



**Special Olympics**  
*Sydney Northern Region*

### *About Us....*

Special Olympics Sydney Northern Region has been providing year-round sports training and competition for children and adults with an intellectual disability for over 20 years. We give athletes the opportunity to get fit, develop skills, make friends and be part of the community. Everyone is welcome at Special Olympics.

Please remember we rely entirely on volunteers who work tirelessly to deliver the program to over 170 athletes throughout our region. Without them there is no program.

### *Sports and Events*

Special Olympics provide sporting opportunities regardless of skill level. We cater for athletes who just want to participate, right up to elite athletes who want to compete on the world stage. There are a variety of sports to suit everyone and you can join us even if you don't know how to play. If you are interested in participating in competitions we offer local, state, national and international competition to those who qualify. We give our athletes plenty of opportunities to do their best at their ability level.

Special Olympics is a great way to meet new friends and get fit. We have regular social events and fundraising activities throughout the year.

Special Olympics Sydney Northern Region hosts regular training and events for a number of sports. These sports are:

- Tennis
- Track & Field
- Gymnastics
- Basketball
- Ten Pin Bowling
- Golf
- Softball / T-Ball
- Aquatics
- Bocce

#### Other Non-Special Olympics activities

- Aqua-aerobics
- Fitness training

If you are interested in participating in or simply finding more information about any of the above sports, please see the attached training schedule, and contact the respective coach.



## *How to become an athlete:*

Anyone with an intellectual disability can train and compete as a Special Olympics Athlete as long as you met the following criteria:

To participate as a Special Olympics athlete you must:

- be at least eight years of age
- be identified by a professional as having an intellectual disability, cognitive delay, or closely related developmental disability in both general learning and adaptive skills
- agree to follow the Official Special Olympics Sports Rules and the Athlete Code of Conduct
- complete an Application for Participation and Release Form and submit it to your local region.

Unfortunately, people whose functional limitations are based solely on a physical, behavioural, or emotional disability, or a specific learning or sensory disability are not able to participate, but they are welcome to apply to be a volunteer.

**Please Note:** No person shall, on the grounds of gender, race, religion, colour or national origin, be excluded from participation in, be denied benefits of, or otherwise subjected to discrimination under any program or activity of Special Olympics.



## ***Registration***

The following is step by step instructions on how to complete the registration form. If you have any questions, please contact your Coach, the Senior Sports Coordinators or the Registrar.

The current cost of registration for new athletes is \$100. This can be payable by cash or cheque. Upon completing and handing in the registration form, a receipt will be issued.

Athlete registration runs from January to December, following your first year of registration the region subsidises your cost for re-registration (which is currently \$50.)

### PAGE 1: APPLICANT INFORMATION:

- Please complete all information for the athlete registering
- Tick the sport(s) for which the athlete is registering
- Qualifying Question(s): One of these MUST be relevant to qualify (inc information in space provided)
- Emergency Contact Information: This section MUST be completed

### PAGE 1: PARENT/GUARDIAN/CARER/ or FAMILY MEMBER INFORMATION

- Please complete all boxes

### PAGE 2 -4: APPLICANT MEDICAL EXAMINATION

(As the athlete has not been registered with Special Olympics previously, the following 3 pages must be completed in full)

- **This section must be completed by the athlete's medical practitioner**
- If the athlete has Down Syndrome, please ensure that the bottom section (11, & notes) is read, understood, and completed by the doctor
- Make sure the top of page 4 is signed by the doctor.

**Please Note: Regarding the questions on pages 4 & 5; no athlete will be precluded from participating in Special Olympics if 'no' is circled in relation to any question.**

### PAGE 4: ATHLETE RELEASE DECLARATION

### PAGE 4: ATHLETE MEDIA CONSENT

### PAGE 5: ATHLETE CODE OF CONDUCT

### PAGE 5: PRIVACY STATEMENT

### PAGE 6: DELIVERY INFORMATION

- Once all of the above is completed, please hand in your form and money to the coach of your sport.

