

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

Hotline: 414-327-1016

<https://northsuburbanspecialolympics.org>

November 2023

FALL UPDATES

VOLLEYBALL

Our three teams (Warriors, North Stars and Spikers) have done well in practices and competition. We were able to host our Volleyball Invitational at Nicolet and competed in the State games.

BOWLING

We had a full house most weeks and offered participation in bowling as well as competition as individual, doubles, teams, and ramp. Everyone had fun for this season. The local tournament was only on-line, and we know that the players missed the thrill of competition.

FALL UPDATE

This was the first year that athletes were eligible to compete in BOTH volleyball and bowling and there were several who did just that – we welcome more next year to do both sports!

TEAM BASKETBALL

The practices for team basketball will be held at the MILWAUKEE SAFETY ACADEMY (6680 N. Teutonia Ave., Milwaukee, 53209). For the first practices, we will be splitting the group to do the basic skills and team evaluation. With new athletes joining and the loss of several these past years, we want to remind everyone that you may not be on the same team as the previous year; we may have to change team membership to fit the numbers, skills, and needs of all athletes. With the holidays coming fast, practices the first weeks are important for team assignment

Please let us know which nights for the first two weeks you can make it – everyone interested in team basketball should come to one a week for the first two weeks. Monday, December 4 or Wednesday, December 6, and Monday, December 11 or Wednesday, December 13.

We hope to split into teams *after the new year*; and will inform all as to what our plans are for after the first two weeks. We will be using the Milwaukee Safety Academy for team and skills practices. Practices will be either Monday or Wednesday. There may be a few dates that will change a practice – players will be notified. As usual, practices will stop on the second week after a team is eliminated from competition; this may affect where and which night the remaining teams will practice.

There will be no practices over the holidays – check the calendar - enjoy the break.

Milwaukee Safety Academy (MSA) – come in the back/side door and use the supplied sign in sheet, park in the back of the building, not in front of the building.. Because of the activities held at the Academy, keep all noise in the hallway to a minimum. (6680 N. Teutonia Ave., Milwaukee, 53209). Reminders: do not roam the building; we are guests of this facilities. Please be on time and make sure your ride comes in good time after the practice time.

We sometimes get short notice if a facility is not available; so it should become a habit to call the hotline before coming to a practice to verify time and location. Don't forget that weather and the safety of those driving is always important – CALL THE HOTLINE! 414-327-1016; information, if possible, will also be emailed and on the website –<https://northsuburbanspecialolympics.org>

Tournaments/Invitationals – The invitationals are January 21st and February 3-4 – both at Vincent High School; the District Tournament will be on Sunday March 3, 2024, at Homestead High School. The Sectional Tournament, for those teams that advance will be March 16 at a new location – New Berlin West High School. State competition will be part of the Indoor Games on April 12-14, 2024.

BASKETBALL SKILLS 2024

Basketball Skills practices will begin on Monday January 8, 2024. Practice will be 6:00-6:30pm, with head coach Kim Gaunt – practices will be at the Milwaukee Safety Academy. District Basketball Skills competition will be held at the Kettle Moraine Lutheran High School in Jackson on Sunday, February 25, 2024. State competition will be part of the Indoor Games in April, but details are not known.

SWIMMING 2024

Yes – this was a major change in 2023. The new schedule of sports seasons that SOWI had set up affected several sports, including swimming. Athletes have to choose to compete in swim OR basketball; not both. We will, as usual, allow participation in swimming. We have requested the pool at Brown Deer High School for practices starting in January, but this has not yet been confirmed. Swimmers will be notified as soon as we have verified information. Regional swim is March 23, 2024, and we plan on participating in the TM swim meet on February 16, 2024. Swim state competition will be part of the Indoor Games on April 12-14, 2024. Any new information will be distributed as known.

SWIM VS BASKETBALL

With the new SOWI sports seasons, we realize that making the choice between these two sports is a difficult decision and one many would prefer not to make. However, a choice has to be made. To be able to put everything together, we must know the decision by each athlete by December 1st = basketball or swim. Changes can be made in the following year, but we will not make changes in player choice for this year after that date. Again a reminder that athletes can participate in swimming even if competing in basketball, but no participation in basketball.

