

**Mark Your Calendar**

June 16: Gymnastics Coaches Meeting  
June 22: Altamonte Bowling Begins

June 19: Bowl-A-Thon Registration Deadline  
June 25: Casselberry Bowling Begins

June 20: Powerlifting Begins  
June 28: Bowl-A-Thon & Golf County Games

**SPORTS UPDATES****SWIM SEASON**

We would like to extend a BIG THANK YOU to all of our new and current swimming coaches. We are excited to see so many new volunteers, with lots of swim experience and enthusiasm, step up to the plate to help. Thanks!

More Info: Mindy Setzer at 321-276-6463 or [MSetzer@SpecialOlympicsSeminoleCounty.org](mailto:MSetzer@SpecialOlympicsSeminoleCounty.org)

**"FALL CLASSIC" SPORTS**

Please contact the head coach for more information on participating or if you are interested in volunteering.

**Powerlifting:** Gold's Gym Altamonte on Saturdays from 4-6pm. Starting on June 20. Fran Carrozza, 321-297-8669 [FranCarrozza56@hotmail.com](mailto:FranCarrozza56@hotmail.com)

**Bowling:** *Two approved training sites*  
**THURSDAY** at AMF Casselberry Lanes from 6-8pm beginning June 25. Neil Scribner, 407-927-9594 [NeilScribner@earthlink.net](mailto:NeilScribner@earthlink.net)

**MONDAY** at AMF Altamonte Lanes from 3-5pm beginning June 22. Nin El-khoury, 407-571-8814 [rel-khoury@SpecialOlympicsSeminoleCounty.org](mailto:rel-khoury@SpecialOlympicsSeminoleCounty.org)

**Gymnastics:**

**RHYTHMIC-** Saturdays from 10:30am-12noon starting June 27 at St. Mary Magedalen Annex, 831 Maitland Ave, Altamonte Springs

**ARTISTIC-** Mondays from 6pm-7:30pm starting June 29 at Legacy Gymnastic, 143 Atlantic Drive Suite 1010 Maitland, FL 32751

Dottie Magill, 407-671-7112, [DYM115@yahoo.com](mailto:DYM115@yahoo.com)

**Softball:** Saturdays from 8am-10:30am starting July 25 at Trotwood Park (Field 2), 224 Trotwood Blvd., Winter Springs, FL 32708 Mark Taylor 407-699-4776, [mtaylor3@smurfit.com](mailto:mtaylor3@smurfit.com)

**EQUESTRIAN SLOT AVAILABLE**

1 opening on the equestrian team for the 2009/2010 season beginning in October.

**Qualifications:**

- Practices will be on Saturday mornings at 9am from October 2009 to May 2010
- Practices/competitions are outdoors and subject to Florida weather conditions
- Parent/Athlete must be available to attend monthly competitions and show preparation
- If interested, please call Head Coach, Elise Hulme at 407-247-5702 or email [equest9946@aol.com](mailto:equest9946@aol.com)

**FUNDRAISERS, SPECIAL EVENTS & OTHER UPDATES****2009 BOWL-A-THON ON SUNDAY, JUNE 28, 2009**

Athlete/Volunteer Bowler Registration: By June 19

*\*Late registrations accepted until June 26, but T-shirts not guaranteed*

Event Volunteer Registration: By June 26

**Please visit our website for more details and to join in on the FUN!**

**VOLUNTEERS NEEDED FOR UPCOMING COMPETITIONS**

Volunteers are needed to help with the following events.

Sunday, June 28 – Golf County Games – 5pm-8pm

Saturday, July 25 – Swimming County Games – 8am-12noon

To sign up, contact Mindy Setzer, 321-276-6463,

[MSetzer@SpecialOlympicsSeminoleCounty.org](mailto:MSetzer@SpecialOlympicsSeminoleCounty.org)

**For information on more events, please visit our website and click "2009 Summer Events" on the Announcement section of our homepage.**

**ATHLETE INPUT COUNCIL FOOD DRIVE**

The Athlete Input Council would like to collect canned food for local charities. If you would like to contribute to their collection, please bring items to any AIC Member or bring them to the Bowl-A-Thon on Sunday, June 28, 2009 at the Altamonte AMF Lanes between 3pm-5pm. Thanks! ☺

**SAVE THE DATE... ANNUAL PICNIC & FREE PHYSICALS**

Our Annual Picnic & Fun Day and FREE Physicals will be held on **Sunday, August 30, 2009** at Lake Mary High School from 12-4pm. Details to come in the next newsletter. Save the date & get ready for the FUN!

