

Special Olympics Alaska Anchorage Review

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By Mila
Calhoun

MALCOM CALHOUN

Finally, after 20 years of tenacity and perseverance, Malcom Calhoun has achieved the highest rank in Tae Kwon Do—the Black Belt! It has been his long awaited dream. February 19th, 2011 marked one of the most exciting, joyful and at the same time tearful events in his life. He started Tae Kwon Do when he was 6 years old. We owe a great deal to Mr. Lance Hansell, his instructor, who never gave up on him. Needless to say, words cannot



express how proud we, his parents, are. Malcom is always happy being the person that he is, and has never compared himself to others even though it was not easy for him to reach his goal. I hope this will encourage other parents to know that our children with special needs can truly inspire us by what they chose and love to do.

In Special Olympics Malcom loves bowling and downhill skiing. A lifelong Alaskan, he works at Totem theater, and has been a good employee for five years. His favorite food?? Spicy Thai food!



Coming soon:
WINTER SEASON !!
SIGN-UP forms out
mid-October
DUE IN Nov.15
SEASON STARTS
1st week in
December .



DID YOU KNOW ??
Oct. 1st every year all Special Olympics communities turn in a 15pg report on the status of their program. The report includes financial info, numbers of participants, plans and goals. The back of this newsletter is a somewhat shortened version of the 2011-2012 Accreditation Report for Anchorage Community.



Special Olympics

Alaska

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Your Community Management Team:

- Community Director
Donna Davidson
- Finance
Valerie Butler
- Fundraising
Omer Carey
- Awards
Karen Schudel
- Outreach
Pete Klebes
- Volunteers
VACANT
- Sports Training
Kim Ferko,
Edie Knap & Meg Stehn
- Athlete
Dennis Alzheimer
- PR
Stephanie Lawley
- Families
Melanie Romero



LOCAL BOWLING COMPETITION=OCTOBER 29 - 30 STATE COMP=NOVEMBER 18-20

To get on base for Nov. State competition EVERYONE must sign the shuttle roster (except all those with credentials). If you cannot physically use the shuttle you may request drive-on privileges with a special form. Both forms are at bowling centers during practices or local games.

2011-2012 Special Olympics Alaska Anchorage Community Yearly Report

This has been a good year for financial stability and for increasing awareness of the Anchorage Community program. We have not seen growth in the total number of athletes, but those who participate are active, are on top of their paperwork, and participate in a variety of areas and events. The number of our coaches is increasing allowing for better athlete training. At the last Town Meeting / pre-season Bowling Meeting we filled the Loussac Library Wilda Marston Theater. Maintaining committed volunteers is always a challenge, but we now have a couple community groups that want to provide regular volunteers, most notably the *Career Academy* which made our Fall Local Games an outstanding success.

Highlights from this year:

- *two athletes participated in coaching through a structured mentoring program that was designed this year
- *two hard-sided bocce courts were made of plastic rain gutters, to improve the local competition experience
- *the sale of Dairy Queen coupon cards was a huge bonus for us, with the support of Special Olympics Alaska.

We plan to sell the last 160 cards in October at the Wellness Expo, along with Subway cards which we will purchase.

*we have been invited to do a number of small events including: a booth at Anchorage Health & Wellness Expo; a booth at one of the monthly races put on by Rage City Roller Girls (in December) with any proceeds going to Special Olympics Alaska Anchorage Community; Denali Safety Council set up a fundraiser for us at an Anchorage Buc's game with an athlete throwing out the first ball and our having an information booth out front; 2011 Crystal Cup & AK Fitness Expo with Anchorage doing a bocce demonstration as well as having one athlete participate in the strong-man lifting competition.

GOALS from 2011 reviewed:

General orientations for coaches: we have made general orientations a part of pre-season preparations now, offering a choice of two sessions for volunteers and coaches. Coaches have an extended time to participate in coaches-only discussions.

Improve quality of training through coach education: we are getting more coaches to the coaches training provided by Special Olympics Alaska including 4 at the bowling training and 4 at the winter training.

Purchase banner specifically for the Anchorage Community: we purchased two stand-alone banners with photo pictures of athletes, used for all indoor events and fundraising. We are currently purchasing a white logo banner for Anchorage as well.

Increase the number of CMT members by two: we added 5 members this year! Joining us are an Outreach Chair (Pete Klebes), a PR Chair (Stephanie Lawley), a Families Committee Chair (Melanie Romero), an Athlete Representative (Dennis Alzheimer) and a Volunteer Chair (Rachel Molina). Unfortunately Rachel has recently had to resign due to changes in her regular work.

GOALS for 2012:

Increase numbers of volunteers and coaches attending the pre-season General Orientations, to 75% of total registered who have not previously attended an orientation.

Organize two family social events during the year.

Increase the number of athletes and families participating in the AK Law Enforcement Torch Run.

Purchase new equipment including bowling ramps, floor hockey uniforms (ruined accidentally at the dry cleaners) and equipment as needed.

Set up a phone tree that will work successfully to get out current information to athletes that do not use email communications.

Continue to improve and expand communications with assisted living providers and agencies.

Set up a class for athletes – *Understanding Good Nutrition* – with Karen Patten.

CHALLENGES:

1. We did not increase the number of participants in the AK LETR though we tried hard through the use of prize incentives. We found this was a huge headache and it did not increase our income or our participation numbers. We would like to figure a way to increase both family and general community participation.

2. We need to continue to improve our communications with coaches. The best way to do this is to attend practice sessions, which is time intensive.

3. As word spreads and providers are more aware of Special Olympics, we need to help assisted living staff understand our set-up, that we do not have paid staff and athletes must be supported fully if they are not independent, especially if there are any behavior challenges.

4. *Did you read this?? If so, call the office and leave your name to be put in the hat for a door prize! 222-6853
Deadline = Thursday October 27, 4:00pm*