

Special Olympics North Dakota Cass County Newsletter

January 2020

Upcoming Events:

January

- 5: Basketball and Cheerleading Start
- 11: Track and Field Coaches Training - Concordia College
- 17-18: State Winter Games - Bottineau Winter Park

February

- 1: District III Basketball Tournament - Jamestown
- 13: Giving Hearts Day
- 16: Area Basketball Tournament Agassiz/Woodrow Wilson - Fargo
- 22: Trivia Night - Delta Hotel, Fargo
- 28-29: State Basketball - Minot

March

TBD: Pancake Breakfast

April

- 7: Dancing for Special Stars - Grand Forks

June

- 4-6: State Summer Games - Fargo

GET YOUR ATHLETE INVOLVED WITH SPECIAL OLYMPICS

NEW ATHLETE FORMS:

1. ATHLETE REGISTRATION FORM;
2. ATHLETE MEDICAL FORM - HEALTH HISTORY (*Completed by parent, guardian, agency*);
3. ATHLETE MEDICAL FORM - PHYSICAL EXAM (*Completed and signed by licensed medical professional*); and
4. ATHLETE RELEASE FORM.

IF YOU ARE A NEW ATHLETE, YOU MUST COMPLETE THESE FORMS **BEFORE** YOU START PRACTICE - THAT INCLUDES A MEDICAL VISIT OR HAVING YOUR MEDICAL PROVIDER FILL OUT A FORM.

FORMS AND INFORMATION ON ELIGIBILITY CAN BE FOUND HERE:

[HTTPS://WWW.SONDCASSCOUNTY.COM/ATHLETES](https://www.sondcasscounty.com/athletes)

Highlights from State Soccer & Bocce



4th, and the Hawks took 6th.

Bridgette Dolechek (Eagles) and Kraig Stein (Panthers) were named to the All-Tournament Team, along with Lance Rosenkranz (Wolves), Dustin Kjosa (Panthers), and John Sahr (Panthers) who received Honorable Mention.

In bocce, Cass County athletes competed in Team and Doubles, bringing home 21 medals across all divisions.

Thank you to all of our coaches, partners, staff, parents, and family members who helped make this another hugely successful soccer and bocce season. We can't wait to see you all again in the fall!

A picture perfect fall weekend in Grand Forks welcomed our athletes to the State Soccer and Bocce tournament for the two-day event at South Middle School and Red River High School.

Four unified adult (21+) soccer teams and one unified youth soccer team from Cass County battled it out and in the end, the Wolves and Tigers each brought home a bronze medal, the Eagles brought home silver, the Panthers took



Highlights from State Bowling



Thirty four years ago a bowling alley in Mandan was the only alley that thought Special Olympics athletes had the right to bowl and hosted the first state tournament. Fast forward to now and on November 9-10, delegations from ND comprised of 525 athletes (134 from CC) and 44 coaches (6 from CC) came to that same bowling alley and for the 2019 State Bowling Tournament.

For Cass County, the weekend started out early Saturday morning, with our first buses departing at 7:45 A.M. filled with excited, albeit groggy, athletes, staff, and coaches. An additional bus left Fargo at 1:00 P.M.

The tournament was filled with astonishing achievements showcasing what these bowling athletes have accomplished, including notable scores of 212 and 197 bowled by two Fargo athletes.

Thank you coaches, volunteers, parents, and family members for a great year!

The Revolution is Inclusion

THE REVOLUTION
IS INCLUSION

Sign the
Inclusion Pledge

#ChooseToInclude

In every corner of the earth, Special Olympics is changing the lives of people with intellectual disabilities. Special Olympics International launched a new campaign to end discrimination against people with intellectual disabilities and to create a fully inclusive world. The Revolution is Inclusion campaign aims to engage and activate 100 million people across the world to raise \$100 million for the transformative work of the Special Olympics movement. You can join the REVOLUTION by signing the pledge today!

2019 Trivia Night Silver and Bronze Sponsors:

Silver Sponsors:



Bronze Sponsors: Gate City Bank; Western State Bank; Dawson Insurance, a Marsh & McLennan Agency LLC company

Coach Spotlight

Jordan Lorenzen has been a coach since 2012 when a friend invited him to help coach soccer. He hasn't looked back since.

Throughout the year you'll find Jordan coaching basketball and track & field, and partnering in volleyball and bocce. He also volunteers his time at many fundraising events throughout the year.

In 2014, Jordan travelled with Team North Dakota to USA Games in New Jersey as a Unified Bocce partner. He and his teammate, Brad Hauschild, won a gold medal in Unified Doubles and a bronze medal in Unified Team competition.

In 2018, Jordan again travelled with Team North Dakota to Seattle, WA as an assistant men's basketball coach. He helped lead their team to a hard-fought 4th place finish.



Jordan met his partner in crime, Heather, a long-standing Special Olympics volunteer, shortly after joining our group. They celebrated their 1 year wedding anniversary in 2019.



In 2019, Jordan was honored at the State Conference with a Continuous Service Award, most fitting for Jordan as he spends countless hours helping run our program – setting up practice, staying late to clean up, volunteering at every event he's able to, and genuinely caring about each and every one of our athletes. He's a great friend, leader, and role model.

