

# Eastern Ontario Community Council Connections

## District Developer Update

Summer is coming and the warm weather is finally here! I don't know about you, but I'm excited! ☺

Athletes are preparing all over the province to compete in this summer's Provincial Qualifiers. Good luck to all!

Please make sure that all Competition Invites and information are sent to the Regional Coordinators and myself for distribution.

Check out competition dates for Eastern Ontario at: [east.specialolympicsontario.ca](http://east.specialolympicsontario.ca) under "Calendar" and then "District Calendar"

*"Sport gives players an opportunity to know and test themselves." ~Rita Mae Brown*

*Suzanne Heale  
District Developer - Eastern Ontario  
Special Olympics Ontario*

## I'm Tweeting!

Eastern Ontario Special Olympics is on Twitter! Follow us at @SOOeastontario.

Also, if you would like a Twitter account for your community, send me an email and I can provide you with an information package on how to get your own account on the go!! The birds won't be the only ones tweeting about how awesome our Special Olympics communities are!!

\*\*Follow the Kingston Spring Provincial Games on Twitter at [SOKingston2012](https://twitter.com/SOKingston2012) \*\*

## Suzanne's Tip of the Month

Please ensure all your programs are meeting the Coach/Athlete Ratios

### 5:1 Athlete/Coach Ratio

- Basketball (10:3)
- Curling (5:2 ratio)
- 5 Pin Bowling
- Floor Hockey
- Soccer (10:3)
- Softball
- Bocce

### 4:1 Athlete/Coach Ratio

- Powerlifting
- Rhythmic Gymnastics
- Swimming
- Track & Field
- 10 Pin Bowling

### 3:1 Athlete/Coach Ratio

- Alpine Skiing
- Figure Skating
- Nordic Skiing
- Snowshoeing
- Speed Skating
- GOLF TBD by SOC

## Suzanne's Task of the Month

### Photo Restrictions

Make sure you are keeping an up to date list of which athlete have photo restrictions. They check a YES / NO box on their Athlete Registration forms, if their picture is allowed to be used for media and promotions.

## Education Matters

Hey Folks, for those who have already completed the AODA training, I thank you very much! Please make sure that all volunteers complete this government mandated training as soon as possible! The link is below:

<http://go.specialolympicsontario.ca/AODA>

Need NCCP Training?  
Register for courses online at:

<http://www.specialolympicsontario.com/default.asp?contentID=29>

## Summer Qualifier Dates:

### Region 7 Provincial Qualifier Competition Dates

Rhythmic Gymnastics - May 26/27, 2012 Durham (multiple regions) **\*\*Region 7 & 12\*\***

Athletics – July 21st 2012, Ottawa

Soccer – August 11<sup>th</sup> 2012, Perth

Golf – August 23<sup>rd</sup>, 2012, Halliburton (multiple regions) **\*\*Region 7 & 12\*\***

Softball – September 8<sup>th</sup> 2012, Brockville

### Region 12 Provincial Qualifier Competition Dates

Soccer- September 8<sup>th</sup> or 9<sup>th</sup>, Quinte West

Softball- July 21, Peterborough (seeding)

Softball - August 25, Quinte West (qualifer)

Athletics - July 28, Durham

<http://east.specialolympicsontario.ca/news/competition>

## Games Corner

### Provincial Spring Games: May 31 – June 3, 2012 Kingston, Ontario

The GAMES are fast approaching!

Follow them on Twitter @SOOKingston2012

Website: <http://specialolympics2012games.com/>

Facebook: Special Olympics Ontario, Provincial Spring Games Kingston 2012.

A big thanks to Rachel Mathews and Sarah Hoover for all of their hard work as Regional Team Managers for Region 7 and 12.

Check out this article:

<http://www.kingstonthisweek.com/ArticleDisplay.aspx?e=3569528>

## Torch Run Update

The updated version of the Torch Run Schedule is available on the website. Click the link below:

<http://www.torchrunontario.com/downloads/2012%20RUN%20SCHEDULE.pdf>

What a success it has been so far! To view media links about the Torch Run in Eastern Ontario, please go to:

<https://sites.google.com/a/specialolympicsontario.ca/east/news/news-flash/sooeasternontariointhedia>

## Contact Me

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