Congratulations Fall Fest Athletes!

BSO Athletes “wowed the crowds” at SOPA Fall State Games - Fall Fest at Villanova University. The Volleyball Team earned gold after some tough games. Volleyball Skills athletes Nathan Lahr and Morgan Siemon received a Gold, Kelsey Grom received Bronze. Michael Semler, Long distance running, competed in the 1500 m, 3000 m and 5000 m events -- running over 7 MILES in competition during the weekend! Eight members of the powerlifting team brought home 14 golds, 5 silver, 5 bronze and a 4th place ribbon. (continued on page 6)

Joni Talavera Selected for 2018 National Games

Powerlifter Joni Talavera will be traveling to Seattle, WA with Team PA during the first week of July next year. Joni received four gold medals in powerlifting at Fall Fest, giving her a chance to enter the lottery for one female powerlifting slot. Fortunately, her name was chosen! Joni will join BSO swim coach Fred Knauss, 15 other coaches and 49 other athletes at the USA Games next summer. CONGRATULATIONS Joni!

Update on BSO Gives Back Food drive

The donation drop off for December 12th, listed in the recent mailing HAS BEEN CHANGED TO DEC. 5TH, 6 PM to 8 PM at Liberty High School Pool Balcony. There is a LHS Swim meet on Dec. 12th. Athletes/Coaches - you may drop off your food a the BSO Christmas Party on December 9th. The food drive is sponsored by the Athlete Leadership Team as a BSO Gives Back project to thank the community for all the support throughout the year. The food donations will be given to Hurricane Maria families living with relatives in the Bethlehem School District while their homes are being repaired.
What Being a Special Olympics Athlete Means to Me

Written By Amanda Reiss, SOPA Global Messenger, Athlete Leader and Above All “Athlete”

“We are the World”, just like the song, “We are the Champions”.

Being a Special Olympic Athlete is how we measure ourselves; Leadership, Responsibility, Passion, Support of one another and having Fun.

We make many memories in the wonderful world of Special Olympics, some are happy and some are sad, but they are who we are.

We learn our routines or skills, practice our sports, compete in our sport and make many friendships while doing it.

We are all here for each other, our coaches, our leaders and most important our fans!

As our Athlete Oath says... “Let me Win, but if I cannot Win, Let me be Brave in the Attempt”. This is the heart of being a Champion.

Thanks to all Athletes, Athlete Leaders, Coaches and Special Olympics!

DO YOU HAVE A STORY FOR THE NEWSLETTER?

Athletes! Coaches! Consider writing an article on your Special Olympics experience for the next newsletter. Maybe you have a suggestion for a future article. Email your article or suggestions to info@BethlehemSOPA.org

For up to date news, follow Bethlehem Special Olympics on Facebook.
Notes From the Manager

As we approach the Christmas Holiday with Thanksgiving in our rearview mirror, I would like to take a moment to provide Thanks to our management team, our coaches, our volunteers and most of all our ATHLETES! You provide the glue that keeps our program together.

As we provide thanks, I also want to encourage our coaches, volunteers and athletes to step up in our program in filling vacant leadership positions. We have management team, coaching and athlete leadership positions available. Please contact me and/or one of our management team members for additional information. Our program is run exclusively by VOLUNTEERS, which means if we do not have sufficient volunteers to fill these positions we will not be able to provide the level of programming we currently provide our athletes. We all need to make recruiting our main focus as we move into the New Year! Talk about our program with your; co-workers, family, friends and acquaintances!

Coaches: I need you to stay focused on your administrative responsibilities equal to coaching your sport in our program. This means observing competition timelines, taking required continual education courses, establishing a cadre of volunteers within your sport to handle; administration, equipment/uniforms, medical and family liaison roles. We all have other lives, so it is critically important that we use our time management skills to provide balance.

We have accomplished so much in the course of this year, we need to continue to explore new ideas, search for new talent and improve our program services to our athletes.

I have recently joined the Northampton County Advisory Board for Mental Health, Early Intervention and Developmental Programs (MH/ EI/DP).  The purpose of this Advisory Board is to provide advocacy for adequate funding of programs, quality of services and approve evaluation protocols for Mental Health, Early Intervention and Developmental Program systems. If any of our families and athletes have any concerns and/or comments on the services they are receiving, please feel free to contact me directly.

We will be scheduling two separate meetings in January; For All Families and For All Coaches. Additional information on the meeting dates and times will be emailed to all later this month. We will be discussing our program needs for this coming year in order to attend State Competitions.

I wish you ALL a very Merry Christmas and a very Happy, Healthy and Prosperous New Year!

