

Burnaby Olympian

Special Olympics B.C. – Burnaby Local

"Let me win, But if I can't win, Let me be brave in the Attempt"



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Khin Maung Public Relations



Burnaby Hockey ISC athletes, coaches and volunteers

Burnaby Floor Hockey ISC amazing improvement

Wednesday night floor hockey has a consistent committed group of athletes coming out- Colin Morrison, Gary Mildenburger, Phil Hansen, Roy Pugsley, Todd Fretenburg and Tom Mackie for a number of years now. They continue to show improvement with each practice and become better than they were the year before. Bowling seems to really increase Tom's physical strength in floor hockey. Phil has shown leadership by taking on leading the stretch exercises at the beginning of each

practice. Roy does a great job of counting out how long we need to hold the stretch. Gary reminds us that one of the important aspects of doing sports is to have fun. Todd shows leadership with the level of skill he has attained and makes a good example to show the other guys what were trying to teach them. Colin is one of our best at picking up the logic of the game of hockey(to score goals and to stop the other team from scoring goals). 3 of these 6 athletes will be going to winter provincial games in Kelowna and they are Colin Morrison, Phil Hansen and Gary Mildenburger, and they will have coach Ray Vieau to guide and support them. We wish them well.

Coach- Vicki Lobdell



Phil and Colin in hockey action

The Skills athletes have been working very hard preparing for the Provincial Winter Games in Kelowna Feb 15-18. This athletes are very dedicated to coming out every week and practice and learn new skills to get them ready for the

games. The Skills team this year will consist of representatives from both Burnaby and Delta. From Burnaby Colin Morrison, Gary Mildenberger and Phil Hansen and from Delta there is Lisa Stratton and Jessy Dhaliwal.

Good Luck at the games.

Coach - Ray Vieau

Floor Hockey C Team full of surprises

Our Floor Hockey C Team attended two tournaments this winter.

The first was at the end of November where we attended the Jon Baillie Floor Hockey Tournament and ended up third out of five teams. We only played two games but the team showed well. Our first game was a loss to Delta 6 – 2. Our two goals came from Lyle Torgeson and Marco Bagnasco. In our second game we played Vancouver and won 5 – 3. Our goal scorers were Harry Mander and Sunny Chadha with one each and holy cow Chris Freeman had a hat trick.

The second tournament was in Chilliwack in January. The tournament was new (first year) and one C team dropped out. That left only two teams in the C division so in order to get in three games over the day we played Langley B first, then Mission C and one playoff game. The team did well never giving up we had three goals from Lyle Torgeson, Lindsey Aarstad and Misty Greyeyes in the Langley game. We only went into the tournament with 10 players and picked up one player from another team. The team was quite tired after the Langley game and had to play Mission right after. The team hung in but eventually lost 8-0. After lunch and a rest we played Mission one more time

for placing first and second in the C Division. We were energized and played extremely well but unfortunately came up short 3-2. Our Goals came from Esli Zuniga and Lyle Torgeson. Overall the athletes had a great day and came away with second place ribbons.

Coach - Paul Colvin

Floor Hockey B Team ready for Provincial Winter Game

Ten days to go to the winter games in Kelowna as I write this. That gives me a maximum of ten days to shake off this cold. We have been working hard Tuesday evenings to tighten up things and be ready. There are only two practices left.

We had a practice tournament a week ago last Friday in Chilliwack. This was important for us because I haven't managed to put many games together with other locals. The tournament gave us a chance to see some of the local competition at least. We played four games in the one day tournament. Two games as it turned out against the North Shore. They had an oversized team that was a mix of B players and C players. They were over there heads here but for Kelowna the C players will be left behind. This should make them somewhat stronger. The other teams we played were the host team from Chilliwack and a team from Abbotsford. The game with Chilliwack ended in a three three tie that apparently was ended a shift early. The game with Abbotsford we lost 4/3. This was a bit of a shock to all. I told one fellow from another local "I don't ever expect to lose." He said perhaps I should lower my expectations.

I told him that no, I liked them right where they were.

The tournament was great practice for the games and the whole team is going to promise me to cut down on the penalties. The tournament was a chance for the referees to practice too, and in my humble opinion they need the practice as much as anyone. There was a great deal of stick work and a lot of missed calls. Having talked to Lois McNary since I am sure this will be addressed.

Coach – Ron Hammell

Burnaby Curling Rocks!

Abbotsford Curling Bonspiel - January 20th



Burnaby's Provincial Curling team made up of Lyle Torgeson (skip), Jennifer Fleet, Amanda Littlejohn, Chelsea Kaake (Delta) and Kaly Campagnaro

(Delta) came on strong to win their first match against Maple Ridge. Burnaby scored rocks in 4 out of 6 ends resulting in a 7 -2 win! In game 2, the team played well loosing to Langley #1 team 5-4 in the final end. Game 3 the team played Langley #2 team who counted rocks all 6 ends ending the game 10 - 0. After 3 games and 6 hours on the ice, the team landed 2nd place ribbons! Congratulations team!

