

# Georgia's Champions



When you Adopt a Duck you support the 26,620 Special Olympics athletes. The Duck 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 at [Keegan.Flanigan@specialolympicsga.org](mailto:Keegan.Flanigan@specialolympicsga.org) or (770)-414-9390 ext. 1111.



Click here to adopt  
your duck TODAY!



## #SOGAChamps

# Mark Your Calendars



VIRTUAL

## ST. PATRICK'S DAY BINGO

WEDNESDAY, MARCH 17TH

1:30-2:30PM

[www.specialolympicsga.org/athlete-engagement-activities/](http://www.specialolympicsga.org/athlete-engagement-activities/)



Visit  
Healthy Athletes!

### 2021 Horse Show

Saturday May 29th

9:00am-3:00pm

Wills Park



FREE SCREENINGS FOR ANKLES, FEET,  
WALK PATTERN, AND FITTINGS FOR  
ATHLETES' SHOES AND SOCKS.



Special Olympics Georgia now has a TikTok!

Follow us at:

**SpecialOlympicsGeorgia**





# Thank you to all of our 2021 Horse Show Sponsors!



## The Clare Family



There will be no spectators allowed at the 2021 Horse Show.



# Thank you to all of our Polar Plunge Donors!



## Glacier Title Sponsor



## Arctic Sponsors



*Wynne Family Charitable Fund*

## Igloo Sponsors

*The Rob Vaka Family*



## Snowflake Sponsor



**POLAR PLUNGE.**



Henry's Louisiana Grill, Megan Strader & Carlye Burhans, Jones & Kolb, Aarow Screen Printing, Vibe Kayaks, Custom Signs Today, CJ Seasonings and Gwinnett Lodge #66.

# ***Athlete of the Month***



Vincent Blakely Jr. is an athlete that gives his all on and off the field/court. Vincent competes in several Special Olympics events for Columbus Parks and Recreation, such as Track and Field, Swimming, Bowling, Bocce, Cycling and Basketball. Since the pandemic forced us to close our doors, for the time being, Vincent is still engaged in physical activities. He has completed his walking assignments for class and several of the Special Olympics virtual exercise classes. Not only is Vincent an athlete, he is a great student as well. The Therapeutic Recreation program offers several virtual classes, and Vincent has excelled in them all while also making time to report for the weekly Extra Ordinary News Show. His commitment to strive for excellence is what makes Vincent successful in any endeavor he is tasked.

# ***Volunteer of the Month***

Coach Brian Fisher is the Director of Therapeutics for Columbus Parks and Recreation. He also serves as the Local Coordinator for Area 10 Special Olympics.

When Coach Fisher began working for Columbus Parks and Recreation in June 2020, the center had been closed for 3 months due to the COVID virus. When the center closed in March, the staff began planning a program that would be virtual. Parents, care givers and staff were all trained to help support the athletes.



Coach Fisher worked hard to plan a schedule that provided opportunities for athletes to participate in challenging activities as they met virtually 4 times each week. Athletes exercised and learned about healthy eating habits. Social and life skills were developed through budget planning and communication skill development. Socials and special events were implemented, such as dance parties and other fun activities.

During challenging times, Coach Fisher and the staff have demonstrated their enthusiasm and creativity by faithfully providing a connection for the athletes and their friends.



# ***Sponsor Spotlight***



Founded in 2006, Inwood Holdings is a real estate operator focusing on properties 5-15 years old in the state of Georgia. Inwood Holdings' property management company Woodward Management Partners, currently manages 30 properties across metro Atlanta. Both Inwood Holdings and Woodward Management Partners have been a valuable partner of Special Olympics Georgia (SOGA) since they started sponsoring and volunteering at the State Games starting in 2013. You may recognize the Woodward Management name from seeing their hard-working volunteers at the State Games as they bring large groups to serve the athletes at the State Summer and Winter Games, and the Annual Horse Show. SOGA athletes routinely recognize their friends from Woodward and Inwood as they have become such a familiarity at events throughout the year. Thank you so much to our friends at Inwood Holdings for your continued support!



# ***Get Involved With Us***



**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 yourself holding a homemade poster or video with a short positive message recognizing the hard work and accomplishments of our athletes (i.e. "Great job, Athletes," "Keep up the hard work," "You Rock!").

Please visit <http://sogeorgia.vsyshost.com/> to complete registration.

## Letters of Encouragement

Write a letter (or poem, card, or draw a picture) to an athlete letting them know that we are thinking about them and encouraging them to keep pushing through these difficult times. Any message of hope or encouragement that will brighten an athlete's day will be perfect!

**If you have any questions about either opportunity above, please reach out to  
Hannah.Creasey@specialolympicsga.org**

VOLUNTEERS NEEDED

SPECIAL OLYMPICS GA

# STATE FALL GAMES 2021

OCTOBER 8-9

3795 GUEST RD, VALDOSTA, GA

REACH OUT TO

[COURTNEY.PAYNE@SPECIALOLYMPICSGA.ORG](mailto:COURTNEY.PAYNE@SPECIALOLYMPICSGA.ORG)

FOR MORE INFO



# Online Resources

## 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](https://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](https://resources.specialolympics.org).

## Virtual Games

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



# SOGA Promos



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.](#)



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



Now through April 30th receive \$2 off your meal at Salata and for every coupon presented \$1 will be donated to SOGA by Salata and our friends at Engel & Völkers Buckhead Atlanta. Engel & Völkers Atlanta North Fulton will match \$1 as well! So save \$2 and give \$2 for each salad now through April 30th! Remember to bring the coupon above!

## 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!

## COVID-19 STATEMENT