Jordan grew up in Hillsboro, ND. He works at ByteSpeed in Moorhead, where he's worked for the past 12 years. When he's not volunteering with Special Olympics, he enjoys spending time with family, walking his fur baby, Willow, and cheering on the MN Timberwolves.

Playing Trivia to Support Special Olympics

Our September 2019 newsletter included a detailed article about our upcoming Trivia Night fundraiser taking place on February 22, 2020 at the Delta Hotel in Fargo. If you missed it, please check it out here: <https://www.sondcasscounty.com/newsletter>

Every day, Special Olympics is building an inclusive world -- one that celebrates ALL abilities. Special Olympics athletes are leading this peaceful revolution...in sports, schools and in the workplace. Special Olympics empowers people with intellectual disabilities to shatter stereotypes and exceed their personal bests on the playing field and in life. Special Olympics North Dakota – Cass County is a part of this global movement, and we rely on you to help us reach one more athlete.

Looking for a fun way to support our athletes? Put a trivia team of 8 together and sign up today (21+ event)! Here's the link:

<https://specialolympicsndtrivianight.eventbrite.com>

To sponsor a table or donate to the silent auction, please contact Rachel Meske at trivianightfargo@gmail.com or 701-491-7421.

What does your generous donation support – sports and games, leadership efforts, health screenings, training sessions, meals, lodging, bus rentals, registration fees, rental fees for practice facilities, administrative costs, equipment storage shed, purchasing new equipment, uniforms, the list goes on.



Sponsor-A-Bowler: A Community Effort



Bowling is our most expensive sport. To help us offset the rising costs, we ask our athletes to go out into the community and ask friends, family, and neighbors to sponsor them in bowling. Our athletes do an amazing job at this and in return, we reward them for their efforts with donated prizes such as West Acres Mall gift cards, The Blenders tickets, FMCT tickets, etc. This year, the Fargo Force even donated a suite to us. In addition, each year, All Occasions Limousine donates their trolley and time to take our athletes caroling around Fargo looking at Christmas lights.

This year, our athletes raised \$23,282.95. Out of over 100 athletes who participate in bowling, 14 of them raised over half of the money. We hold a pizza party at Chuck E Cheese for any athletes who raise at least \$100. This year we had 76 athletes qualify for the pizza party.

Our top fundraisers were as follows: 1st – Kenny Fowler (\$2,377.01)(pictured above), 2nd – Jenni Hummel (\$2,040), 3rd – Amy Blehm (\$1,220), and 4th – Carlye Lovejoy (\$1,110).

Thank you to our prize donors: Western State Bank, All Occasions Limousine, Fargo Force, The Blenders, Scheels, Monster Jam, Gate City Bank, Doolittles, Rhombus Guys, West Acres Mall, FMCT, Concordia, Vogel Law Firm, Julie Blehm, FM Derby Girls.

Athlete Spotlight



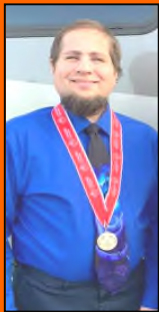
Kenny Fowler joined Special Olympics in 2005 while living in Wahpeton, ND. He was introduced to Special Olympics by his

roommates, where he met Coach Wayne Beyer. Wayne was instrumental in getting Kenny involved. Kenny moved to Fargo several years later and continued with Special Olympics there.

He has participated in bowling, basketball, snow shoeing, soccer, bocce, volleyball, team bocce, and track & field where he has won several medals. He joined Team North Dakota in 2010 at USA Games in Lincoln, NE in bowling. He came home with two medals.



Kenny was honored to be chosen for the All-Tournament Team at State Basketball in 2015, where he received a plaque.



Kenny is a Global Messenger and attends the Leadership Conference regularly. He is a member of our local Area Focus Group, which is a committee of athletes who hold regular meetings to discuss ways they can promote Special Olympics and act as mentors to

other athletes. Kenny has done many TV interviews representing Special Olympics. He has also spoken to different civic and business groups promoting Special Olympics and has introduced keynote speakers at different Special Olympics events.

Kenny loves participating in all the fundraising events, including the Truck Convoy, Tip-A-Cop, Trivia Night, Pancake Breakfast, and Car Washes. He has been one of the top fundraisers in our annual Sponsor-a-Bowler fundraiser for many years.

Kenny works at NDSU in the Resident Hall Cafeteria. Kenny is also a professional Clown, known as Kidder. He is a member of the World Clown Association and Clowns of America International. Ken has won recognition at several clown conventions for his achievements in clowning.



Ken is also a football fan, especially the Green Bay Packers.

2019 State Award Winners

Special Olympics is more than an event, it is one of the most influential and powerful social movements in the world. Special Olympics North Dakota is so privileged and overcome by the support of the people throughout the state.