SNOWSHOE RACING

We are hoping to have practices at the Blackstone Creek Golf Course in Germantown. Practices will begin in December on an undetermined date – weather permitting – we are looking at 10:00-11:30am, but exact information will be distributed as verified. Practices may be held with or without snow, however, practices will be cancelled for a severe winter storm, if the temperature hits 5 degrees, or the wind chill is zero – or other dangerous conditions (transportation or practice) – or the ground is not frozen. Remember to listen to the Hotline after 8:00am on practice dates for cancellations. Remember to dress for the weather. Because of changes in the state schedule for Winter Games again this year, we may not be attending the state competition. We will continue practices for the season to keep up the skills for another year.

SOCCER/TRACK/TENNIS 2024

We hope to have some indoor soccer practices on March-April Wednesdays; we may have outdoors if we have a warm spring. More information will be available later. Outdoor soccer practices are scheduled for the practice field at Brown Deer High School. Track is scheduled for the Brown Deer High School Facilities (start date in March weather permitting) so practices will be very important for event decision and timing. Regional Track will be mid May; unverified yet for soccer. This was also a new change for SOWI sports seasons – adding tennis to the March-June dates. State should be June 6-8, 2024.

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. Participation is allowed in individual sports, such as swimming, track, and tennis - but team sports require all athletes to be competitive.

It is mandatory that each team member attend and compete at a district level to advance to state (if that team advances) (or other mid-level competition). It is also required that every player participate in pre-district games and invitationals or other tournaments (a minimum of two games). If an athlete misses the area/district tournament, 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, if that team advances to the next level of competition. Even if attendance at all invitationals 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.

Reminder: Please pick up your athlete on time after a practice or other event. While we cannot guarantee to the minute when everyone will be ready to leave, we have had a few occasions where there was a significant wait for the last driver.

MISCELLANEOUS

CONCESSIONS

HELP! We can always use help at our concession stands (NSSO fundraisers) at the MPS Classic I, MPS Brandon Spewer Tournament (two days), District Basketball, the fall NSSO Volleyball invitational, and don't forget the Sendik's Grill Out dates throughout the summer. We can use volunteers for any of these occasions - please consider helping us out. If you are willing to help out at any of these tournaments - setting up, working, taking down, etc. - please contact Barbara Gregory (414-541-1939). If you can help with the Sendik's Grill-Out dates, contact Chuck Sigurdson (414-688-9106; csigurdson@sbcglobal.net)

UPCOMING SPECIAL EVENTS – information will be distributed for these events.

PACKER PARTY – Sunday, November 12, 2023 – Milwaukee Safety Academy

HOLIDAY STROLL – Friday, November 24, 2023 – Whitefish Bay

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

WEBSITE - <https://northsuburbanspecialolympics.org>

Don't forget to check the Hotline and website regularly. During winter, it may not seem that bad weather would cancel a practice without being a blizzard, but there may be other unexpected reasons – remember when the swimming pool had no water? We cannot call all athletes or coaches when we cancel due to bad weather – check the hotline, your email, and/or the website. This also means athletes should not call their coaches to check to see if practice is cancelled. The cancellation message is generally on the hotline approximately 45 minutes before practice is scheduled (website as soon as possible). We will attempt to call athletes and volunteers for practice cancellations that are NOT due to bad weather, but it is still a good idea to listen to the Hotline or check the website before you leave for practice, because it is not always possible to reach everyone nor is there sufficient time.

Printing provided by Cornerstone Church, Grafton – Living to Love People Like Jesus Loves

NORTH SUBURBAN SPECIAL OLYMPICS

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 final Volleyball	2	3	4 Bowling & State Volleyball
5 <i>Daylight Savings</i>	6	7	8	9	10	11 Bowling
12 Packer Party	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 no practices	28	29 No practices	30		

DECEMBER 2023

Save Saturdays = we might try another year of snowless snowshoe practices after the bowling season.