Langley Curling Bonspiel - February 4th



Burnaby #1 Curling team – David Wong (skip), Bridget Colvin, Alene Elgaard, and Sunny Chadha

Team #1 started strong winning Langley #1 in a close match 5-4. Games 2 and 3 proved to be more challenging resulting in a 6-2 loss to Abbotsford and an 8-2 loss to Langley #2. Though the team did not place, they all received well deserved participation ribbons for their efforts which included blisters on hands from sweeping so hard and bruises on elbows and knees from falling!



Burnaby #2 Curling team - Lyle Torgeson (skip), Amanda Littlejohn, Jennifer Fleet, Dominic Inacio, and Esli Zuniga

Team #2 started and ended the day strong. They won their first game 5-3 against Langley #2, tied their 2nd game 4-4 against Langley #1, and ended the

day winning their 3 game 5-2 against Maple Ridge. The team played exceptionally well and were rewarded for their efforts with a first place ribbon. Way to go team!

Coaches Paul, Denise and Debra were very proud of the teams accomplishments given some athletes have only been Curling for 2 years! Congratulations to all!

Coach – Paul Colvin



Coaches, Volunteers and Athletes on the way back from 2005 Summer Provincial Games at Comox

Message from Volunteer Coordinator

The dedication and enthusiasm of the volunteers at Special Olympics Burnaby has helped make our Local one of the most successful in B.C. Our volunteers have been instrumental in the development of our athletes while providing a safe and positive environment for them to learn. Their level of commitment is truly inspiring with many participating in multiple programs and events each week. As a result of our volunteers' efforts, Special Olympics Burnaby is able to support 17

different sports with over 130 athletes (including 26 athletes going to the 2007 Winter Games). I would like to thank all the volunteers who contributed to our Local this past year. Your participation in our programs, tournaments, fundraisers, and special events has made a significant impact in our community!

Over the next couple months, as our winter sports start to wind down, we will be shifting our focus to the spring and summer programs. In order to provide our athletes with the proper instruction and support, we will once again need a strong representation of volunteers. We currently have volunteer opportunities available in all upcoming programs so please check out our website at www.sobcburnaby.com for a complete program list. We are always interested in new volunteers or existing volunteers who want to take on greater responsibility. The summer programs are a great opportunity to get involved, meet new people, and enjoy the sunny weather!

Please contact Robert Agon, Volunteer Coordinator, for more details.

Robert Agon
volunteercoordinator@sobcburnaby.com
604-773-9898

Snowshoeing full of fun and challenges

Hi Snowshoers,
Cypress mountain has been great this year. The snow was high and fluffy and the sun was shining which brought lots



Lindsey, Katie, Josie, Bill, Kevin and Brian ready to snowshoe on one rainy Sunday morning at Cypress Mountain

of smiles and enthusiasm to all our athletes. Every Sunday morning, since January 7/2007, we head up to Cypress Mountain. We arrive, put on our snow shoes, and head off to do our warm up. Our warm up consists of walking in circles, stretching, racing and relays. After our warm up, we head up to the trails, up to the high slopes. This is very hard work, but we look forward to the hot chocolate waiting for us at the lodge. I would like to wish Bridget, Christina, Katy, and Lindsay the best of luck at the Provincial Games in Kelowna

Coach – Josie Mascone

Cross country skiing a success of team work

Past six weeks of cross country skiing since we started at the beginning of January has been quite an experience and the skiers has been skiing on different snow condition from powdery, sticky, icy to rainy condition. What a weather but still the athletes and coaches never give up and the team from Burnaby, Richmond, Vancouver, North Shore and Surrey mix and match their athletes and coaches depending on the

ability and speed to prepare for the upcoming Provincial Winter game. We also did a mini race on the mountain for the athlete to get use to quick starting, pacing and to end with the great finish in spite of rain on that day.



Win, Khin, Lori, Suzanne and Heather in front of Holly Burn Ski Lodge ready for the second round.

Win, Lori and Heather from Richmond has made tremendous progress each week skiing with different coaches and especially Heather who is deaf and partially blind has a wonderful interpreter, skier and coach Suzanne Shepherd who will be a bunny for her at the race. I wish all the cross country skiing athlete good luck for the Provincial Winter game.

Coach – Khin Maung

Alpine skiing

Todd Fretenburg is the only alpine skier from Burnaby who is going to the Winter Provincial and he has been skiing with Special Olympic for ten years and Adaptive Snow sport for three years before that. Our two other Alpine

athletes Win Maung and Patrick Caldecott are also going to Winter Provincial for Cross Country and Floor Hockey respectively.



