attending the ALPS Program.



GOING FOR THE GOLD

The Carbon County Special Olympics Newsletter



Visit us at www.specialolympicscarboncounty.com and on Facebook

Summer 2015

Birthdays



July

- 9 John DeVore
- 12 Amy Williamson
- 20 Robin Davison
- 21 Barbara Jones

August

- 4 Korey Steinberg
- 7 Kyle Frank
- 8 Kelsie O Tinker
- 21 Elisa Fegley
- 29 Dan Kline

September

- 1 Brian Tiscio
- 13 Caroline Hallinan
- 13 Timothy Maillet
- 14 Geln Maynard
- 23 Roxane O'Shaughnessy
- 24 Dylan Siani
- 24 Gabrielle Siani
- 30 Ryan Lee

Wanted Athletes for August 22nd



As some of you may know we Special Olympics, along with the Dream Ride Experience, are holding a fundraising event on August 22, 2015. There are 3 portions of this event that people can take part in and support our program. One event is a motorcycle trip to Farmington Connecticut. Register at www.DreamRide.org. Another portion of this day will be a Poker Run with the registration being held between 9am and 10am at Keystone Harley Davidson in Parryville. The 3rd way to be involved, and here is where we need you, is a bicycle ride on the D&L Trail from Lehighton to the Lehigh Gap Nature Center. We want you to invite and register everyone you know to ride in this event. You can do this by clicking on this link <http://tinyurl.com/D-LTrailBikeTour>, or by going to www.DreamRide.org and scrolling down to "Dream Trail". The other way we need Athletes to help is to be present at the Nature Center with all of your medals and your favorite Special Olympics shirts. We want our supporters to meet and talk to you and see your medals. In return, YOU can personally thank the people that are supporting Special Olympics.

So please, have your family join the ride, or let Alison (570)669-6179 know if you can be present at the Nature Center on August 22, around 11am.

Tis Bocce Season!!!



The first bocce practice was rained out so the first actual practice was of the season was held on July 25th. It is not too late to come out and join the fun! Practices are held on Saturday mornings from 9:00 am – 11:00 am at our bocce courts in Baer Memorial Park behind the Lehighton Pool. Highlights of the bocce season include the Eastern Sectionals in October and the Fall Festival at Villanova in November. This year athletes will have to choose to move on to advanced competition in either bocce or powerlifting,



Athlete Oath—

Let me win, but if I can not win, let me be brave in the attempt.