



Seminole Spirit

June 2008



Special Olympics Seminole County, PO Box 520742, Longwood FL 32752-0742, SOSOC Hotline: 407-263-8043
www.SpecialOlympicsSeminoleCounty.org

MARK YOUR CALENDARS

June 14 – Powerlifting Begins
 July 10- Management Team Meeting
 July 20- Swim Team Carwash

June 17- Gymnastics Begins
 July 17-19 SOFL Leadership Conference
 July 26- Swimming County Games, Softball Begins

June 23/26 – Bowling Begins, Golf County Games

SWIM SEASON MAKES A BIG SPLASH!

Swim season began on Saturday, May 31, 2008 with over 50 athletes!! Thank you to all the coaches who helped kick off this exciting season! Practices are being offered at two locations:

RDV SportsPlex - 8701 Maitland Summit Blvd, Orlando, 32810
 Red Dolphins Team: Intermediate & Advanced: 8-10am
 Blue Nemos Team: Beginners: 8:30-10am

Westmonte Park – 624 Bills Lane, Altamonte Springs, 32714
 Yellow Sharks Team: Intermediate & Advanced: 8-10am

CARWASH: Come visit the swim team at the Albertson's on 434 and Montgomery on Sunday July 20 from 10am-4pm.

Questions: Nin El-khoury, 407-929-7254 or Mindy Setzer, 321-276-6463 or Swimming@SpecialOlympicsSeminoleCounty.org

"FALL CLASSIC" SPORTS STARTING IN JUNE

Bowling- This year we will offer two training sites. All athletes must complete 10 games at either training site before our County Games on Monday August 25 at the *Altamonte Lanes*.

AMF ALTAMONTE LANES – 280 Douglas Avenue, Alt. Springs Begins Monday, June 23 from 3-5pm. Training will be provided by the City of Altamonte Springs Special Population Programs. Cost \$1.50/game which includes shoes.

More info: Nin El-khoury, 407-571-8814 or Bowling@SpecialOlympicsSeminoleCounty.org

AMF CASSELBERRY LANES - 115 Wilshire Blvd, Fern Park Begins on Thursday, June 26 from 6-7:30pm. To train at this facility, please contact Neil Scribner at 407-927-9594 or neilscribner@earthlink.net

Gymnastics- Begins Tuesday, June 17 from 5:30-6:30 at Brown's Gym in Altamonte. Please let us know if you plan on joining us. Contact: Mindy Setzer, 321-276-6463, Gymnastics@SpecialOlympicsSeminoleCounty.org

Powerlifting- Begins on Saturday, June 14 from 1-3pm at Gold's Gym Altamonte. Please contact Fran Carrozza for more information. 321-297-8669, francarrozza56@hotmail.com

Softball- Begins on July 26 at Trotwood Park in Winter Springs from 8am-10am. Contact Vinnie Coon for details. 407-571-8812 or VinnieC@altamonte.org

ATHLETE OF THE MONTH: James Caldwell III

VOLUNTEER OF THE MONTH: Joanne Jacobs

"SUMMER SPORTS" STATE GAMES RESULTS

Congratulations to all the athletes that participated in the Summer State Games that took place May 16-17 at Disney's Wide World of Sports Complex!

BOCCCE: Coached by Vinnie Coon , Athletes: Jeff Priest, *Silver*

CYCLING: Coached by Angel Hernandez, Athletes: Monica Hernandez, *500M – Silver 1000M - Gold*

SOCCER: Coached by Stephanie Sharrer, Athletes: Trenton Cox, *Skills - 4th*

TRACK n FIELD: Coached by Wayne Tarkenton, Athletes: Tyquin Dozier, *50M Dash – Gold, Standing Long Jump - Bronze* David Gebara. *50M Dash - 5th, Standing Long Jump - Silver* Apryl Hankerson, *100M Dash - 5th, Running Long Jump - Participant* Richard Mendola , *800M Walk – Silver, 1500M Walk - Gold* Clayton Ruffing , *100M Dash - 5th, Running Long Jump - Bronze* Lori Tarkenton, *50M Dash – Gold, Standing Long Jump - Gold*

TENNIS: Coached by Kevin Lajeunesse and Jim Rich Athletes: Tim Long, *Skills - Bronze*, Meggan Van Loon, *Skills- Bronze*, Brittany Tagliareni, *Singles - Gold*

VOLLEYBALL - *Unified Team – 5th Place*
 Coached by Brian and Iris Nyberg; Athletes: Nin Elkhoury, Fran Carrozza, Andrea Nyberg, Joshua House, Jackie Nyberg, Eric Taylor, George Gibson, James Jamrok, Brett Jones, Mike Badders, Brad Kosmac, Dustin Parramore

Special Thanks to Charbel "Bubba" El-Khoury and Chris Friedman Although did not qualify for the State Games gave of their time to Volunteer!

We appreciate the efforts of Mindy Setzer our Head Delegate for the weekend! And Congratulations to Tyquin Dozier for receiving the Inspirational Athlete Award!

