

# North Shore

**Special  
Olympics**  
British Columbia

## 🎵👻 Come BOogie With Us at the Halloween Dance! 🎃✨

It's time for one of the most exciting events of the year ... our annual **Halloween Dance!** This isn't just a night of music and costumes; it's a celebration of community, connection, and the spirit that makes SOBC – North Shore so special. We warmly welcome both athletes and volunteers to come together for an unforgettable evening of dancing, laughter, and festive fun. Whether you love showing off your best moves on the dance floor, dressing up in a creative costume, or simply enjoying the company of friends, this is a night you won't want to miss. 🎵👻✨

### Event Details

- **Date:** Friday, October 17
- **Time:** 6:30 – 9:00 pm
- **Location:** Lynn Valley United Church (3201 Mountain Hwy, North Vancouver - underground parking available)
- **Cost:** \$6 per athlete (volunteers are welcome free of charge)
- **Costumes** are encouraged, as prizes will be awarded. Whether you love to dance, enjoy dressing up, or simply want to spend an evening socializing with guys and ghouls, this event has something for everyone. Snacks and refreshments will be provided to keep the energy up all night long. We hope to see many of you there for a night full of laughter, dancing, and community spirit.



### More Dances to follow!

- **Christmas** ... Friday, December 12, 2025
- **Valentine's** ... Friday, February 13, 2026
- **Spring Fling** ... Friday, April 10, 2026



## This year's **MARCH MADNESS**

**Basketball Tournament** will take place **February 28th and March 1st, 2026.**

## The Road to Nationals ...

The following **SOBC – North Shore athletes** have officially qualified for the **2026 Special Olympics Canada Summer Games**, taking place **August 11–15, 2026 in Medicine Hat, Alberta** - and we couldn't be more proud!

This achievement is the result of years of dedication, hard work, and determination. Each of these athletes has shown incredible commitment to their sport, their teammates, and themselves. Qualifying for the National Games is no small accomplishment - it is an opportunity to shine on the national stage, represent our community with pride, and inspire others with their courage and perseverance.

Please join us in celebrating and congratulating:

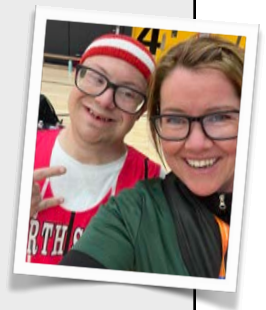


•**Our SOBC – North Shore Wildcats (Basketball B):**

Michael Andrews, Nick Kellof, Sam Kellof, Danny MacLean, Billy Peterson, Jesse Price, TJ Sexton, David Shoring, and Sangeon Yoo

•**Rhythmic Gymnastics:** Danielle Juilfs

•**Swimming:** Gallagher Stevens



We know these athletes will continue to train hard and embody the values of **strength, inclusion, and excellence** as they prepare for Nationals. Let's cheer them on every step of the way as they set out on this exciting journey to Medicine Hat!



Behind every great athlete is a great coach - and we are thrilled to recognize the **SOBC – North Shore coaches** who have also earned the honour of attending the **2026 Special Olympics Canada Summer Games**.

These coaches have dedicated countless hours to planning practices, guiding training sessions, motivating athletes, and fostering an environment of growth and inclusion. Their leadership, patience, and unwavering support have helped our athletes reach new heights and prepare for the national stage.

Please join us in congratulating the following coaches who will proudly represent **SOBC – North Shore** in Medicine Hat alongside their athletes:

- **Basketball B (Wildcats):** Zak Klein, Kylie Johnston, and Will Moon
- **Rhythmic Gymnastics:** Kayla Wrolson

We are grateful for their commitment, passion, and expertise, and we know they will continue to inspire both on and off the playing field. Together with our athletes, these coaches truly embody the spirit of **strength, inclusion, and excellence**.



