



September Newsletter '08

Here is the training plan for the 10-week session:

Week	Plan
1	Streamline position
2/3	Kicking
4/5	Arms
6	Stroke performance (Free / Brst)
7	Stroke performance (Back/Brst/Fly)
8/9	Starts/Turns/On the Wall
10	Races/Relays

Welcome to all athletes!

This program is for youth and young adults with a disability; our athletes may have a physical, developmental or learning disability. Our program consists of a swim program (Tues and Thursdays) and gym program (Saturdays).

Both programs strive towards improving physical activity levels, increasing independence and providing a social opportunity for participants.

If you are **unable to make one of the program dates**, please get in touch with us. This way practice plans can be adjusted and volunteers can be informed.

CALL (905) 359-6283

Be sure to get your **completed registration forms** to Karen with fees as soon as possible. Reminder that 10 **parking passes** can be purchased from the Welcome desk for \$21.

Swim Program

If you are participating in the swim program be on the pool deck at 4:15. **Wear your bathing suit, bring a towel, pair of goggles and a waterbottle.** Practice ends at 5:30. All parents must watch from the observation deck. Many things are going on in the pool at once, our pool space is shared with the Olympic Way program, please be patient with everyone involved.

Swim practices focus on building skills, working towards the individual goals of the participants and having FUN!. Some swimmers will enter into novice swim meets, details to come.

Each practice will be modeled around:

1. Welcome / Warm-up
2. Stretching
3. Skill
4. Fun & Fitness
5. Cool down

Gym Program

If you are participating in the gym program be outside of Gym 2 by noon. Another large program ends at 12:00, so please be patient as they clean up and leave the gym quickly, so we can begin. **Wear appropriate gym clothes and running shoes.** Gym program ends around 1:15. For the athletes identified as wheelchair basketball players, a pick-up game will follow until 1:45pm.

The focus of this program is to allow participants the opportunity to work on a variety of different skills while participating in many different adapted sports and activities. The program is unique by **including siblings** of the athletes into the program. Please continue to let Karen know if brothers and sisters are attending. All siblings will need to fill out a consent form.

Each practice will be modeled around:

1. Welcome / Warm-up
2. Group game or Fitness circuit
3. 2 games to choose
4. Regroup / Cool down



Here is the training plan for the 8 week session:

Week	Game 1	Game 2
1	Wheelchair basketball	Small games
2		Sledge hockey
3		Soccer
4		Cricket/baseball
5		Dancing / gymnastics
6		Football / parachute
7		Sledge hockey
8		Net games

What's new?

Pietro will be taking the lead for the wheelchair basketball part of Saturday's program. **Katie** will be leading the Tuesday swim sessions. **Karen** will be leading Thursday and Saturday programs. She will be at Brock in The Centre for Healthy Development (WH140) on Thursday afternoons from 1:30-4pm. Stop by to say hi or with any questions / concerns / ideas you might have.

Karen also has other small projects that need to be done to help the program. Please contact her if you have input, suggestions or would like to assist further with the program.

Athlete information sheets are made on each athlete to help the volunteers. We will be updating them using information from the registration forms and one on one discussion. A **Program Manual** for all participants and volunteers is available. If you would like to see them just ask!

Penguin T-shirts

All registered athletes will be given a Penguin t-shirt during the program. Additional ones can be purchased for \$10. No profit is being made on the shirts. Bring in the money and size you would like ASAP (limited number available).



Thank you

A big thank you to all the athletes and their families for their support during the second year of the program and their continued support into the third year. We appreciate all the patience and encouragement you have given the program. At anytime please feel free to talk to any of the volunteers, give suggestions or voice any feedback you may have.

If you would like any further information or have questions, do not hesitate to contact

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