Dan

MONTHLY NEWSLETTER SCHEDULE

We will be sending a monthly newsletter that all athletes and volunteers with BSO should receive around the beginning of each month. To keep this schedule, the deadline for newsletter information will be the 15th of each month. Newsletter information may be sent by email info@BethlehemSSOPA.org, or to BSO Manager Dan Reiss, manager@BethlehemSOPA.org

REMINDER! UPDATE YOUR CONTACT INFO AND STAY INFORMED!

There are several times each month when information is sent by emailed all BSO. Are you getting those emails? If not, you need to provide your email address. If you don’t have a personal email, ask a member of your family if they will receive BSO emails and forward them to you.

Are you about to move? You need to update your mailing address so you will get the newsletter.

Any contact information updates can be provided to Gretchen Siemon, Outreach Coordinator, email: gsiemon@ptd.net or phone: 610.217.3583

CIOCCA “Shares Their Love” with Special Olympics

Shopping for a car? Do you know someone who is? Make sure you stop by Ciocca Subaru in Wescosville. BSO, and all Lehigh Valley Special Olympics programs are their local charity for the Share the Love event. Now until Jan. 2, Ciocca will donate $250 to charity for each car sold, and our local SO programs are supported by their generous donations. Stop by CIOLCC & show your support!

REMINDER!

Remember to check the BSO website often for updates: www.BethlehemSOPA.org
Each lifter does three attempts of each lift. The total of all the weight successfully lifted by the team during the competition was 7,979 POUNDS - that's almost 4 TONS of metal! WOW! The **11 v 11 soccer** team was in a very competitive division, placing 5th after extremely close games with the other teams. When they played their last game against the top team in the division, it was a battle to the end. Even though BSO did not win, the Area M team congratulated them and told them it was their best game all weekend! **7 v 7 soccer** received Bronze and skills athletes scored big: Simone Williams-gold, Heather Gold-4th, and Dedra Sobol-bronze. Congratulations to Trisha Bednarck and Adam Bieniek who both received TD Bank Sportsmanship Awards. Special Thanks also to the **Nam Knights** for the Welcome Home with a motorcycle parade and a donation to BSO!

Remember to check the BSO website often for updates: www.BethlehemSOPA.org
Dear Fellow Athletes,

We are the Athlete Leadership Team (ALT) for the Bethlehem Special Olympics (BSO). We are looking for potential candidates to join our team. If you are not familiar with the Athlete Leadership Team, allow me to provide some information on what this opportunity is about.

As athlete representatives for our program, we represent all athletes in our sport programs. We provide the voice for all athletes in our program. We want to hear from each athlete on things like; what you think about our program, your ideas on how we can improve our program and opportunities that you would like to pursue in our program, just to mention a few areas.

Our meetings take place in the BSO office, located at 894 Marcon Blvd suite 114, Allentown, PA 18109 on Sunday afternoon at 1:00 P.M. to approximately 3:00 P.M. In addition to monthly meetings, we contribute to our program with assisting with special projects both in the BSO program and in our communities. As an Athlete Leadership Member, we require a commitment to our program which provides each of us with learning and growing experience that is very rewarding.

On the next page is a brief application for you to complete. The deadline for returning your application is December 31, 2017. Once we receive your completed application, our team and our mentors will review your application and identify athletes for an interview with the team. After the interview process is complete, we will notify the athlete(s) selected.

Thank you for taking the time to read this letter and we hope you consider applying for the Athlete Leadership Team.

Your Athlete Leadership Team Members,

Brandon Krekeler, Amanda Knauss, Michael Semler, Mercedes Semler and Brittany Thayer

Mentors: Fred Knauss and Laura Neary
Bethlehem Special Olympics
Athlete Leadership Team Application

Date Completed: ______________________

Name: __________________________________________

Date of Birth (must be 16 or older): ____________________________

Email Address: _____________________________________________

Phone Number: _____________________________________________

How long have you participated in Special Olympics: ________________

What sport(s) do you participate in: ________________________________________

What other interests do you have in the BSO program and in your community?
_____________________________________________________________________

What do you like to do outside of Special Olympics (hobbies, etc.)?
_____________________________________________________________________

Why do you want to join the Athlete Leadership Team?
_____________________________________________________________________

Coaching Evaluation/Comments:
_____________________________________________________________________

Coach’s Signature* (current or most recent): _____________________________

*By signing this ALT application, I as coach for this applicant endorse their participation as an ALT member and believe they will be an asset to the team. Additionally, I know of no reason why they should not be considered for this Athlete Leadership role.

