

North Suburban Special Olympics
1008 Woodview Drive, Grafton, WI 53024
262-894-5120 (Kevin); 414-550-5357 (Linda)
HOTLINE: 414-327-1016

July/August 2023

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| Fall Sports Information |
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This fall, athletes from NSSO can compete in Volleyball and/or Bowling.

Yes – new this year – athletes may compete in BOTH Volleyball and Bowling, if they wish to.

Participation only is still allowed for bowling, but, as always, not for volleyball.

VOLLEYBALL: Practices will start the week of Labor Day (first date is Wednesday, September 6) and continue through mid-November. We will be splitting volleyball into two nights as in prior years (Monday or Wednesday). Our practice site will be the Milwaukee Safety Academy. Please remember to ENTER the north side doors towards the parking lot, not the front door, and remember to use the sign in sheet (athletes, coaches, spectators).

The first three nights of practices will be for skills – come to what fits your schedule – we would prefer that athletes come to two of the first three nights to get all the skills done. Practices will be at the Milwaukee Safety Academy, 6:30-8:00pm. Athletes will be notified of team assignment and night of practice after we know how many teams we will have. Volleyball is open only for competition and athletes must be able to attend the October invitational and the state competition.

BOWLING: Practices will start on Saturday, September 2, at Brown Deer Lanes. There will be NO practice on Saturday, September 9, but will resume on September 16 and will be held every Saturday up to and including December 9th. Practices start promptly at 10:15am, please be there 15 minutes ahead; the door will not open until 10:00am. The fee this year is set at \$ 100.00.

Athletes may participate in bowling with no competition planned.

- ⊙ The NSSO Volleyball Invitational Tournament will be held on Sunday, October 22, 2023. Schedule information will be distributed to the volleyball teams in October; games will be at Nicolet High School. This invitational is mandatory for all players. The SOWI State Volleyball Tournament is Saturday, November 4, 2023 – Milwaukee Sting Volleyball Center; N54 W13904 North Park Dr., Menomonee Falls 53051.
- ⊙ There will be no regional bowling competition – there will be virtual entries which SOWI will use to decide who is eligible to advance to the state competition. The state will be held on Saturday-Sunday, December 2-3, 2023, in Wausau. All State bowlers will bowl on only one day – either Saturday or Sunday. At this time, we do not know which day Region 8 bowling will be held, but it really is a one-day event.

Please let us know if you will not be involved in sports this fall – for any reason. It could be that bowling and volleyball are not your preferred sports. It helps us plan.

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|-----------------|
| Upcoming |
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We again plan on starting basketball on a Monday/Wednesday schedule – we found that it was quicker to get the required skills done and break into teams earlier, especially with the holidays taking some of our practice nights. NOTE: Team basketball practices will start in December. Complete information will be available in the next newsletter. Basketball skills will start in January.

Put October 15th on your calendar! We have the fall banquet scheduled and information will be mailed out.

If weather and facilities permit, snowshoeing will also start in December. Any information will be emailed out.

General Sports Information

We try to give as much scheduling information as we can, as much in advance as we have it. Please remember to keep practices, tournament dates and competition dates in mind when scheduling vacations, etc. Not only is this important for those in individual sports – to be able to learn and possibly advance to the next level, but it is important for all team events. Teams learn to play together and rely on each member to be there when needed. It is mandatory that each team member attend and compete at a district level to advance to state (if that team advances), as well as being required to participate in pre-district games and invitationals or other tournaments. If an athlete misses the required games and/or the area/district tournament and the team advances to the next level, that athlete is no longer on the team for the year and should no longer attend practices – the team has to learn to work together. Even if attendance at all invitationals/ tournaments is not mandatory, it greatly helps each team to have all members at such events. Annual dates are usually held at about the same weekend each year, so this would also help in advance planning. Special practices, games, etc. – we may not know much in advance, but we do let everyone involved know as soon as we do. Practices after a district event, even for those individuals or teams not advancing to state are very worthwhile – it's the time to work on skills or try something new, etc.

When you register for a team sport, please make sure that you will be able to attend all competitions as this is important in team building and SOWI rules. If you cannot attend mandatory competitions, please talk to Kevin and Linda before you register.

MISCELLANEOUS

REMINDER!!! NORTH SUBURBAN'S HOTLINE NUMBER 414-327-1016

While rain and other moderate inclement weather conditions do not generally cancel practices when they are indoors there may be other situations which would cancel a practice. Even something like dangerous winter driving conditions may require us to cancel a practice for the safety of drivers and passengers. So, keep in the practice of regularly checking the Hotline for current information. Remember that we may not always know about a building closure ahead of time, but if we do, it will be put on the hotline. Check the Hotline about 45 minutes prior to the practice start time to see if practice has been cancelled. For example, if practice starts at 6:00pm, a message will hopefully be left about 5:15pm. This means that athletes should not call their coaches to check to see if practice is cancelled. We will try to reach all athletes and coaches for sudden practice cancellations that are NOT weather related, but it is still a good idea to listen to the Hotline just before you leave for practice, because it is not always possible to reach everybody. If time permits, the website will also be updated with cancellation information.

