

What's New?

IMPORTANT:

Before Sept 14th you must contact Karen Natho if you are planning on registering for the program. Only these athletes will be guaranteed a place in the program.

At the first practice completed registration forms and fees must be submitted.

Karen is expecting a baby girl in November! She will be around as the lead on Thursdays and as a coordinator on Saturdays.

Kristy Sutherland and Pietro Di Santo will be leading the 2 sections on Saturdays.

VOLUNTEERS

The majority of the helpers are volunteers from the Faculty of Applied Health Sciences and the MedPlus Program at Brock University. They are volunteering their time to ensure all athletes have a successful experience. If you have any feedback for them please talk directly to them or contact Karen.

**RECREATION
SERVICES**

Brock University



United Way

**the
centre**

for healthy development through sport and physical activity

Brock University

Brock Niagara Penguins

Karen Natho
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For youth and young adults with a disability. Our program consists of a:

SWIM program (Thurs 4:15-5:30pm)
Sept 24 – Nov 26 (10 weeks)

GYM program (Sat 12 – 1:30 pm)
Wheelchair BASKETBALL (Sat 12-2pm)
Sept 19 – Nov 21 no program Oct 10 / 17
(8 weeks)

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

Brock Niagara Penguins FALL 2009

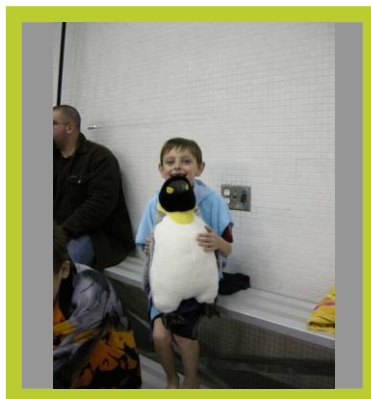
**Welcome to all returning
and new athletes.....**

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Weekly Plans:

SWIM:

Week	Plan
1	Streamline position
2/3	Kicking
4/5	Arms
6/7	Stroke performance
8	Starts/ Turns/ On the Wall
9	Mini Swim Meet
10	Bring a Friend / Sibling for FUN



SWIM program

Be on the pool deck at 4:15. Wear your bathing suit, bring a towel, pair of goggles and water bottle. **Practice ends at 5:30.**

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 once every 10 weeks.

GYM / Wheelchair BASKETBALL team

Be outside of Gym 2 by noon. Another large program ends at 12, please be patient as they clean up and leave the gym quickly. Wear appropriate gym clothes and running shoes. The focus of the gym program is to allow participants the opportunity to play a variety of different games. Gym program includes siblings of the athletes. Please continue to let Karen know if brothers/ sisters are attending.

The wheelchair basketball team is registered with OWSA and will be attending tournaments throughout the winter season.



ABSENCE & PARKING

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

Reminder that 10 **parking passes** can be purchased from the Welcome Desk for \$21.

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).

REGISTRATION FEES

- Thurs **Swim only** - \$75 (10 weeks)
- Saturday **Gym only** - \$50 (8 weeks)
- **Wheelchair Basketball Team** - \$50 (8 weeks + 1 yr OWSA registration)
- **Swim & Gym** - \$100 (18 sessions)
- Financial assistance is available – please talk with Karen if applicable.