

**Coaches:** Mills Riddick and Tom Dees**Phone:** Mills: Riddick (407) 782-2998 & Tom Dees: (407) 463-342**Email:** mills.riddick@ceredexvalue.com & thomasdees@me.com

POWERLIFTING

Please remember that sports facilities are donated to our athletes and volunteer coaches.

SCHEDULE

Location/Day/Time:

- LA Fitness: 1074 Montgomery Rd., Altamonte Springs, FL 32714
- Saturdays, 3:00pm – 5:00pm

Notes:

- Athletes need to wear comfortable workout clothes and sneakers.
- Bring water and Power Lifting Belt (optional)
- Athletes need to show good sportsmanship and good manners during practice by being kind, honest and courteous to the other athletes, volunteers, and coaches.

Saturday, June 12, 2010	Family Registration Meeting (Saint Mary Magdalen)
Saturday, June 19, 2010	Practice
Saturday, June 26, 2010	Practice
Saturday, July 3, 2010	No Practice – <i>Fourth of July Weekend</i>
Saturday, July 10, 2010	Practice
Saturday, July 17, 2010	Practice – Last Day to Register
Saturday, July 24, 2010	Practice
Saturday, July 31, 2010	Practice
Saturday, August 7, 2010	Practice
Saturday, August 14, 2010	Practice
Sunday, August 21, 2010	County Games – LA Fitness
Saturday, August 28, 2010	Practice
Saturday, September 4, 2010	No Practice – <i>Labor Day Weekend</i>
Saturday, September 11, 2010	Practice
Saturday, September 18, 2010	Practice
Saturday, September 25, 2010	Area Games – LA Fitness
Saturday, October 2, 2010	Practice
Saturday, October 9, 2010	Practice
Saturday, October 16, 2010	Practice
Saturday, October 23, 2010	Practice
Saturday, October 30, 2010	Practice
Fri. - Sun., Nov. 5-7, 2010	State Games- ESPN Wide World of Sports
Saturday, November 13, 2010	End of Season Party – Altamonte Springs Bowling Lanes
WEATHER CANCELATIONS: Call the SOSOC Hotline 1 hour before practice for cancelation info: 407-263-8043	

ATTENDANCE POLICY

We have 11 practices before Area games. Athletes can schedule a make up session IF the coach is willing and available at the current practice location. *Remember, to be eligible for State Games, athletes must attend County & Area Games and 70% of practices between the start of the season and Area Games. That means athletes need to attend 8 of the 11 scheduled practices to be eligible. IF you miss practices because of other Special Olympics competitions, your absence will be excused.

Updated: 6/11/10