This is also a reminder to not drop off an athlete at a practice until you have verified that a coach is on site. If the weather is iffy – stop and ask if a practice might be shortened and return on time.

Don't forget to get to a practice on time and please make sure that all drivers return at the correct time after the practice to pick up the athletes.

Website

Have you checked out the website <https://northsuburbanspecialolympics.org>? A handful to type, but make it a favorite! You will find many current items and we love pictures. Check for cancellations and special events. Online forms launch from a green button.

NORTH SUBURBAN SPECIAL OLYMPICS, 8-02

JULY 2023

| SUNDAY | MONDAY | TUESDAY | WEDNES. | THURS. | FRIDAY | SATURDAY |
|------------------------|----------|-------------|---------|--------|--------|---------------------------------------|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 Southern State Golf | 24 Bocce | 25 Softball | 26 | 27 | 28 | 29 TM/MPS Bocce/Softball Invitational |
| 30 | 31 Bocce | | | | | |

AUGUST 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|----------|-----------------|-----------|----------|--------|---------------------------------|
| | | 1 Softball | 2 | 3 | 4 | 5 Sendik's Grill Out - Grafton |
| 6 NSSO Picnic – Virmond Park | 7 Bocce | 8 Softball | 9 | 10 | 11 | 12 |
| 13 Regional bocce & softball – Richfield | 14 Bocce | 15 Softball | 16 | 17 | 18 | 19 |
| 20 | 21 Bocce | 22 Softball TBD | 23 | 24 | 25 | 26 Sendik's Grill Out - Grafton |
| 27 | 28 Bocce | 29 Softball TBD | 30 | 31 | | |

SEPTEMBER 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURS. | FRIDAY | SATURDAY |
|----------------------|----------------------------|----------------|---------------|--------------------------------------|---|--|
| | | | | | 1 | 2 First Bowling |
| 3 | 4 Labor Day – No practices | 5 Softball TBD | 6 Volleyball | 7 BOCCE For teams Advancing to state | 8 State bocce & softball (Wisconsin Dells) | 9 State games; NO Bowling practice |
| 10 State Games | 11 Volleyball | 12 | 13 Volleyball | 14 | 15 <i>Rosh Hashanah</i> : Special Friends Dance | 16 Bowling; Sendik's Grill Out - Grafton |
| 17 | 18 Volleyball | 19 | 20 Volleyball | 21 | 22 | 23 Bowling |
| 24 <i>Yom Kippur</i> | 25 Volleyball | 26 | 27 Volleyball | 28 | 29 | 30 Bowling |

NORTH SUBURBAN SPECIAL OLYMPICS, 8-02

OCTOBER 2023

| SUNDAY | MONDAY | TUESDAY | WED. | THURS. | FRIDAY | SATURDAY |
|-------------------------------|------------------|------------------------|------------------|--------|--------------------------------|--------------|
| 1 | 2 Volleyball | 3 | 4 Volleyball | 5 | 6 | 7 Bowling |
| 8 | 9 Volleyball | 10 | 11 Volleyball | 12 | 13 | 14 Bowling |
| 15 NSSO Banquet | 16 Volleyball | 17 | 18 Volleyball | 19 | 20 Special Friends Dance | 21 Bowling |
| 22 Volleyball Invitational | 23 Volleyball | 24 | 25 Volleyball | 26 | 27 | 28 Bowling |
| 29 | 30 Volleyball | 31 <i>Halloween</i> | | | | |

NOVEMBER 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------|--|---------|--|---------------------------|--|------------------------------------|
| | | | 1 Volleyball | 2 | 3 | 4 Bowling & State Volleyball |
| 5 <i>Daylight Savings</i> | 6 no / final Volleyball practice | 7 | 8 no / final Volleyball practice | 9 | 10 | 11 Bowling |
| 12 | 13 no practices | 14 | 15 No practices | 16 | 17 Special Friends Dance | 18 Bowling |
| 19 | 20 No practices | 21 | 22 No practices | 23 <i>Thanksgiving</i> | 24 Whitefish Bay Holiday Stroll | 25 Bowling |
| 26 | 27 Team Basketball | 28 | 29 Team Basketball | 30 | | |

