



**Special
Olympics**
New York

Message from Special Olympics New York
Capital District Regional Update



CAPITAL DISTRICT REGIONAL UPDATE - February 2017

Winter Regional Games

January 28, 2017

Winter State Games

February 17-19, 2017

Doubles Bowling Tournament

March 12, 2017

Shamrock Shuffle

[March 26, 2017](#)

Team Basketball Tournament

RPI, April 9, 2017

Spring Athletics

April 29, 2017

CDR Summer Regional

May 13, 2017

[Full Calendar Of Events...](#)

RESOURCE CENTER

[Training Club Roster](#)

[Medical & Consent Form](#)

[Protective Behaviors Course & Test](#)

[Concussion Training](#)

[Special Olympics Office Games](#)

[Sport Resources](#)

[Important Forms](#)

Online re-certification options are now available to our coaches. Please click the link below to view the courses and/or begin the re-certification process.

[Re-certification Courses](#)

News

[Click here to find out more!](#)

Upcoming Events



2017 Winter Super-Regional Event Now Including Snowboarding! Saturday, January 28, 2017 West Mountain

150 athletes are registered to compete in Alpine and Nordic Skiing, Snowshoe and Snowboarding during the 2017 CDR Winter competition. This marks the first year Special Olympics will offer the sport of Snowboarding. Our Healthy Athletes program will also be present during this event for athletes to attend when off the mountain. Join our athletes as the torch is lit and the action takes place on this historic day!

Volunteers are welcome, please [Register Here!](#)

Sensory Night at the Ciccotti Center! Friday February 10, 2017 5pm to 8pm

**All children with special
needs and their families are welcome**

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INCLUSION
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UNITY

www.r-word.org



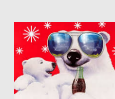
Volunteers

We could not run our programs and events without people like you! Please e-mail darmstrong@nyso.org if you would like to volunteer, or register as a volunteer for upcoming events!

Teams seeking assistance:
Swimming- Cohoes
Bowling- Menands
Basketball- Ballston Spa

[Type I Volunteer Application](#)

Thank You Sponsors!



[Click here to Join Us](#)



for sensory night in the aquatics center.

[For more Info click here](#)

Contact:

awilcox@ciccotticenter.org

FUNdraising



Albany Devils Appreciation Night

Saturday, January 28, 2017

Times Union Center

5pm

The Times Union Center has chosen to honor Special Olympics as their local charity to benefit during their Star Wars Night! This year, it will be on the GE Kids-In-Free Night.

Volunteers from the 501st Legion will represent Star Wars and Lucas Film, posing for pictures with fans and taking donations to benefit Special Olympics Capital District.

Athletes from various sports will participate in a pre-game puck drop and compete in a broom-ball game on the ice.

Portions of Ticket Proceeds [PURCHASED HERE](#) will be donated to Special Olympics New York.

[Click here for Flyer Information](#)

VOLUNTEER!

"I am happy to help all I can and I hope others will do that too"

~Athlete and Coach Rob R.

Special Olympics Capital District
has it's own Facebook page!
Welcome to our family!



We Need Your Help!

With nearly 60 training clubs and over 40 competitions, we could not do it without our volunteers. Opportunities exist to volunteer at our office, with a training club, at local events, and more! Contact darmstrong@nyso.org if you or a group would like to volunteer!

Athletes and Volunteers needed for Tennis Team Join the FUN!

Do you like to have fun? Can you share your positive energy? Are you supportive and encouraging? If so, we would love to have you involved. Come share your tennis skills or learn tennis without Athletes.

Practice:

Tuesday Evenings, Troy New York

Contact Peter Mesh:

pmesh67@gmail.com

A Success!



Inaugural Snowboarding Super-Regional
Windham Mountain, NY
January 7, 2017

[See the photos here!](#)



Coaches Appreciation Night
Lucky Strike Social, Albany
January 15, 2017

A very special thank you to Lucky Strike for hosting our 2nd annual coach appreciation night! Through a night of bowling, table tennis, billiards and games we were able to thank only a small portion of those persons that help make what we do happen. We look forward to the years to come as we grow this event.

How can I help?

Donate Your Recyclables, Benefit SONY



Special Olympics New York has a new partnership with Hannaford and their Community Cash Program. Now you can return bottles and cans at your local Hannaford and donate to SONY.

If you would like to learn more, or receive a kit to get you started in the program, email Carolyn at cbraunius@nyso.org.

[Regional Home Page](#) | [Calendar](#) | [SmugMug](#) | [Donate](#) | [Facebook](#)