## Registration & Processing Timelines

At Special Olympics BC – North Shore, we are incredibly grateful to our volunteers who dedicate their time and energy to make our programs possible. A special thank-you goes to Lisa, Susan, Cheryl, Alyssa, and Julie, who have been working diligently to prepare our programs for the season.

Unlike many sporting organizations, Special Olympics International allows athletes to register at any time throughout the year. This is a wonderful benefit — it ensures that individuals who already experience isolation and segregation are welcomed right away, without having to wait for a “next season.” Inclusion and opportunity are at the heart of everything we do.

That said, this flexibility does add extra complexity behind the scenes. To keep our programs running safely and smoothly, please note the following:

- **Processing Time:** It can take up to **five days** to process new athletes and volunteers (new or returning).
- **Practice Attendance:**
  - If information is submitted **six or more days before a practice**, the individual can join at the next session.
  - If not, participation will begin the following week.

We kindly ask for patience and understanding as our volunteers complete this important work. These steps are in place to make sure all athletes and volunteers are safe, included, and ready to fully enjoy their programs.

Thank you for your continued support and cooperation ... together, we make sport possible!

## Volunteers Needed: Help Power SOBC – North Shore!

We'd love your help! Whether you're a seasoned coach, an event helper with a big smile, or a shutterbug who can capture the magic, there's a place for you in our local! Currently open roles include:

- **Head Coach for Floorball (Monday Nights)**
- **Social Volunteers for our Dances**
- **Experienced Photographers for Special Events**

### Why Volunteer with SOBC - NS?

- Make a real difference
- Join a supportive, fun community
- Build skills and leadership experience

### Interested?

Please contact our Volunteer Coordinator, Susan Juilfs, at [northshore.volunteer@specialolympics.bc.ca](mailto:northshore.volunteer@specialolympics.bc.ca) to learn more or put your name forward.

## Coach's Corner: Staying Strong, Safe, and Healthy

When it comes to sport, success doesn't just happen during practice or competition—it begins with good habits every day. To help our athletes train smarter and stay safe, here are a few important reminders:

### Proper Warm-Ups

Before every practice or game, athletes should warm up with light activity like jogging, dynamic stretches, or sport-specific movements. Warm-ups increase blood flow, improve flexibility, and prepare muscles and joints for action—helping to prevent injuries.

### Hydration Matters

Even mild dehydration can impact energy and focus. Athletes should drink water before, during, and after activity. Coaches and volunteers are encouraged to remind athletes to bring a full water bottle to every session.

### Fuel for Performance

Healthy snacks and balanced meals give athletes the energy they need to perform their best. Foods like fruit, whole grains, and lean proteins are excellent options before or after practice.

### Rest and Recovery

Athletes grow stronger not only by training, but also by resting. Adequate sleep and recovery days help the body heal and reduce the risk of overuse injuries.

By practicing these simple habits, our athletes can maximize their performance, stay safe, and enjoy every moment of sport!

## The Story Behind the Special Olympics Logo

The Special Olympics logo is more than just a symbol — it tells the story of a movement that has transformed lives and communities around the world. Recognized across the globe, the logo reflects the mission, values, and history of Special Olympics.



### A Figure with Open Arms

At the center of the logo is a human figure, arms outstretched, representing the human spirit. This figure embodies empowerment, belonging, and the joy that comes from being recognized for one's abilities rather than limitations.



### The Six Arms and Their Levels

Surrounding the central figure are six stylized arms, arranged at **three levels** to tell a story of progress:

- **Lowered arms** recall a time before the founding of Special Olympics, when the talents and abilities of people with intellectual disabilities were too often overlooked. It reflects a history of exclusion and limited opportunities.
- **Straight arms** describe the progress toward greater equality and outreach, symbolizing the growth of acceptance and inclusion in communities worldwide.
- **Raised arms** represent joy, victory, and the continued realization of ultimate goals — celebrating the achievements of athletes and the global movement toward respect and dignity.

