GOING FOR THE GOLD

Athlete Code of Conduct

SOPA is committed to the highest ideals of sports and expects all athletes to honor sportsmanship and Special Olympics. All Special Olympics athletes and Unified Partners agree to the following code:

Sportsmanship:
- Practice good sportsmanship
- Act in ways that bring respect to me, my coaches, my team and Special Olympics.
- Refrain from using bad language.
- Refrain from swearing or insulting other persons.
- Refrain from fighting with other athletes, coaches, volunteers or staff.

Training and Competition:
- Train regularly.
- Learn and follow the rules of my sport.
- Listen to my coaches and the officials and ask questions when I do not understand.
- Always try my best during training, divisioning, and competitions.
- Refrain from holding back in preliminaries just to get into an easier heat.

Responsibility For My Actions:
- Refrain from making inappropriate or unwanted physical, verbal, or sexual advances to others.
- Refrain from smoking in non-smoking areas.
- Refrain from drinking alcohol or using illegal drugs at Special Olympics events.
- Refrain from taking drugs for the purpose of improving my performance.
- Obey all laws and Special Olympics rules.

(Code of Conduct from SOPA’s website at www.specialolympicspa.org)

Athlete Oath:
Let me win, but if I cannot win, let me be brave in the attempt.

BIRTHDAYS

April:
24 Matthew Anthony
  Samantha Siani

May:
12 Brandon Brooking
22 Daniel Kurtz

June:
12 Daniel Brown

CHINESE AUCTION

If you would like to donate an item to the Chinese auction at the Horse Show this year, please contact Joan Kostro at joankostro@yahoo.com or 570-722-8548.

Thank you.
**Mark Your Calendars**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>April 11</td>
<td>Eastern Bowling Sectionals</td>
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<tr>
<td></td>
<td>Trexler Middle School, Allentown</td>
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<tr>
<td>May 1</td>
<td>Eastern Athletics Sectionals</td>
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<td></td>
<td>Kutztown University</td>
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<tr>
<td>May 15</td>
<td>Local Athletics Competition</td>
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<td></td>
<td>Jim Thorpe High School Track</td>
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<tr>
<td>May 31</td>
<td>10K Run Fundraiser</td>
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<tr>
<td></td>
<td>Jim Thorpe</td>
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<tr>
<td>June 10-12</td>
<td>State Games</td>
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<td></td>
<td>State College</td>
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<tr>
<td>September 5</td>
<td>Horse Show Fundraiser</td>
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<tr>
<td>(Rain date 9/6)</td>
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**Bocce anyone?**

Calling all athletes and volunteers! Carbon County would like to add another sport—Bocce! If you are interested in participating or coaching, please see any Special Olympics Coach. Training would begin over the summer months and competition would be held in October-November.

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**Help Wanted: Global Messenger and Speech Coach**

Carbon County Special Olympics is looking for an athlete to serve as a Global Messenger. This is your chance to share in your own words why Special Olympics is important to you. We are hoping that with the help of a Global Messenger, we will not only educate the community about Special Olympics, but recruit new athletes and volunteers. This is your chance to be a leader!

If you are over 18, enthusiastic about Special Olympics, comfortable speaking in front of a group, and a good reader, you’re the right person for this volunteer position! You will work closely with a Speech Coach and attend a 2 day training at this year’s Leadership Conference on September 18 & 19.

We also need a Speech Coach to be trained and to work closely with the Global Messenger. A criminal background check is required. Both positions are volunteer positions.

If you are interested or to learn more about either position, please contact Maureen Foster at fosterm@ptd.net or 570-401-1430.

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**Spectator Guidelines**

As fans (family, friends and supporters) of Special Olympics Athletes, you can play a positive role at SOPA events by following these suggested guidelines:

1. **Please refrain from using abusive or offensive language towards anyone—especially toward officials, coaches, and opponents.**

   Lead by positive example.

   Keep you emotions under control. Don’t let your emotions interfere with our mission or oath.

   Remember, these individuals are volunteers and amateur athletes.

   It may help if you understand the rules of the event. If you need further information or clarification, ask your home program for a copy of the rules pre-event or during the season so you’re a well-informed fan/spectator.

2. **Special Olympics venues are positive, encouraging arenas. Please conduct yourself appropriately.**

   Lead by positive example.

   De-emphasize winning and losing.

   Let the coaches coach the players—refrain from shouting instructions.

   Provide general cheers or positive comments after the fact/play. (Remember to abide by sport-specific rules, i.e. silence at start of races).

3. **Spectators are provided designated areas. You are prohibited in the competition and/or training areas. Only coaches and athletes who are participating may be in these areas.**

   Lead by positive example.

   Failure to comply with the above guidelines may result in penalties being assessed toward your program/team/delegation or you being escorted from the venue. Don’t let this happen! Enjoy being a great fan!

(Spectators Guidelines from SOPA’s website at www.specialolympics.pa.org)