



Upcoming Events

May 31: All training, competition, fundraising events, and other activities are SHUT DOWN until at least May 31st.

June 11-13: Summer Games at Penn State – TENTATIVE

Mid-July: Start of most Fall sports (volleyball, soccer, bowling, bocce) – TENTATIVE

August 29-30: Leadership Conference at Penn State – TENTATIVE

August-September: Start of remaining Fall sports (powerlifting, LDR, flag football) – TENTATIVE

October 4: Eastern Fall Sectional at Desales – TENTATIVE

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Summer Games 2019!!

Covid-19 Update

Please see below guidance from SOPA as of March 23rd:

“All in-person Special Olympics Pennsylvania events and activities, regardless of size, are suspended through May 31, 2020. We are in touch with and reviewing options with Penn State University and other stakeholders and hope to share more information regarding Summer Games in the near future.

While we cannot train and hold competitions right now, that doesn't mean we can't all stay healthy and active together. We are excited to announce the launch of Commit to Fit, a workout program that will include daily workout videos, live workout sessions, and collaboration with special guests. Commit to Fit will launch on Tuesday, March 24th with the first installment of our daily exercise video series and continue every weekday thereafter. Please find more information about this new offering here and share with athletes, coaches, volunteers, family members, and even your broader community of stakeholders. This is a great way to help everyone stay connected!”

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**“Let me win, but
if I cannot win,
let me be brave in
the attempt.”**

...Delaware County encourages all our athletes to stay active during these times.

So, what does this mean for Delaware County?

- Suspended all swimming, basketball, softball, track, equestrian, powerlifting, golf, LDR, and tennis trainings
- State events including Indoor Winter Games (York) and Eastern Spring Sectional (Kutztown) were cancelled
- Cancelled Delco Invitational at Widener

We are hopeful, and planning for, fall sports to start on time. Once more guidance is given by the state and SOPA, we will let our community know ASAP.

As you've probably heard on the news, this is a very fluid and dynamic situation that is impacting the entire population in a drastic way.

Stay safe out there. We will get through this together.

Summer Games

While SOPA has not officially cancelled Summer Games at Penn State, we want to note a few things to think about as we monitor the situation for our Delaware County athletes and volunteers. Safety is our #1 priority. No decisions have been made yet.

- Conditions around transportation, housing, and competing usually involve many athletes in close quarters.
- By the time June 11th rolls around, athletes will have been out of training for ~2.5 months.
- Some sports didn't even begin training at all due to weather (softball).
- Coordinating transportation in this environment (buses) may be much different than in pre-Covid times.



SPORT REGISTRATION PROCESS

Please read the below chart carefully on how the new registration process is going to take place in Delco for current and new athletes. Note the email change in steps 2-3. These changes will be implemented for the Fall 2020 season.

Step 0: All NEW athletes interested in training with Delaware County must **submit a completed medical application** to the Program Manager. This application must be approved by the Program Manager before any training takes place.

- The medical application is located [here](#). It must be emailed to manager.sopadelco@gmail.com. If the application is complete, a confirmation email will be sent acknowledging the medical was accepted and the athlete is "actively enrolled". If email is not an option, the medical can also be mailed (note the turnaround time will be longer).

Step 1: For CURRENT athletes, make sure the **medical on file is current** through the END of the given season (ex: end of Fall season is Fall Festival).

- Athlete medicals expire every three (3) years. It is the **athlete (or guardian's)** responsibility to make sure their medical is up-to-date through the end of a given season. Coaches and management will try our best to remind athletes when their medicals expire. [Click here to download the latest medical form.](#)
- If the medical is expired OR expiring during the season, a new medical must be emailed to manager.sopadelco@gmail.com. If the medical is complete, a confirmation email will be sent acknowledging the medical was accepted and the athlete will remain "actively enrolled". If email is not an option, the medical can also be mailed (note the turnaround time will be longer).
- Once the medical is approved by the Program Manager, hard copies must be given to the certified head coach(es). A copy of the current medical should be on file with every coach the athlete has.

Step 2: Receive email notification from register.sopadelco@gmail.com saying sport registration is OPEN for a given season. This will be sent to the entire athlete population in Delaware County, but only actively enrolled athletes can participate.

- Usually, registration for a given season opens up two (2) months before the season starts.
- This process used to flow through DelcoSpecialO@comcast.net, but no longer will.

Step 3: **Respond** to register.sopadelco@gmail.com with pertinent details for that season.

- If athlete is registering for multiple sports, they must note a **primary** sport. Athletes may only compete at State Games in their primary sport, but are still able to train in other sports during the season (ex: athlete trains in both softball and swimming, but only competes in swimming at Summer Games).
- Some sports may have a waiting list on new athletes.

Step 4: Look out for **updates** from the head coach(es) of the sports you registered for.

- Once registered, look out for communication from head coach(es) on when training starts, equipment needed, etc.

Swim-a-Thon 2020 a HUGE Success

Delco Special Olympics' Ridley YMCA Swimming training hosted its 17th Annual Swim-a-Thon on Sunday, February 23rd!

Swimmers had 2.5 hours to swim as many 25 yard lengths as possible to raise funds for Delaware County Special Olympics.

This year was a huge success with 22 volunteers supporting 46 athletes at the event. Athletes ranging in age from 8-43 years old swam 4,184 lengths, which is 104,600 yards and 58.1 miles! Thus far this year's event has raised in excess of \$11,500.

Special Olympics Delaware County wants to thank all of those who participated, donated, and volunteered to be part of such a great event! The Swim-a-Thon is one of our largest fundraisers in terms of both money raised and athlete involvement.

As a reminder, our program relies entirely on donations of time and money to operate. Neither the athletes nor families pay any fees to train or compete. All funding comes from fundraisers such as these, or voluntary contributions from individuals, businesses, corporations, and foundations.



Check out our [website](#) to find out more information!



Connect with us on [Facebook](#)!



Follow us on [Instagram](#)!



Help [support](#) our program by donating or volunteering!

Updates from Management Team

We are excited to announce the re-launch of our program's website at www.sopdelco.org. We want to thank all the committee members, coaches, and athletes who had input on the new site. We are always happy to get feedback on what works, what doesn't, and what you'd like to see added!

See below a whole slew of new communication and social media:

New Website: www.sopdelco.org

Instagram: www.instagram.com/sopadelco/

Facebook: www.facebook.com/SODELCO/

LinkedIn: www.linkedin.com/groups/92334187/

New Address: Special Olympics Pennsylvania – Delaware County, PO Box 1202, Havertown, PA 19083

Email (program manager): manager.sopadelco@gmail.com

Email (registration): register.sopadelco@gmail.com

SOPA Delco Needs Your Help!

Have you ever had interest in getting involved with running our delegation? Currently, our management team is in formal need of a **treasurer** and **head of athlete leadership team (ALT)**. We're also looking for more help on **community outreach**. If you have any interest in getting involved, please reach out to the program manager.

We are also looking for new athletes to join our Athlete Leadership Team (ALT), which is in the process of being revamped. Learn more about athlete leadership [here](#), and let us know if you would like be considered.