

Georgia's Champions

Bring out the Champion in everyone.



Come take
the Plunge
for our
athletes!

Polar Plunge

When: Saturday, Feb 20

Where: Lake Acworth
in Acworth, GA

[Click here to sign up
to plunge!](#)



February 2021

2021 DUCK PLUCK



**ADOPT A DUCK,
SUPPORT AN
ATHLETE!**

**Special
Olympics
Georgia**



This year our goal is to sell 10,000 ducks! Your duck adoption will help us provide our programs to the 26,620 registered athletes across the state of Georgia! The Pluck will take place on Wednesday, September 22nd at the Special Olympics Georgia office. For more information about the 2021 Duck pluck please contact [Keegan Flanigan](mailto:Keegan.Flanigan@specialolympicsga.org): at Keegan.Flanigan@specialolympicsga.org or (770)-414-9390 ext. 1111.

**Click here to adopt
your duck TODAY!**

VIRTUAL COLLEGE CHAMPIONSHIP WEEK

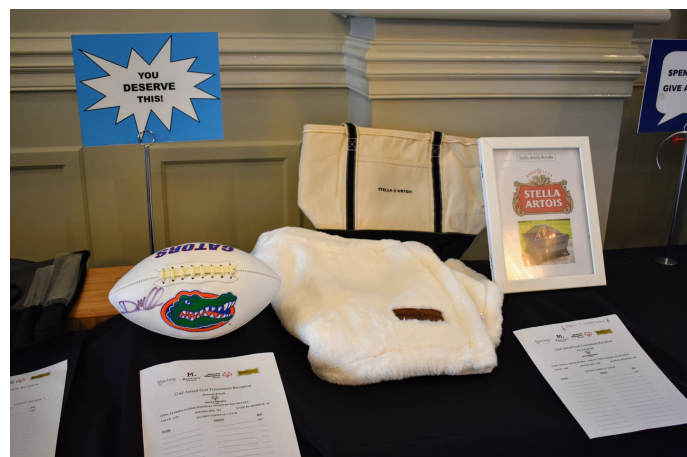
Show your commitment to inclusion across three categories in Unified Sport, Inclusion Events and Social Media during the week of April 12th-16th to score points. The team with the most points at the end of the week will be the National College Champion.

There are 2 ways to win: By competing against ALL colleges in our national championship and by challenging your RIVAL to see who is best. For more info on how to get involved please contact Logan Gross.

Silent Auction Items Needed

We need silent auction items for our fundraisers. If you have something you are interested in donating please contact Keegan Flanigan: at

keegan.flanigan@specialolympicsga.org
or 770-414-2929 ext. 1111.



ATHLETE OF THE MONTH

JAKOB CULVER - ANGELFISH ADAPTIVE AQUATICS

Jakob Culver is an AngelFishGA swimmer who has excelled in swimming over the past 3 years. Learning how to navigate life with multiple challenges including ASD and SPD, swimming has become for Jakob THE way in which he can self-regulate, become calm and achieve focus. He is the undisputed KING of the "underwater, upside-down sit/up".



Jakob has improved so much that he has been offered a scholarship to join Advanced Technical Aquatics (ATAQ), a USA Swim Club, where he will continue on his journey of swimming excellence and compete alongside typical swimmers in practice and competition. He will of course join AFGA at the next SOGA Summer Games!



Caroline, Jakob's mother, credits swimming for helping Jakob achieve his current life balance and as she has watched his journey, has begun her own training to become an AFGA Adaptive Swim Instructor. Caroline and Jakob will often swim for 3-4 hours every weekend for the joy and benefit of it! Watch out Michael Phelps - Jakob is coming for you!

VOLUNTEER OF THE MONTH

ANGELA KAY - HART COUNTY

Mrs. Angela Kay is a very dedicated volunteer. Even though we have been unable to provide practices and games for our athletes, she has been an advocate for finding ways to keep the athletes active. She helped to create a list of sports games and activities that could be played in the classrooms, and at home. Angela is just an all-around amazing person who has a love for special needs children and adults!



SPONSOR SPOTLIGHT



Ryan's commitment to the communities in which they live is engrained in their culture.

Ryan team members engage in community outreach activities throughout the year, from the annual RyanSHARES Day to local food and clothing drives. They take pride in serving local communities in unique and meaningful ways. Ryan offers employees 16 hours per year of paid time off to volunteer in their communities and gift matching to approved organizations.

In addition to volunteer hours, Ryan employees are generous with monetary and in-kind donations. In 2011, they formed The Ryan Foundation with a charter to help organizations that address health, poverty, and education. The Ryan Foundation supports community outreach organizations across the United States. Founded by Ryan, the world's largest firm dedicated exclusively to business tax services, The Ryan Foundation is based on one of Ryan's five values, "Generosity Matters—I share success with colleagues, clients, and the community."

Ryan has been a long-time friend of Special Olympics Georgia, and we thank them for their continued support. As a sponsor of our annual golf tournament and participation on our Board of Directors, Ryan continues to help our organization make a positive impact on children and adults with intellectual and physical disabilities.



GET INVOLVED



Interested in joining the SOGA community? Here are all the ways you can get involved:

Interested in becoming a SOGA Coach?

Visit the SOGA website for general quizzes & resources on Coaching Special Olympics Athletes, Principles in Coaching, & Autism Spectrum Disorder
Visit our Learning Portal to get educated and certified in Unified Sports & Concussion Training
Coach's Code of Conduct
Online Recertifications

For Information on Coaches Clinics & Initial Sport Certification contact Liz Smith

Interested in becoming a SOGA volunteer?