There is no desire more honorable than to develop communities of acceptance for all. On October 26, 2019, Special Olympics North Dakota honored some of our athletes as well as individuals, organizations, and businesses for their noble and generous work in unleashing the human spirit and improving the freedom of every child and adult with intellectual disabilities. Here are those people honored for the year 2019:



Area Volunteer: **Yvonne Hummel**, West Fargo

Continuous Service: **Jordan Lorenzen**, Fargo

Roger Kerns Character Award: **Kenny Fowler**, Fargo

Hall of Fame: **Julie Blehm**, Fargo

LETR® Flame of Hope: **Heith Janke**, West Fargo

State Organization: **Microsoft**, Fargo

School of the Year: **West Fargo High School**, West Fargo

Continuous Service: **Nick Meagher**, Fargo

Female Athlete of the Year: **Melissa Moran**, Wahpeton

Male Athlete of the Year: **Trevor Bratvold**, Grand Forks

Youth Service: **Trista Crimmins**, Valley City

State Volunteer: **Rachael Buss**, Bottineau

Coach of the Year: **Chantel Keller**, Dickinson

Family of the Year: **Curt and Janell Duppong**, Dickinson

Area Organization: **Holy Family Catholic Church**, Grand Forks

Continuous Service: **Marisa Misek**, Bismarck

Daryl Bjelde Memorial Award: **Dan Bower**, Minot

Hall of Fame: **Tim Bachmeier**, Wahpeton

Ring the Bell: How Our Athletes Give Back



Lead by Debbie Fowler, our Athlete Focus Group spent time this holiday season bell ringing for the Salvation Army as part of a community project.

They made the best of it and had fun giving back to our community and helping to raise money for a great cause.

They rang bells at Hornbacher's, West Acres Mall, and Family Fare.



FACES TO KNOW

Yvonne Hummel



Lynn, Jenni, and Yvonne at USA Games in Seattle, Washington.

Yvonne has been involved with Special Olympics ND for about 27 years. Her initial involvement was through her employer, Norwest Banks (Wells Fargo), who volunteered to host the Spring Area Games. She had a great experience, so continued to volunteer periodically. Two years later, her daughter Jenni became involved as an athlete. It was easy for her to stay involved as a parental supporter, and over the years that involvement multiplied beyond her wildest expectations.

Yvonne has coached soccer, bowling, and basketball, and continues to serve as a certified lead coach for volleyball and a partner for Unified Bocce. She attends most sports practices and assists with ensuring all necessary paperwork is completed for athletes, coaches, Unified partners, and other volunteers. She helps field questions from athletes, parents, coaches, and others and helps with assigning housing and bus rosters for out of town trips. Yvonne understands all the intricacies of our local organization and is able to fill in wherever needed. She is a consistent, dependable, and visible resource for our local program at all times.

Yvonne has served as the Finance Director, and prudent money manager, on the Area Management Team for over 18 years, working closely with the State Office to ensure accurate reporting of all local income and expenses. She completes the annual budget for Cass County, striving to accurately forecast our income and expenses for the next year.

Yvonne actively participates in all fundraisers in the Cass County Area and takes the lead on organizing our Sponsor-A-Bowler fundraiser each year, where we've raised over \$88,000 in the past 4 years, with over 150 bowlers each season!



Yvonne has been retired for about 3-1/2 years, from a 30+ year career at Wells Fargo as a financial analyst, and a short stint at Sanford Healthcare Accessories in accounting as a CPA. In 2011, she received one of the top Wells Fargo Volunteer Service Awards presented to employees for their volunteerism efforts. Our local program was awarded \$10,000 in her name!



Yvonne's family consists of her husband of 46 years, Lynn, her 3 daughters, Kristi (Steve) Walker (left), Becki (Sean) Donahue (above), and Jenni (Fargo), as well as grandsons, Jason and Austin. Yvonne and her family won the Special Olympics ND State Award for Outstanding Family in 2016, and continue to be actively involved in Special Olympics. She also won the Continuous Service award in 2006, and Outstanding Area Volunteer in 2019.

"I get so much joy out of watching so many of our athletes not only develop their skills in sports, but the improvement in their self-confidence and self-worth is just so inspiring! I've witnessed it first-hand, not just with my own daughter, but over and over again, in so many athletes! Special Olympics continues to greatly improve the lives of the individuals it serves, in more ways than one can imagine! The athletes have taught me so much over the years and they continue to amaze and inspire me!"
- Yvonne

Connect with us:



Contact us:

Special Olympics North Dakota – Cass County

PO Box 308, Fargo, ND 58107

701-730-0926

sondcasscounty@gmail.com

Special Olympics
North Dakota



Thank you for your gift!

Joe Scherr (\$300.00)

MBM Engineering (\$100.00)

Erich Stroh (\$50.00)



The Workout Corner

By: Jennifer Hummel, Special Olympics Health Messenger

Just because it is cold and snowy outside, does not mean we cannot stay active. Here are 3 workout/stretching ideas to do at home:

1. Push-ups on the wall: Bring chest to the wall and back out (repeat 10 times).
2. Jog in place: 30 second jog, rest for 5 seconds (repeat 10 times).
3. Butterfly stretch: 30 seconds, take a break, and repeat for another 30 seconds (4 times).