

North Shore

**Special
Olympics**
British Columbia

The Winning Edge: Mindset Matters!

At Special Olympics BC - North Shore, we often talk about effort, practice, and teamwork, but there's one factor that influences everything we do: **attitude**.

A positive attitude doesn't just shape how athletes train; it shapes how they grow, how they respond to challenges, and how they support one another. Skill can be taught. Attitude is chosen.

The Difference-Maker

Every practice, every game, every cheer from the sidelines is a chance to choose how we show up. Athletes who arrive ready to learn, to encourage, and to stay open to feedback create an environment where everyone succeeds. Coaches feel it. Teammates feel it. And the results speak for themselves: confidence rises, effort improves, and teams become stronger both on and off the field.

Handling the Highs and the Lows

Sports naturally bring wins and losses. A strong attitude helps athletes celebrate victories with humility and handle setbacks with resilience. When frustration arises, the best athletes pause, breathe, and refocus because they understand that how they react matters more than the outcome itself.

Spreading the Energy

Attitude is contagious. A smile, a word of encouragement, or a simple "You got this!" can transform an entire team's energy. Positive leadership isn't about being perfect; it's about showing respect, lifting others up, and finding joy in the journey.

Our Challenge to Every Athlete

This season, we encourage everyone — athletes, coaches, and volunteers — to focus on attitude first. Bring your best energy, embrace learning moments, and support your teammates. You'll be amazed by how much more fun, connected, and successful your experience will be.

Because at SOBC – North Shore, **attitude isn't just part of sport — it's the heart of it.**



A Night to Celebrate Inclusion, to Celebrate Sport, and to Celebrate Competition!

Hoping to fill the stands as the **North Van Wolf Pack** take on the Surrey Knights! Let's show support for this amazing community partner who continues to support us! All 2025 Provincial and 2026 National athletes and coaches will be recognized and celebrated at this event.

Date & Time: Saturday, November 22, 2025

Location: Harry Jerome Arena

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

Attention SOBC North Shore athletes! Check your email for details on how you can purchase tickets for yourself at a reduced price!



"Let me win.
But if I cannot win,
let me be **brave** in the attempt."
-Special Olympics Athlete Oath

Congratulations to Pierce Burns ... Team SOBC 2026 Track!

We are thrilled to share that Pierce Burns has officially earned his place on the Special Olympics Team BC 2026 Track squad, representing our North Shore community at the upcoming National Summer Games in Medicine Hat, Alberta!

Pierce's achievement reflects his consistent dedication, athletic growth, and commitment to excellence both on and off the track. Through hard work, focus, and perseverance, he has successfully met the qualification standards required for this elite national team ... an accomplishment that speaks volumes about his determination and love of sport.

Please join us in congratulating Pierce on this well-deserved success. We're all incredibly proud to see him representing Special Olympics BC – North Shore on the national stage, and we can't wait to cheer him on as he continues to chase new personal bests!



The Power of Progressive Learning

At Special Olympics BC – North Shore, our programs thrive when athletes are supported to grow at their own pace. One of the most effective ways to build that growth is through progressive learning - an approach that develops skills step by step, helping athletes gain confidence, competence, and consistency over time.

Rather than rushing toward outcomes like winning or scoring, coaches focus on steady, meaningful progress. In basketball, that might mean mastering passing and spacing before learning complex plays. In swimming, it's about perfecting breathing and body position before working on speed. Each layer builds on the last, creating a strong foundation for long-term success.

A wonderful part of this process is peer mentorship. Athletes who advance more quickly reinforce their own skills by helping teammates who are still mastering earlier stages, while those still learning gain motivation and support from peers who understand their challenges. It's teamwork at its best - learning together, celebrating together, and growing together.

Progressive learning perfectly aligns with Special Olympics' Long-Term Athlete Development (LTAD) model. It ensures that every athlete, no matter their starting point, can progress, contribute, and take pride in their achievements.

As we move through the 2025–2026 season, let's continue to focus on progress over perfection because when one athlete learns, the whole team grows stronger.

If you haven't already, check out this video created by our Provincial Office ...



Meet Nick Kellof, a Special Olympics BC – North Shore athlete who has been participating since 1997! Special Olympics is a place that's given him confidence, community, and now the chance to share it with his son, Sam. Together, this father-son duo celebrates inclusion, teamwork, and the joy of sports that bring out the best in everyone.



Relaunch Coming Soon!