Volunteer & Unified Partner Profile Form
Click here to learn about SOGA's volunteer screening policy.
Protective Behaviors Quiz
Background Screen

Sign up online for all Volunteer Opportunities



Upcoming Volunteer Opportunities



Be A Virtual Fan



Athletes are missing their SOGA fans, and we want to get your faces out there so they can see how many people are cheering them on! We are asking volunteers to take a photo of yourself holding a homemade poster recognizing the hard work and accomplishments of our athletes (i.e. "Great job, Athletes," "Keep up the hard work," "You Rock!"). Take your creativity one step further and record a video of yourself with a short positive message for our athletes. These pictures and videos will be utilized on our social media channels to let our Athletes know how much we are all missing seeing them in person.

Please visit <http://sogeorgia.vsyshost.com/> to complete registration. You will receive a confirmation email with a link and instructions on how to upload your photos/videos.

Questions? Contact Hannah.Creasey@specialolympicsga.org



Summer Games

May 28-29, 2021

Emory University

Atlanta, GA

Contact Courtney Payne

at (229) 712-9973

Courtney.Payne@SpecialOlympicsGA.org

Resources to help in the Crisis

LEARN MORE

eLearning Course

With the help of athletes and Program Staff, we have developed a 30-minute eLearning course for our Special Olympics community about COVID-19. This course is designed to cover the basic information about the coronavirus (COVID-19) including: what is the coronavirus, what are the symptoms, how does it spread, and how you can protect yourself. We encourage the entire Special Olympics community to complete this module at learn.specialolympics.org Please see [instructions](#) for accessing this course.

Young Athletes

Family Flash Cards. Fun and engaging flashcards featuring each of the individual activities and at home equipment modifications for families to use at home to run Young Athletes.

Young Athletes At Home. Guide for families and caregivers on how to run Young Athletes activities at home.

Young Athletes Videos. Videos demonstrating the individual Young Athletes activities.

Healthy Play at Home. Poster for families to track the various healthy behaviors they do at home.

Tips for talking to children about COVID-19 from [CDC](#) and [UNICEF](#).

Fitness

Fit 5 Resources Series

Staying Fit at Home: simple week-long calendar that athletes can follow to stay fit. Week-long calendar can be repeated as needed. Athletes can sign up on the link in the resource to receive newsletter with content from Health Messengers to for tips and ideas on how to stay active.

School of Strength: Launched in March 2020 across the Special Olympics movement, School of Strength is an interactive online platform that encourages athletes to participate in a fun and engaging training program that they can do in the comfort of their own homes. Developed in partnership with WWE superstar Becky Lynch, this series of videos, a fitness tracker, a coach's playbook and a caregiver toolkit all contribute to helping athletes focus on nutrition and fitness and getting the most out of their workouts.

eLearning for Coaches

The [online learning portal](#) has a number of free eLearning courses, now available for coaches, which are now available in a number of languages. In addition, you will find guidance created specifically for [coaches](#) to assist them during the COVID-19 crisis, including how to conduct virtual training sessions and how to activate with your athletes when you do not have access to technology. As more resources around virtual games become available, including best practices and tips, they will be made available on resources.specialolympics.org.

Virtual Games

Visit the [Virtual Games](#) section of resources.specialolympics.org to learn how virtual games are being offered in different programs.

COVID-19 STATEMENT

SOGA PROMOS



Thinking of selling or trading in that old car, boat or RV? Donate it instead! SOGA has partnered with CARS to turn your old vehicle, whether it's running or not, into much needed funds for our programs. CARS accepts most cars, trucks, trailers, boats, RV's, motorcycles, off road vehicles, heavy equipment, and most other motorized vehicles. CARS will make all the arrangements at no cost to you. They handle the title transfer requirements and will provide you with a written acknowledgement of your donation and tax deduction information. Click here for more information or to donate your vehicle. A helpful representative will contact you within 24 hours to schedule a pickup, or call CARS seven days a week at 1-844-404-SOGA (7642) to speak with a representative.



KROGER COMMUNITY REWARDS® Kroger Community Rewards® makes supporting SOGA super easy...all you have to do is shop at Kroger and swipe your Plus Card! Sign up with your 12 digit Kroger Plus Card number at Kroger Community Awards, and in the Community Rewards section, select Special Olympics Georgia (code SH080) as the organization you wish to support. Once you're enrolled, you'll earn rewards for SOGA every time you shop and use your Plus Card, and you'll keep earning rewards points for yourself! Enroll now for Kroger Community Awards (you must re-enroll each year to continue earning rewards for SOGA). If your Kroger Plus Card is not already registered online, you will need to create an account. If you already have an account, simply sign in, find the Community Rewards section, and select Special Olympics Georgia. Questions or problems, contact

Thomas Ritch
770-414-9390 ext. 1121



Did you know that every time you shop at Amazon you can support SOGA athletes? Thanks to the AmazonSmile program, 0.5% of the price of your eligible purchases will be donated to SOGA. Instead of going to Amazon's main home page, go to AmazonSmile. AmazonSmile is the same Amazon that you know - same products, same prices, same service. If you click the link above, Special Olympics Georgia automatically will be selected as your charity. Now, every time you make a purchase from Amazon through smile.amazon.com you'll be supporting SOGA athletes! [Click here to start shopping.](#)

SPREAD THE WORD

Please help us grow the family even more. Please forward this e-newsletter to your friends and family so they can sign up to also receive the monthly e-newsletter!