DECEMBER 2023

Save Saturdays = we might try another year of snowless snowshoe practices

| SUNDAY | MONDAY | TUESDAY | WED. | THURS. | FRIDAY | SATURDAY |
|------------------------------|---|-------------------|-----------------------------------|--------|--------------------------------|--|
| | | | | | 1 | 2 Bowling practice; State Bowling (Wausau) |
| 3 State Bowling | 4 Team Basketball | 5 | 6 Team Basketball | 7 | 8 | 9 Final Bowling practice |
| 10 | 11 Team Basketball | 12 | 13 Team Basketball | 14 | 15 Special Friends Dance | 16 |
| 17 | 18 Team Basketball | 19 | 20 Team Basketball | 21 | 22 | 23 |
| 24 | 25 NO practice; <i>Merry Christmas</i> | 26 | 27 NO practice | 28 | 29 | 30 |
| 31 <i>New Year's Eve</i> | 1 January 2024 NO practices | 2 January 2024 | 3 January 2024 No practices | | | |

NORTH SUBURBAN SPECIAL OLYMPICS 2023 FALL SPORTS REGISTRATION FORM

This form is due by Friday, August 25, 2023

NORTH SUBURBAN SPECIAL OLYMPICS
1008 WOODVIEW, GRAFTON, WI 53024
Email to: brothen@uwm.edu or kjszydel@wi.rr.com

ATHLETE NAME _____ PHONE _____

EMAIL _____ (specify athlete or parent)

- **Bowling:** Those athletes competing or participating in bowling must send a check for \$100.00 for the bowling fees with this registration form. We would like everyone to pay the full amount to make it easier to administer, however, we realize this is a lot of money at one time, so we offer a split payment option. This option will allow you to send in a check for \$50.00 with this registration form, with the remaining \$50.00 due by October 7, 2023.
- **Volleyball:** Since volleyball is a team sport, there are no participants allowed, only competitors.
- If you have any questions regarding this form please call Kevin at 262-894-5120 or LindaB at 414-550-5357.
- YOU CAN EASILY REGISTER ON THE WEBSITE
- <https://northsuburbanspecialolympics.org/2023-fall-sport-registration/>

| Choose one Option Below | OPTION DESCRIPTION |
|---|---|
| | COMPETE: Means attending practices AND Regional/District/State competitions PARTICIPATE: Means attending practice, NOT attending competitions |
| To compete in Bowling 1. Check here: <input type="checkbox"/> And 2. Answer this question → | Athlete MUST ATTEND: <ul style="list-style-type: none"> • A minimum of 5 practices by November 11, 2023 or athlete may not be registered for the Bowling Competition and a minimum of 9 practices for the entire 2023 season. • The Bowling Competition on Saturday-Sunday, December 2-3, 2023, if advancing to State (Wausau). <ul style="list-style-type: none"> • Will athlete attend the Bowling Competition? Circle one: Yes or No • Will athlete PARTICIPATE in Bowling, not compete? Circle one: Yes or No <input type="checkbox"/> Include a check with this registration form, for \$100.00 (or \$50.00 for the partial payment option) to cover the weekly bowling fees made out to: North Suburban Special Olympics. |
| To compete in Volleyball 1. Check here: <input type="checkbox"/> And 2. Answer these three questions → | Athlete MUST ATTEND: <ul style="list-style-type: none"> • A minimum of 3 practices by October 12, 2023 and a minimum of 7 practices for the entire season or athlete will not be registered as part of the team and/or may not be allowed on the team next year. • At least <u>two games</u> prior to the SOWI Volleyball competition on Saturday, November 4, 2023. • The NSSO Volleyball Invitational Tournament on Sunday, October 22, 2023? <ul style="list-style-type: none"> • Will athlete attend the NSSO Volleyball Tournament? Circle one: Yes or No • The SOWI Volleyball Competition on Saturday, November 4, 2023. <ul style="list-style-type: none"> • Will athlete attend the SOWI Volleyball competition? Circle one: Yes or No • Will Athlete also PARTICIPATE in Bowling? Circle one: Yes or No <ul style="list-style-type: none"> • If Yes, include a check with this registration form, for \$100.00 (or \$50.00 for the partial payment option), to cover the weekly bowling fees made out to: North Suburban Special Olympics. OR <ul style="list-style-type: none"> • Will Athlete also COMPETE in Bowling? Circle one: Yes or No <ul style="list-style-type: none"> • If Yes, include a check with this registration form, for \$100.00 (or \$50.00 for the partial payment option), to cover the weekly bowling fees made out to: North Suburban Special Olympics. |
| Check here <input type="checkbox"/> | If you do NOT plan on competing in any sport in the Fall season, please check here and return the form. |

NSSO USE ONLY: (CASH or CHECK) (\$100.00) or (\$50.00 paid on _____) and \$50.00 paid on _____)