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>						

NORTH SUBURBAN SPECIAL OLYMPICS

JANUARY 2024

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 No practices; <i>New Year's Day</i>	2	3 No practices	4	5	6
7	8 Basketball & Basketball Skills	9	10 Basketball	11	12	13
14	15 Basketball & Basketball Skills	16 First Swim (TBD)	17 Basketball	18	19 Special Friends Dance	20
21 MPS Basketball I	22 Basketball & Basketball Skills	23 Swim	24 Basketball	25	26	27
28	29 Basketball & Basketball Skills	30 Swim	31 Basketball			

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURS.	FRIDAY	SATURDAY
			1 Basketball	1	2	3 MPS Brandon Spewer Classic (Basketball); no snowshoe
4 MPS Brandon Spewer Classic (Basketball)	5 Basketball & Basketball Skills	6 Swim	7 Basketball	8	9	10 snowshoe? winter state
11 winter state	12 Basketball & Basketball Skills	13 Swim	14 Basketball (TBD)	15	16 TM swim meet	17 snowshoe?
18	19 Basketball & Basketball Skills	20 Swim	21 Basketball	22	23	24 Snowshoe?
25 Basketball Skills competition	26 Basketball & Basketball Skills	27 Swim	28 Basketball	29 <i>Happy Leap Day</i>		

NORTH SUBURBAN SPECIAL OLYMPICS

MARCH 2024

SUNDAY	MONDAY	TUES.	WEDNESDAY	THURS.	FRIDAY	SATURDAY
					1	2
3 District Team Basketball Homestead	4 Basketball & Basketball Skills	5 Swim	6 Basketball	7	8	9 <i>Daylight Savings – spring forward</i>
10	11 Basketball Skills; Basketball TBD	12 Swim	13 Basketball TBD	14	15	16 Sectional Basketball – New Berlin West
17	18 Basketball Skills; Basketball TBD	19 Swim	20 Soccer ? Track? Tennis? Basketball TBD	21	22	23 Regional Swim – YMCA Oconomowoc
24	25 Basketball Skills; Basketball TBD	26 Swim?	27 Soccer? Track? Tennis? Basketball TBD	28	29	30
31 <i>Happy Easter</i>						

APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Basketball Skills; Basketball TBD	2 Swim	3 Basketball TBD	4	5	6
7	8 Basketball Skills; Basketball TBD	9 Last Swim	10 Soccer; Track, Tennis; Basketball TBD	11	12 Spring State Games ; SKILLS ?2024	13 Spring State Games (Team Basketball; Swim) 2024
14 Spring State Games (Team Basketball; Swim) 2024	15	16	17 Soccer; Track, Tennis	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 4, 2024 = regional track
 June 6-8 2024 = state UW Whitewater
 August 11, 2024 = regional bocce & softball

NORTH SUBURBAN SPECIAL OLYMPICS SPORTS REGISTRATION FORM

Each athlete must complete this form and mail it to the address below so that it arrives by **December 1, 2023:**
NORTH SUBURBAN SPECIAL OLYMPICS
1008 WOODVIEW, GRAFTON, WI 53024

ATHLETE NAME _____ PHONE _____

- Special Olympics is a training and exercise program, so we have listed practice minimums. We expect you to be at all practices, if possible. Remember that an athlete can compete in only one sport per season.
 - **Basketball:** Since basketball is a team sport, there are no participants allowed, only competitors.
 - **Swimming and Basketball Skills:** these sports do allow participation.
 - If you have any questions, please call Kevin at 262-894-5120 or LindaB at 414-550-5357.
- MAIL FORM OR WEBSITE – WEBSITE REGISTRATION PREFERRED: <https://northsuburbanspecialolympics.org>