**MANAGEMENT TEAM & ATHLETE INPUT COUNCIL**

Our next meeting will be on Thursday, July 2, 2009 at St. Mary Magdalen Church – in the Annex, 831 Maitland Ave, Altamonte Springs.

6:30-7:30: AIC & Management Team Committees

7:30-8:30: Management Team Committees Directors

**For more information:** please contact Marie El-khoury at 407-782-0525 or [Mel-khoury@SpecialOlympicsSeminoleCounty.org](mailto:Mel-khoury@SpecialOlympicsSeminoleCounty.org)

**VOLUNTEER AND ATHLETE OF THE MONTH**

**Athlete:** Mohammed Rahim, Track & Field

**Volunteer:** Rosemary Whelan, Tennis/Aquatics

**HAPPY BIRTHDAY JUNE**

Daniel A	James C	Seaira H	Michael M	Christian S
David A	Sebastian C	Justin K	Brendan M	Antonio V
Earnistina B	Eden F	Dean L	Amelia R	Alexander V
Cynthia B	Ana G	Ashley M		

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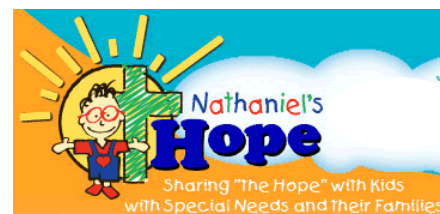
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**Would you like to sponsor a newsletter?**

**Please contact Winston Jones at 407-923-3902**

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**WORK OUT ZONE      STAYING HYDRATED DURING THE SUMMER HEAT      ISSUE 4**

“Beating the Heat” - Reprinted from an article by the Virginia Tech Sports Medicine Department

Fluid balance is probably the most important nutritional concern for athletes. Without proper fluid intake before exercise, the athlete can quickly become dehydrated during exercise. As progressive dehydration occurs, anything can result from muscle cramping to hyperthermia, heat exhaustion or in extreme cases even death.

Fluids are lost through the body in a number of ways: direct (bodily waste) and indirect (sweating and breathing). During exercise an athlete will control his body temperature by sweating to release heat and cool the body through the evaporation of sweat. The human body is about 60% water and many organ systems rely on hydration for their function. These include the heart, lungs, muscles, and nerves. When too much fluid is lost, the circulation becomes overwhelmed, unable to keep body temperature from rising too high. When this happens, heat exhaustion sets in and the body begins to shut down. Usually the first symptom is an elevated body temperature and a “heat headache”, but athletes can also have dizziness, fatigue, anxiety, chills, nausea, and “heat cramps.” With continued exercise, these symptoms can progress to include disordered thinking and even seizures. This is known as heat-stroke—a very serious and sometime life-threatening condition.

The key to avoiding dehydration lies in understanding the factors that contribute to overheating and how to overcome them. Wearing light colored clothing with fibers designed to “wick” away sweat helps. A wet cotton t-shirt can actually act as an insulator and hinder heat loss. Probably the single most important action

that athletes can take is to be proactive about hydration.

**So what is the best way to stay well hydrated?** Prevention is the key! The old adage of drinking six to eight glasses of water a day still holds true for most individuals. Athletes should drink 16 oz of water or sports drink 1-2 hours before exercise. This should be repeated 15 minutes before exercise.

During exercise, athletes lose large amounts of electrolytes and burn calories that water alone will not replenish. Sports beverages, such as Gatorade or Powerade, have electrolytes and simple sugars, taste good and can be easily taken during practice or competition. It is also important to drink them in the first 15 minutes after exercise, when muscles are replenishing energy stores most efficiently. A rough guide to fluid replacement is to drink two 8 oz glasses of fluid for every pound of body weight lost during exercise.

While some sport drinks are better than others, they are not inherently “good for you”. An individual who does not exercise and drinks these beverages will accumulate extra calories and gain weight. There are some fluids that won’t help you rehydrate. Caffeinated beverages actually promote dehydration by causing the body to lose more fluid in the form of urine.

Gatorade	Sugar: 14.4 grams	Potassium: 32.2 mg
Soda	Sugar: 39.8 grams	Potassium: 3.7 mg

*\*\*\*Potassium is an essential mineral in human nutrition and is important in maintaining fluid and electrolyte balance in the body. Potassium is also important in allowing muscle contraction\*\*\**

Everyone, athlete or not, can benefit from good hydration. Coaches should educate and encourage their athletes to pay close attention to this aspect of sports in order to avoid tragedies.