## ***Contact Information***

If you require further information, please contact:

### Senior Sports Coordinators

Brig Lorenz – 0416 181 075

Peter Langthorne – 0402 134 376

### Chairperson

Lorraine Clark – 9970 7370 (ah)

### Registrar

Peter Grieve – 0418 204 370

### Mailing Address

Special Olympics Sydney Northern Region

PO Box 486

Collaroy Beach

NSW 2097

<b>SPECIAL OLYMPICS</b> <b>Sydney Northern Region</b>		<b>Sport</b>	<b>Training Venue</b>	<b>Training Day</b>	<b>Training Time</b>	<b>Contact***</b>
		<b>Tennis</b>	Collaroy Tennis Centre, Pittwater Rd, Long Reef <b>Cost \$10pw</b>	<b>Monday</b>	6-7:30pm	Kathryn Fadeev Ph: 9971 7562 Email: fadeek@warringah.nsw.gov.au
<b>Fitness</b>	The Gymnasium, Sydney Academy of Sport, Wakehurst Parkway, Narrabeen <b>Cost \$80 per term or \$10 p.w. casual</b>	<b>Monday</b>	5.30-6.30pm	Margot Zaska Ph: 9006 3723 Email: MZaska@DSR.NSW.GOV.AU		
<b>Basketball</b>	Sydney Academy of Sport, Basketball Stadium, Wakehurst Parkway, Narrabeen <b>Cost \$60 per term; or \$10 p.w. casual</b>	<b>Tuesday</b>	5.30-6.30pm	Margot Zaska Ph: 9006 3723 Email: MZaska@DSR.NSW.GOV.AU		
<b>Aquaerobics</b>	War Veterans Village <b>Cost: \$2 p.w.</b> Veterans Parade; Collaroy Plateau	<b>Wednesday</b>	5-6pm	Lyn Foley Ph: 9913 3481		
<b>Golf</b>	Long Reef Golf Club NB: Numbers are limited	<b>Wednesday</b>	4.30-5.30pm	Judy Buckley Ph: 9452 4595		
<b>Aquatics</b>	<b>Summer</b> -Pittwater House, South Creek Rd, Dee Why <b>Cost: \$7 p.w.</b> <b>Winter</b> - Warringah Aquatic Centre, Aquatic Drv, Allambie Heights <b>Cost \$7 p.w.</b>	<b>Thursday</b>	7.00-8.00pm Winter 7.30-8.30pm	Lyn Foley Ph: 9913 3481		
<b>Track &amp; Field</b>	Sydney Academy of Sport Track, Wakehurst Parkway, Narrabeen <b>Cost \$60 per 10 week term or \$10 p.w.</b>	<b>Friday</b>	4.30-5.30pm	Margot Zaska Ph: 9006 3723 Email: MZaska@DSR.NSW.GOV.AU		
<b>Ten Pin Bowling</b>	Dee Why RSL AMF Bowling <b>Cost: \$18 for three games; \$12 for two games</b>	<b>Saturday</b>	9.00-11.30am	Lyn Foley Ph: 9913 3481		
<b>Softball/T-Ball</b>	Clark Road School <b>Cost \$2 p.w.</b>	<b>Sunday</b>	10-11am	Beth Seach Ph: 9484 5489		
<b>Bocce</b>	Clark Road School <b>Cost \$2 p.w.</b>	<b>Sunday</b>	11am-12pm	Beth Seach Ph: 9484 5489		
<b>Bocce</b>	The Italian Club Manly Vale	<b>TBA</b>	TBA	Lorraine Clark Ph: 9970 7370		
<b>Gymnastics</b>	COMING SOON: Register your interest			Bev Hull Ph: 9981 2470		

\*\*\* **Contact must be made with the relevant Sports Co-ordinator before attending a sport as some restrictions may apply.**

Senior Sports Co-ordinators: Brig Lorenz 0416 181 075 or Peter Langthorne: 0402 134 376

Last updated 5/5/08