Todd at 2006 Winter Qualifier at Kelowna receiving a ribbon

On Monday night skiing our Burnaby group is the most enthusiastic group who are at the mountain by 5:00pm and start skiing by 5:30 one hour ahead of normal 6:30 start time. Although we are sending one for this Winter game we are hopeful and preparing to have more the next time round as the three youth Kyle, Patrick and Win has more experience with racing. North Shore Head Coach Randy Scott set up the Slalom, Giant Slalom and Super G courses each week and our coach Bill Schadt is helping out and learning about the course set up and race.

Patrick is natural and fast to go down the race course with ease and so is Kyle. Win is a bit timid at first but with encouragement he did a slower and wide turn around the course well done. We wish Todd good luck at the Provincial Game.

Coach – Khin Maung

SOBC Provincial Winter Game (Kelowna) February 15th – 18th 2007

Burnaby Athletes and Coaches are working really hard for the upcoming Provincial Winter Game and finally the day is approaching near as everybody starting to pack and prepare to travel to Kelowna for their great event. Twenty five athletes, ten coaches and a team manager from Burnaby will be participating at the Game and will be staying at the Rutland Middle School in Kelowna.

The athletes are Todd Fretenberg (Alpine Skiing), Lyle Torgerson, Amanda Littlejohn, Jennifer Fleet (Curling), Colin Morrison, Gary Mildenberger, Phil Hansen (Floor Hockey Individual Skill), Conrad Der, Dominic Inancio, Mark Russell, Joe Gallo, Joey Conrad, Patrick Caldecott, Ken Windsor, Kris Cohen, Chris Mitchell, David Wong, Sunny Chatham, Sammy Langthorne (Floor Hockey team B), Bridget Colvin, Christina Tomingas, Katie Little, Lindsey Aarstad (snow shoeing) Lori Masconi and Win Maung (X Country Skiing).

The coaches who are accompanying and supervising these athletes are Bill Schadt (Alpine Skiing) Debra Colvin, Paul Colvin (Curling), Ray Vieau (Floor Hockey Individual Skill), Karen Kester, Norm Caldecott, Ron Hammell (Floor Hockey B team), Ron Aarstad, Josie Di Tomaso (Snow Shoeing), Khin Maung (X Country Skiing) and Inessa Rubin (Team Manager).

The Opening Ceremonies will be at Evangel Tabernacle Church in the evening of Thursday 15th of February after arrival of all the athletes, coaches,

team managers and mission staff from various regions from B.C. Region 4 which consist of Burnaby, Richmond and Delta are wearing our **Purple uniform** with the local name and logo on the jacket.

The Competitions are on the 16th and 17th of February at different sports venues depending on the sports competing.

Floor Hockey is at the Rutland High School and Middle School Gym, Alpine Skiing at Crystal Mountain, Cross Country Skiing and Snowshoeing at the Telemark, 10 minutes down the mountain from Alpine, Curling at the Kelowna Curling Club, Speed skating at CNC and Figure Skating at Rutland Arena.

Closing Ceremony will be at Rutland Sr. High Gym with a dinner and dance which most of the athletes are looking forward to and 2007 Winter Game Theme for this event is Mardi gras.

Public Relation Coordinator – Khin Maung

Position for Local Coordinator

We would like to invite any interested volunteers who would like the challenging Board Executive position as a local coordinator for SOBC Burnaby. Please give a word out to your family, friends or at work where whoever you know could be a potential candidate. Please contact Debra Colvin at 604-522-5300 or email her at localcoordinator@sobcburnaby.com

Calendar of Events

Feb: 15th – 18th	SOBC Winter Games
Feb: 20th	Transition Planning Fair
Feb: 23rd	Vancouver Giant Puck toss
March 10th	Richmond 10 – Pin Bowling
March 17th	Coquitlam 10 – Pin Bowling
March 30th	Sports Banquet
May 5th	Ten Pin Bowling volunteer recognition night
May 25th/26th	Can Drive Fundraiser
May 26th	Track & Field meet (Kelowna)
September 22nd /23rd	Can Drive Fundraiser
October 2nd – 14th	World Summer game (Shanghai China)

Head Coaches By Sports 2006 – 2007

Alpine Skiing:	Bill Schadt/ Khin Maung
Bowling 5 Pin:	Heather McIntyer
Bowling 10 Pin:	Norm Quon
Basket Ball:	Daniel Colvin
Bocce:	Alex Economos
Cross country Skiing:	Khin Maung
Curling:	Paul Colvin
Floor Hockey ISC:	Vicki Lobdel
Floor Hockey C :	Paul Colvin
Floor Hockey B:	Ron Hammell
Golf:	Ken Whitelaw/ Khin Maung
Power Lifting:	Herman Chan
Swimming:	Nathaniel Payne
Snow Shoeing:	Josie Di Tomaso
Soccer B:	Tom Turner
Soccer C (I):	Khin Maung
Soccer C (2):	Joanne Kensley
Soccer ISC:	Ray Vieau
Soft Ball Skill:	Pawla Moore
Soft Ball C:	Vicki Lobdel
Soft Ball B:	Paul Colvin