Together, the six arms form a circle, symbolizing unity and the worldwide reach of Special Olympics.



### The Power of Red

The red color of the logo reflects passion, courage, and determination. It is the energy that fuels athletes to push beyond limits, inspire others, and prove that greatness is found in effort, courage, and heart.



### More Than a Logo

The Special Olympics logo is not just a design — it is a promise. A promise that every athlete belongs, every effort is celebrated, and every victory helps to build a more inclusive world.

# Athletes for Life: How SOBC’s Long-Term Athlete Development Model Supports Growth

At Special Olympics BC – North Shore, every athlete’s journey is unique. Some begin as toddlers learning to run, jump, and play; others start their first sport in high school or adulthood. Wherever the starting line may be, the Special Olympics BC Long-Term Athlete Development (LTAD) model provides a pathway that helps athletes grow with confidence, skill, and joy—on and off the playing field.

## From First Steps to First Teams

For our youngest athletes in **Active Start (ages 2–6)**, sport is about fun, discovery, and learning how their bodies move. These first playful steps lay the groundwork for confidence—whether it’s balancing on one foot, throwing a ball, or simply celebrating movement.

As athletes grow into **FUNDamentals (ages 7–11)**, the excitement builds. They begin to explore basic sport skills while making friends and building teamwork. This is often where lasting love for sport takes root.

## Growing with the Game

In the **Learn to Train** stage, athletes start to see their skills connect into real gameplay. A basketball dribble turns into a pass, a swim stroke becomes a full lap. Here, athletes learn about practice, perseverance, and supporting teammates—values that carry well beyond the gym or pool.

When they reach **Train to Train & Train to Compete**, athletes refine their skills, set goals, and test themselves in competition. For some, this stage leads to opportunities at Provincial, National, or even World Games. For others, it’s about personal milestones—swimming a new distance, scoring a first basket, or showing leadership on the team.

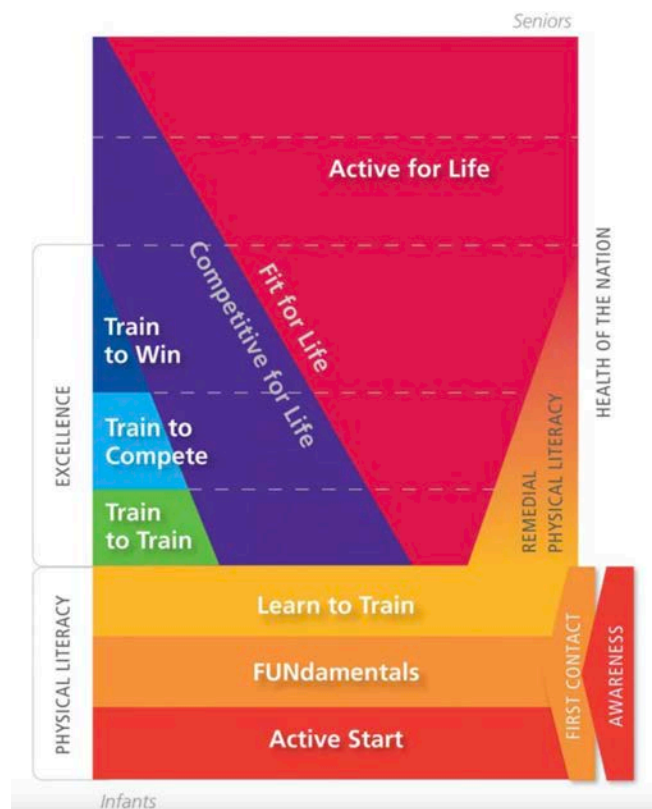
## Active for Life

No matter how far athletes go in competition, the LTAD model ensures that everyone has a lifelong place in sport. Many of our athletes continue to participate into adulthood, maintaining healthy routines, enjoying fitness, and often stepping into leadership or mentoring roles for younger athletes.

