



Below Image - Selwyn group swim training.



Featured Sport

Swimming

Special Olympics Canterbury run weekly swim trainings across 4 different pools, Selwyn, Graham Condon, Pioneer and AquaGym. Swimming is a great sport to be involved in as there is no barrier, anyone is able to swim.

Throughout the year there are various ribbon days held at the different pools. This is where athletes choose three different races they would like to swim in and then race in them on the day.

They have races for all abilities, from developmental races such as kickboard and walking through to zoom (8 lengths) races and butterfly etc.

Swimming has the most Athletes involved in Special Olympics New Zealand.

For more information look at the website - www.specialolympicscanterbury.co.nz/swimming/

Athlete Cameo



Sam Mclachlan - Has been swimming with SOC since she was 8 years old! She says "Swimming is a good sport to stay healthy, even us athletes need to stay healthy. I am training to become a swim coach."

Whats been Happening?

2017 the year of Special Olympics New Zealand National Summer Games. Day light saving has ended but not quite the end of summer hopefully. Many of the sports have been active already this year and have held three Tier (Ribbon Events) one, Tier 2 (Regionals) and attended a Tier 1 event held by SO Mid Canterbury.

Golf

The Golfers, held their Tier 1 event on March 6th. Scores were reasonable but Coach Tony Krammer reported that there is always room for improvement. Five athletes competed with the overall winner being Matthew Dixon. April 3rd will be the last night for golf due to winter approaching but they are hoping to keep training each fortnight and are working on a new venue. The athletes appreciate Tony in making it possible for them to have weekly training sessions, even though not all days are as good as the last game.



Swimming

Swimming attended a Tier 1 event held by Mid Canterbury on March 12th. There were 16 athletes from three out of the four swimming groups. A good way to start getting into competition mode. The swimmers are looking forward to their next competition on April 30th in North Canterbury.



Junior Athletics

Junior Athletics held a Tier 1 event on March 6. A group of nine young athletes competed in 100m, 200m shotput and long jump. The athletes were keen to run another race so a fun 400m race was held at the end. Even though the athletes are younger, they show skill and speed. Thank you to Cathy Robson, George Bain and Natalie Loyer for making this group fun and introducing the athletes to Special Olympics.



Senior Athletics

Senior Athletics held a Tier 1 event on 2 March. The conditions for this competition were great and it showed up in the results produced. 31 athletes from Canterbury competed alongside a team from North Canterbury. This was the first competition for the athletes after the Tier 2 held in Nelson in November 2016. Most were pleased with how they had performed. Many thanks to Karin Lamb, Sue O'Hara, Sally Millar and Richard Oswin, thank for turning up each Thursday to hold weekly training.

On Saturday, 25 March, SOC held a Tier 2 event for Athletics. The weather was cloudy with a little bit of rain but the athletes from Canterbury and South Canterbury were not deterred. Not sure if it was the weather but the times were good for the races and the events ran to time. Thank you once again to the Canterbury coaches for making this event happen. Thank you must also go to the University of Canterbury students, who gave up their day to help with the timekeeping and presenting of medals.



Prizegiving Results 2016

A list of the award winners and some more photo's.

Indoor Bowls

Athlete of the year - Allan Mckenzie
Athlete's choice - Gary O'Neill

Basketball

Athlete of the year - Caitlyn Fleming
Athlete's choice - Carlton Vivian

Power Lifting

Athlete of the year - Edmund Hines
Athlete's choice - Michael Hardman

Athletics

Athlete of the year - Craig Allan
Athlete's choice - Kevin Horne

Swimming

Athlete of the year - Kayla Hood
Athlete's choice - Georgia List

Ten Pin

Athlete of the year - Todd Qusted
Athlete's choice - Dion Gallop

Golf

Athlete of the year - Kieran Krammer
Athlete's choice - Hamish Chand

Club Awards

Overall Athlete of the Year - Craig Bennett
Volunteer of the Year - Jessica Waters
Coach of the Year - Karin Lamb

Equestrian

Athlete of the year - Taryn Van Beuzekon
Athlete's choice - John Marr

Football

Athlete of the year - Brent Campbell

Rowing

Athlete of the year -Graham Adams

Dot Hollier recieved a Life Membership award

Moe Phillips recieved a 10 Years Service award



Special Olympics Canterbury Annual General Meeting (AGM)

Tuesday 11th April at 7pm

Bealey Speight's Ale House
263 Bealey Avenue, Christchurch Central.

