



Special Olympics
Manitoba



Games Newsletter

Tuesday, July 13, 2010

Let The Games Begin

... and with those words from Dr. Frank Hayden, founder of the Special Olympics movement right here in London, the games were declared open.

Our athletes had an amazing time this evening, celebrating the opening of these 2010 Special Olympics Canada Summer Games. We had the usual dignitary speeches, we had music entertainment, a dance team performance and Grapes himself, Don Cherry assisted with the athlete's oath.



Leading up to the ceremonies, the day itself was one filled with practices, sport meetings for head coaches, transportation issues and healthy athlete visits. Our teams all reported that they had a good time testing

out their venues and getting some practice time in. There were a few minor bumps in the road as far as transportation went, but that is why we have a practice day. The well oiled machine that is the Games Organizing committee will be all over those minor issues and they will be non-issues tomorrow.

Speaking of this organizing committee, what an amazing job they have done. It certainly appears that no small detail has been left out. From all the minute scheduling details to touches like a bottle of water under each



seat at the ceremonies. This is truly a well oiled machine. Perhaps it's our men and women of the Police services who seem to be running all of the committees that is the reason. Things are just getting done. It has certainly added to the enjoyment of the whole experience thus far.



At these opening ceremonies, we had Track Athlete Brita Hall, a 30 year veteran of Special Olympics, carry in our Flag, while Barry Mulligan, a Westman soccer player lead us in with our team sign.

That's all from London for today. Now it's time to compete!

Cheers!

Weather



High +28C
Cloudy Periods
UV Index Peak +10
POP 20%

Tip of the Day

Hydration: The best time to consume fluids is before you are thirsty -- by the time you are thirsty, your body is already dehydrated. It's best to drink on a schedule when it is hot outside. Avoid drinks containing caffeine or alcohol while in the sun or heat. The best drinks are water, or one of the many flavored sports drinks that are on the market.

Schedule

Wednesday, July 14

Athletics:
7:30 a.m. - 5:30 p.m.

Bowling (5pin):
8:00 a.m. - 11:30 a.m.
12:00 p.m. - 6:00 p.m.

Bowling (10 Pin):
8:00 a.m. - 6:00 p.m.

Rhythmic Gymnastics:
7:30 a.m. - 4:30 p.m.

Soccer:
vs AB 9:00am Pitch 1
vs BC 10:00am Pitch 4

Softball (divisioning):
vs NB 10:00am Diamond 2
vs ON 11:00am Stadium
*vs PEI 3:00pm Diamond 1
*if needed

Swimming:
7:30 a.m. - 11:30 a.m. &
2:00 p.m. - 7:00 p.m.