## The Athlete Experience

Through every stage, LTAD is about more than skill—it’s about confidence, friendships, and growth. One athlete may discover a passion for competition, while another may find joy in weekly practices and social connections. Both journeys are celebrated equally, because LTAD is built to support the whole athlete, for life.

At SOBC – North Shore, we are proud to see our athletes thrive at every stage of this model. Each success, big or small, is part of a lifelong story of inclusion, strength, and courage.





## Teamwork Beyond the Rink: SOBC – NS & the North Van Wolf Pack

SOBC – North Shore is extremely grateful for our community partner, the **North Van Wolf Pack**. Each season, the Wolf Pack dedicates one home game to supporting Special Olympics BC – North Shore, with all proceeds directed to our programs. This tradition of generosity highlights the powerful connection between sport, community, and inclusion.

### Why This Partnership Matters

Just like our athletes, the Wolf Pack players train hard, give their best effort, and thrive on teamwork. By standing with SOBC – North Shore, they show that sport is about more than competition—it's about building a stronger, more connected community.

The funds raised from this annual game directly support our athletes with quality programs, equipment, coaching, and opportunities for competition. At the same time, our athletes and volunteers bring their spirit and pride to the rink, reminding everyone that sport is for all.



✨ **Every ticket purchased helps our athletes thrive!**

### Why Your Support Matters

Attending this game is one of the best ways to show our appreciation to the Wolf Pack. When we fill the stands with athletes, families, and friends, we're not only raising funds for SOBC – North Shore—we're also giving back to a team that gives so much to us. A strong turnout shows the Wolf Pack their generosity is valued, their efforts are noticed, and their commitment to inclusion truly makes a difference.

### A Night to Celebrate Inclusion

This game is always more than hockey. It's a night of celebration! Our athletes cheer in the stands, connect with players, and experience the excitement of being recognized and supported by their hometown team.

**Date & Time:** Saturday, November 22, 2025

**Location:** Harry Jerome Arena

**Tickets:** <https://events.frontdoor.plus/event/1616?fdsrc=nssobc>

**Attention SOBC North Shore athletes! Stay tuned for details on how you can purchase tickets for yourself at a reduced price!**

Together, SOBC - North Shore and the North Van Wolf Pack are proving that when communities unite, everyone wins.

# The Five Pillars of Special Olympics BC

Special Olympics BC is built on a strong foundation of five key pillars. These pillars guide everything we do, ensuring that athletes of all ages and abilities are supported, celebrated, and empowered to thrive both on and off the playing field.

1. **Sport:** At the heart of Special Olympics is sport. SOBC offers high-quality programs across a wide range of activities, following the Long-Term Athlete Development (LTAD) model. This ensures that every athlete—whether a beginner or preparing for national competition—has the opportunity to train, grow, and succeed.
2. **Youth:** Through programs such as Active Start, FUNdamentals, and Sport Start, young athletes are introduced to sport in a fun, supportive environment. These programs not only build basic skills but also help foster friendships, confidence, and a lifelong love of sport.
3. **Health:** SOBC is committed to promoting athlete health and wellness. Initiatives such as the Healthy Athletes® screenings provide access to specialized health care and education, while programs encourage fitness, nutrition, and overall well-being.
4. **Leadership:** Special Olympics develops leaders both on and off the field. Athletes are given opportunities to take on leadership roles, coaches receive training to provide the best support possible, and volunteers are empowered to help shape programs and communities.
5. **Fundraising & Awareness:** Our programs would not be possible without the support of donors, sponsors, and community partners. Fundraising and awareness initiatives help ensure sustainability while also highlighting the incredible achievements of our athletes and spreading the message of inclusion.

Together, these five pillars create the framework that allows SOBC to deliver life-changing opportunities and build stronger, more inclusive communities across the province.



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We are grateful to...



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