The AGM is open to all members (fully registered volunteers and athletes)

Nominations For Chairperson, Vice Chairperson, Coordinators Rep and Coaches rep for the executive committee are to be forwarded to Graeme Bain by March 22nd.

Nomination forms can be obtained from Helen Mitchell



**Special
Olympics**
Canterbury



Jason's Jokes

Q. Why can't pirates make it through the alphabet?

A. Because they always get lost at C

Chairperson's Report

Welcome to 2017, good to see the excitement starting to build for National Games at the end of the year. We're busy getting the paperwork sorted and sorting out the teams for the games. The National Games are going to be very expensive so we will have to do a lot of fundraising this year and we need full support from the athletes and the volunteers. Especially the Bacon and Ideal Electrical Fundraisers. We need people to get their paperwork in to us as soon as possible to ensure that athletes can be registered for the games. We hope to get big numbers at our AGM on Tuesday night at Bealey Speights Ale House. The Athlete's Committee AGM is on the 18th April, so all you athletes keep an eye out so you can have a say and get on the committee. Good luck, play fair and be safe.

Jeff Waters
Chairperson SOC



Hi everyone and I hope you guys will have an amazing year. We are going to be very busy with all the stuff we are doing this year and we have got heaps of fundraising to do because we have got the cyclathon, bacon, pies and healthy bars. We have a meeting this week and its the AGM and some people can go if they want to also we have got another meeting coming up on Tuesday 18th and its only an Athlete's Committee meeting. I really have enjoyed all of Special Olympics because it's been fun hanging out with you guys. Thanks for everything you have done and you are awesome.

Rochelle Waters (Chairperson of Athlete's Committee)

Email: canterburyspecialo@xtra.co.nz

Athlete Committee 2017

Rochelle Waters - Chairperson

Josie Noble - Vice Chairperson

Andrew Oswin- Secretary

Craig Bennett

Allan Wood

Frank Green

John Marr

Ryan Gourdie

Timothy Swigg-Fitsimon

Kyle Harpur

Charlotte Rozen

Fundraisers

Bacon

It's Bacon time again! Support the fundraiser to help fund going to Nationals! Cost per athlete and volunteer is \$1100, including airfares. so all fundraising will help to bring this cost down. If you are wanting to fundraise by selling bacon, please contact your coach or coordinator today. Get the orders and collect the money and hand in to Helen by May 12th. The bacon is delicious and sells very well!



Energy/Protein Bars

Another fundraiser we have currently going are the Energy/Protein Bars. Wanda Peters has been selling these bars at Selwyn swim training and the athletes, coaches and families just love them! The bars come in many different flavours such as Caramel, mint, pineapple, espresso, fudge, vanilla bean, raspberry, mixed berry and many more. For more information contact Special Olympics Canterbury - canterburyspecialo@xtra.co.nz



Cyclathon

Save this date: 28th July, 6pm until 12am. Pledge sheets will be made available closer to the time. Gather donations from friends, family, workmates to help yourself and the club.



Email: canterburyspecialo@xtra.co.nz

What's Coming up?

- **11th April:** Special Olympics Canterbury AGM
- 21st April: Next Steps Transition Expo - 11am -7pm
- 29th April: Ten Pin Bowling Tier 1 event
- 30th April: Tier 1 Swimming Event
- 20th May: Football Tier 2 event
- 22nd May Basketball Tier 1 event
- 11th June: Indoor Bowls Tier 1 event

Announcements

Team Selection

The committee and coaches have nearly put together the team lists for National Games. Selection for National Games is a privilege not a right and selections are based on attitude, attendance and club loyalty as much as sports performance.

Keep an eye on the website to find out when sports start back. www.specialolympicscanterbury.co.nz

Please send any stories or photos that you wish to have included in the newsletter to either canterburyspecialo@xtra.co.nz or jessica.bron.waters@gmail.com

Thankyou to our Sponsors!



Happy Easter



Enjoy the easter break and we will see you all next term!