HAPPY BIRTHDAY- JUNE

Daniel Akins	David Alter
Glendon Blakeney	Earnestina Brown
James Caldwell	Eden Fulmer
Ana Gasparini	Dean Light
Ashley Magill	Michael Martin
Amelia Rauber	Julia Smith

THE WORKOUT ZONE

SPECIAL OLYMPICS

FUN FITNESS NEWS

June 2008

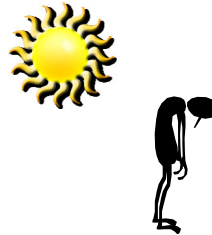


Are You a Healthy Athlete?

- Regular physical activity can lower your blood pressure & cholesterol levels & reduce the risk of type 2 diabetes
- Exercise is a good way to build strong, healthy bones
- Being in good shape can give you more energy, reduce anxiety and depression, and make you feel and look better

WATER

A constant supply of water is needed to replenish the fluids lost through physical activity. A deficiency of water is dangerous and limits exercise capacity greatly. Especially in hot weather, excessive water that is lost from perspiration leads to dehydration. It is important to drink water often and in small amounts before, during and after competitions.



Before Exercise

Consume at least 1 pint of fluid 2 hours before activity

During Exercise

When heat or intensity of exercise lead to extreme sweating, an athlete should drink at 10 - 30 minute intervals

After Exercise

To successfully rehydrate your body you should consume 1 pint of water for each pound of fluid lost

EXERCISES

Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy; children and teens need 60 minutes of activity a day for their health.

Walking, running, swimming, tennis, and strength training are all activities that will keep you active and healthy and make you feel good about YOU!

Below are some simple exercises that can be done at home

Sit-ups— lie on the floor with knees bent and arms crossed on chest. Keep back straight and slowly lift shoulders. Slowly return to starting position. Make sure you bend at the waist!!

Push-ups— these can be done on your knees as well as the regular way. Place your hands shoulder width apart and distribute weight evenly on hands and feet. Slowly bend arms until parallel from ground. Push up to starting position. Keep back straight!!

Squats— stand with feet shoulder width apart, back straight and head up looking forward. Bend knees and squat slowly until legs are parallel to floor. Push up and return to starting position. You can hold arms out in front for balance.

Lunges— You may have to hold onto a chair or wall initially for balance. Stand with feet shoulder width apart and step back with one foot. Bend you knees straight down until front leg is parallel to the floor. Push off on ball of foot to start. Do not let your front knee go past your front foot!!



Making Healthy Food Choices

Begins with an understanding of the foods we eat and how they affect our bodies. The energy yielding nutrients are:

Protein—main body building nutrient

- ⇒ Constant need for regular intake
- ⇒ High quality: eggs, milk, fish, meat
- ⇒ Low quality: nuts, lentils, beans
- ⇒ Too much protein is stored as body fat

Carbohydrates - our energy food

- ⇒ Body's major energy source
- ⇒ Breaks down quickly and easily in digestive system
- ⇒ Good sources (complex): rice, corn, potatoes, beans, fruits
- ⇒ Poor sources: white sugar, honey, soft drinks, chocolate bars

Fats—slow energy food

- ⇒ Concentrated energy source
- ⇒ Breaks down slowly
- ⇒ Need small amount for optimal health
- ⇒ Visible Fat—butter, margarine, fats on meat
- ⇒ Invisible Fats—milk, cheese, nuts

Guidelines for a Balanced Diet

- Eats lots of different kinds of food – vegetables, fruits, fish, meats, dairy, produce and grains
- Eat fresh food rather than ready prepared, canned or frozen foods
- Eat a high proportion of complex carbohydrate rich foods
- Grill, steam or bake foods. Avoid boiling or frying
- Avoid fatty meals and sweet and salty snacks
- Check fiber intake by eating whole grain breads, cereals, pastas
- Eat brown rice instead of white rice
- Flavor food with herbs and spices rather than salt

Newsletter Spotlight



How Much Fat?

McDonald's—Big Mac Meal

1161 calories

49.1 grams of fat

158.4 carbs

Burger King—Whopper Meal

1358 calories

66.7 grams of fat

159.8 carbs

Making the Right Food Choices

Pre-Competition

- Eat a small, easily digestible meal, usually less than 500 calories
- Eat about 2 hours before competing
- Limit proteins and fats since they digest slowly
- Avoid foods which form gas in the digestive system
- Drink small amounts of water often, before, during and after competing

During Competition

- Besides hydration, nutrients are not needed for events that last less than one hour.
- For events that have more than one hour of continuous activity, carbohydrate drinks or fruit will supply the needed energy for continued effort.
- During tournaments lasting more than two hours, nibble on small pieces of banana, peanut butter sandwiches, noodles or plain pasta (complex carbohydrates) when there is at least a half-hour break before the next game. This will help keep energy levels up.

Post-Competition

- To replenish energy, foods with readily available carbohydrates (fruit, carbohydrate drink, granola bars) should be eaten in small amounts immediately following exercise.
- Throughout the remainder of the day, meals should contain 65 percent complex carbohydrates to replenish energy.