We are thrilled to announce that the SOBC – North Shore Athlete Council will soon be back up and running! This dynamic group of athlete leaders plays a vital role in shaping the direction of our local programs, ensuring that athlete voices are heard, respected, and celebrated across every sport and activity.

The Athlete Council gives our athletes the opportunity to develop leadership skills, share ideas, and work together on projects that strengthen our community from event planning and fundraising to promoting inclusion and team spirit. It's a place where athletes support one another, build confidence, and influence positive change both on and off the playing field.

We can't wait to welcome back familiar faces and introduce new members who are eager to make a difference. The energy, creativity, and perspective our athletes bring are what make this council so special, and we're excited to see it thrive once again.

Together, we're building a stronger, more connected SOBC – North Shore where athlete leadership shines!

Diversity and Inclusion: The Heart of SOBC – North Shore

At Special Olympics BC – North Shore, we take great pride in being a community where everyone belongs. Our programs, athletes, coaches, volunteers, and families represent a rich blend of ages, abilities, cultures, and life experiences—all united by one shared goal: to celebrate the power of inclusion through sport.

Every training session, competition, and event reminds us that diversity is not just something we recognize—it's something we *live*. From our youngest athletes in Active Start and FUNdamentals to our seasoned competitors and coaches, each person brings a unique perspective that strengthens our local's sense of teamwork, empathy, and growth.

We are proud to welcome athletes with a wide range of abilities and support needs, and to ensure everyone is given meaningful opportunities to learn, develop, and thrive. Our coaches are trained not only to teach sport skills but also to foster confidence, independence, and respect among teammates. We celebrate achievements big and small—on and off the field—because every success contributes to the collective spirit of belonging that defines SOBC – North Shore.

Our local continues to grow thanks to the incredible support of families, volunteers, and community partners who believe in the importance of inclusive sport. Together, we are showing what's possible when barriers are replaced with understanding and when everyone is valued for who they are.

Diversity makes us stronger. Inclusion makes us unstoppable. And at SOBC – North Shore, both are at the heart of everything we do.

The Seven Components of a Practice Plan

At Special Olympics BC – North Shore, we believe that every training session is an opportunity for growth, fun, and achievement. Whether you're a coach, athlete, or volunteer, understanding the structure of a well-designed practice can make a big difference. The Special Olympics Canada model outlines **seven key components** that help ensure every athlete has a positive, productive experience — no matter the sport.

1. Warm-Up (10–12 minutes)

The warm-up gets hearts pumping and bodies moving. It should start with light aerobic activity, such as jogging, followed by **dynamic stretching** to prepare muscles for action. This phase increases flexibility, blood flow, and focus, helping athletes prevent injury and get ready to perform their best.

2. Basic Motor Skills (15–20 minutes)

These are the building blocks of athletic movement — running, jumping, kicking, throwing, catching, and more. Coaches focus on **one specific skill at a time**, giving athletes the chance to refine fundamental movements before combining them into more complex sport-specific skills.

3. Sport-Specific Skills (15–20 minutes)

Here, athletes apply what they've learned to the skills of their particular sport — for example, dribbling in basketball, passing in floor hockey, or striking in softball. Repetition and positive feedback are key to improving consistency, confidence, and technique.

4. Lead-Up Activities (15–20 minutes)

This stage bridges the gap between drills and game play. Small-group or partner exercises help athletes **combine multiple skills** in a realistic, game-like setting. It's a great way to build teamwork, strategy, and communication.

5. Conditioning (10–15 minutes)

Conditioning focuses on endurance, strength, and agility. This can include running drills, obstacle courses, or sport-specific fitness games that challenge athletes while keeping the atmosphere fun and supportive.

6. Competition-Specific Drills or Scrimmage (15–20 minutes)

This is where everything comes together! Controlled scrimmages or mini-games allow athletes to **practice real-game situations** while reinforcing sportsmanship, teamwork, and rules of play.

7. Cool-Down (5–10 minutes)

A good session always ends with a cool-down. Light jogging or walking followed by **static stretching** helps muscles recover and reduces soreness. It's also a perfect time for reflection — celebrating effort, recognizing improvement, and setting goals for next time.

Why It Matters

Following the seven components keeps practices structured, balanced, and inclusive. It ensures that athletes of all ability levels are engaged, supported, and progressing — while coaches maintain a consistent and effective framework. When every session follows this rhythm, we build not just skills, but confidence, teamwork, and joy in sport.



We've partnered with Purdy's and all purchases made through this link will benefit our local and all chocolates will be available for pick up the first week of December ...
<https://fundraising.purdys.com/join.aspx/2181002-132548>



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We are grateful to...



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