

Ringwood Recreation

Lakeland Area Special Olympics - 2017-2018

1. What is Lakeland Area Special Olympics?

This year round sports program is for school age (3-21) children with an intellectual disability to participate as athletes in a variety of sports. We work on developing social, emotional, and physical health in addition to sport-specific training. Anyone aged eight and up can participate as a Unified Partner (a volunteer who also competes in some events and sports). Any adult can participate as a Volunteer.

2. What sports do you play?

Last year we offered basketball, cheerleading, bowling, track and field, and a Young Athletes Program. This year we are adding snowshoe and swim. There is also the possibility of adding bocce, Stryder bike training, and golf.

3. When are games?

Each sport we offer has it's own set of competition dates determined by Special Olympics New Jersey with the exception of Cheerleading.

Basketball Competition - December 1st

Cheering Competitions - January and February

Snowshoe Competition - February 5th and 6th

Bowling Competition - February 4th, March 3rd*, and April 7th* and 8th*

Track and Field Competition - May 5th, June 8th*, 9th*, and 10th*

Swim Competition - April 22th, June 8th*, 9th*, and 10th*

Bocce Competition - April 22nd, June 8th*, 9th*, and 10th*

Competition dates marked with an (*) are result-based competitions and are not attended by each athlete.

4. When are practices?

Fall:

Basketball Practice - Sept. 27 - Nov. 29, Wednesdays, 4:30-5:30, Ryerson School Gym, Ringwood

Winter:

Bowling Practice - Oct. 22 - Feb. 11, Sundays, 11-1, TBowl II, Wayne

Cheerleading Practice - Nov. 13 - Feb. 5, Mondays, 6:30-7:30, LRHS West Gym, Wanaque

Snowshoe Practice - Nov. - Feb 5, TBD, Ringwood

Spring:

Track and Field - Mar. 6 - June 5, Tuesdays, 5:30-6:30, LRHS Track, Wanaque

Swim Practice - Mar. 2 - June 1, Fridays, TBD, Ramapo College, Mahwah (subject to change)

Bocce - Mar. 4 - June 3, Sundays, TBD, Ringwood Courts, Ringwood

Summer:

Stryder Bike Sessions - TBD

Golf - June, July, and August, TBD

5. What equipment is needed?

Each participant must dress appropriately for each sport (athletic clothing and sneakers for most sports, warm gear when necessary, no jeans). Most sport specific equipment is provided by the team.

6. What else do I need to know?

This program is sponsored by Ringwood Recreation. We are run by both Ringwood Recreation and Special Olympics New Jersey and follow the guidelines of both of those organizations.

Athlete - participant aged 8 or older **with** an intellectual disability

Young Athlete (YAP) - participant aged 3-7, register as an athlete

Unified Partner - participant aged 8 or older with no intellectual disability who trains and competes alongside our athletes

Volunteer - participant aged 12 or older with no intellectual disability who trains at practice but does not compete (must be Rutgers Certified)

Coach - adult participant who commits to practice planning, coach meetings in Ringwood and Clifton, attending competitions, organizing and moving equipment, and continuing Coach Education with SONJ (must be Rutgers Certified)

Anyone with any questions at all can email LakelandAreaSpecialOlympics@gmail.com