Choose ONE Basketball Option	BASKETBALL
<p><i>To compete in Team Basketball</i></p> <p>1. Check here</p> <p style="text-align: center;"><input type="checkbox"/></p> <p>2. Answer these →</p>	<p style="text-align: center;">Compete means attending practices, Invitationals, AND Area/District competitions and, possibly, State Competition.</p> <p>Athlete MUST ATTEND:</p> <ul style="list-style-type: none"> • A minimum of 5 practices by February 20 or athlete will not be registered for Regional, and a minimum of 10 practices for the entire 2023-24 season or athlete may not be allowed to be on a team next year. • At least two games prior to the Regional Basketball competition on Sunday, March 3, 2024. • The MPS Team Basketball Classic I Invitational on Sunday, January 21, 2024 <ul style="list-style-type: none"> • Will athlete attend this tournament? <input type="checkbox"/> Circle one – YES or NO • Attend the MPS Basketball Brandon Spewer Classic on Saturday-Sunday, February 3-4, 2024? <ul style="list-style-type: none"> • Will athlete attend this tournament? <input type="checkbox"/> Circle one – YES or NO • Attend the Regional Basketball Competition on Sunday, March 3, 2024. <ul style="list-style-type: none"> • Will athlete attend this tournament? <input type="checkbox"/> Circle one – YES or NO • Attend the Sectional Basketball Competition on Saturday, March 16, if the team advances. <ul style="list-style-type: none"> • Will athlete attend this tournament? <input type="checkbox"/> Circle one – YES or NO • Attend the State Basketball Tournament on Saturday, April 13– Sunday, April 14, 2024 if your team advances. <ul style="list-style-type: none"> • Will athlete attend this State Basketball? <input type="checkbox"/> Circle one – YES or NO <p>You MUST attend Regional to advance to Sectional, and MUST attend Sectional to advance to State with the team and to continue practicing with the team after the corresponding competition. You MUST be at the required invitationals.</p>
<p><i>To compete in Basketball Skills</i></p> <p>1. Check here</p> <p style="text-align: center;"><input type="checkbox"/></p> <p>2. Answer these →</p>	<p>Athlete MUST ATTEND:</p> <ul style="list-style-type: none"> • A minimum of 3 practices by February 13 or athlete will not be registered for District and a minimum of 5 practices for the entire 2024 season. • The District Basketball Skills Competition on Sunday, February 25, 2024. <ul style="list-style-type: none"> • Will athlete attend District Basketball Skills? <input type="checkbox"/> Circle one – YES or NO • Attend the State Basketball Skills Tournament, Friday, April 12, 2024, if athlete advances. (date dependent) <ul style="list-style-type: none"> • Will athlete attend this State Basketball? <input type="checkbox"/> Circle one – YES or NO <p>OR</p> <p>Will athlete participate in Basketball Skills, but not compete? <input type="checkbox"/> Circle one - YES or NO</p>
<p><i>To compete in Swimming</i></p> <p>1. Check here</p> <p style="text-align: center;"><input type="checkbox"/></p> <p>2. Answer these →</p>	<p>Athlete MUST ATTEND:</p> <ul style="list-style-type: none"> • The Team Milwaukee Swim Meet, if possible, on February 16, 2024? • Will athlete attend Team Milwaukee Swim Meet? <input type="checkbox"/> Circle one – YES or NO • The Regional Swim Competition on March 23, 2024. • Will athlete attend Regional Swim Competition? <input type="checkbox"/> Circle one – YES or NO • Attend the State Indoor Games Tournament if athlete advances, on Saturday, April 13-Sunday April 14, 2024. <ul style="list-style-type: none"> • Will athlete attend the State Swim Competition? <input type="checkbox"/> Circle one – YES or NO <p>OR</p> <p>Will athlete participate in Swimming, but not compete? <input type="checkbox"/> Circle one - YES or NO</p>
<p>To attend Snowshoeing.</p> <p style="text-align: center;">→</p>	<p>Athlete :</p> <p>Will athlete consider participating in Snowshoeing? <input type="checkbox"/> Circle one - YES or NO</p>
<p>Check here <input type="checkbox"/></p>	<p>If you do NOT plan on competing in any sport in this season, please check here and return the form.</p>