Please return this application to the ALT by December 31, 2017:
• Give it to Fred Knauss and/or Laura Neary or
• Email it to Fred Knauss at: eaglescoutfred@gmail.com or
• Mail it to: BSO, P O Box 536, Bethlehem, PA 18016-0536.
UPCOMING EVENTS and SPORTS SCHEDULE

Tuesday, Dec. 5th, 7 PM to 8 PM at the Liberty HS Cafeteria (enter through athletic department door) -- Come and join the Plunge Team Planning Meeting. Help to choose the name of our 2018 BSO Plunge team (Got suggestions for a name? Email them to Alice Moat, acmoat@verizon.net) Even if you do not want to take the plunge, you can contribute to the planning effort and come out for a fun morning on Feb. 17, 2018.

Dec. 11 -- MONDAY SPORTS SAMPLERS
6:30 PM to 7:30 PM at Northeast Middle School Gym (enter around the back of the school). Learn about Pilates and try out some of the exercises you can do at home. Ages 13 and over only. Bring your family for some fun, fitness, and friendship. You must RSVP by December 8th to Coach Pam Magnan, pjkmagnan@gmail.com or to info@BethlehemSOPA.org

December 16th - All-you-can-eat Pancake Breakfast at Applebee’s including a visit with Santa. This year’s event will be at the Applebee’s on Catasauqua Road Tickets are available for $7 from Rose Ann Reiss.

February 17, 2018 - Lehigh Valley Polar Plunge at Scott Park in Easton, PA. Join our Facebook Group Bethlehem Special Olympics Polar Plunge for news.

Sports Training Schedule: December 2017 to January 2018

<table>
<thead>
<tr>
<th>Sport and Schedule</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>Northeast Middle School Gym 1170 Fernwood St, Bethlehem Enter in rear of building</td>
<td>Crystal Frey <a href="mailto:tgifrey@ptd.net">tgifrey@ptd.net</a></td>
</tr>
<tr>
<td>Swimming</td>
<td>Liberty High School Pool 1115 Linden Street, Bethlehem Enter thru doors on S. Side</td>
<td>Pam Magnan 484-241-1188 <a href="mailto:pjkmagnan@gmail.com">pjkmagnan@gmail.com</a></td>
</tr>
<tr>
<td>Snowshoeing</td>
<td>Rockland Park Stefko Blvd &amp; Rockland Street Bethlehem PA</td>
<td>Alice Moat 610-751-1795 <a href="mailto:acmoat@verizon.net">acmoat@verizon.net</a></td>
</tr>
<tr>
<td>Bowling</td>
<td>Town &amp; Country Lanes 1770 Stefko Blvd., Bethlehem</td>
<td>Kelly Kleppe <a href="mailto:Kelly.Kleppe@gmail.com">Kelly.Kleppe@gmail.com</a></td>
</tr>
<tr>
<td>Artistic Gymnastics</td>
<td>Parkettes National Training Center, 401 Martin Luther King Drive, Allentown, PA 18102</td>
<td>Casey Skoglund 610-657-6134 Email: <a href="mailto:gcjc1973@gmail.com">gcjc1973@gmail.com</a></td>
</tr>
<tr>
<td>Rhythmic Gymnastics</td>
<td>Asa Packer Elementary School 1650 Kenwood Drive Bethlehem</td>
<td>Casey Skoglund 610-657-6134 Email: <a href="mailto:gcjc1973@gmail.com">gcjc1973@gmail.com</a></td>
</tr>
<tr>
<td>Powerlifting</td>
<td>The Twin City Barbell Club 181 S Whitfield St Nazareth PA</td>
<td>Ron Lobb 484-542-0432</td>
</tr>
<tr>
<td>Swimming</td>
<td>Liberty High School Pool 1115 Linden Street, Bethlehem Enter thru doors on S. Side</td>
<td>Pam Magnan 484-241-1188 <a href="mailto:pjkmagnan@gmail.com">pjkmagnan@gmail.com</a></td>
</tr>
<tr>
<td>Snowshoeing</td>
<td>Rockland Park Stefko Blvd &amp; Rockland Street Bethlehem PA</td>
<td>Alice Moat 610-751-1795 <a href="mailto:acmoat@verizon.net">acmoat@verizon.net</a></td>
</tr>
</tbody>
</table>

Search for the BSO Fit 5 Facebook Group and JOIN. Share your successes and tips.
SPECIAL OLYMPICS OATH
Let me win, but if I cannot win,
Let me be brave in the attempt.

The mission of Special Olympics is to provide year round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Created by The Joseph P. Kennedy, Jr. Foundation.
Authorized and Accredited by Special Olympics International for the Benefit of Citizens with Intellectual Disabilities

11 v 11 Soccer at Fall Fest