



**Special Olympics Gaston County  
Special News  
January 10, 2021**

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**Partner Up Power Up**



**Spring 2021 Update**

Unfortunately, due to COVID-19, there will be no spring games in spring 2021. **Partner Up Power Up will take the place of spring games for 2021!** It will start in March 2nd and run through May 14th.

**Join in a special webinar this Wednesday, January 13th to learn about Partner Up Power Up!**

**Partner Up Power Up is a virtual fitness program designed to keep athletes engaged, even in these uncertain times. This was a huge**

**success in the fall, reaching over 3, 000 athletes across N.C.**

### **About the webinar:**

The webinar this Wednesday is an introduction to school for the program.

We are making changes to make it easier for schools, especially elementary schools, to participate! We are incorporating Young Athletes curriculum, hosting daytime sessions, having social nights, and more. We are continuing with even better incentives and providing all training materials/resources needed to do all activities and exercises **at home or in the classroom**. Even if you have just a few students and staff that are interested in participating, that still counts towards your participation in Unified Champion Schools this year.

#### **Partner Up Power Up Introduction to Schools**

January 13, 2021

12:00-12:30pm

**REGISTER BY [CLICKING HERE](#).**

**Following the webinar, we will host office hours for a full week. This will be an informal opportunity for educators to join and ask questions about Partner Up Power Up.**

#### **Partner Up Power Up and Schools: Office Hours**

January 18<sup>th</sup> – 22<sup>nd</sup>, 2021

each day 3:00-4:00 pm

Join by

computer: <https://zoom.us/j/91050903780?pwd=ckIDUFNwYlZlZWcVo1SFBGSkt3UHZZUT09>

Or by phone: +1 646 876 9923 US (New York)

Meeting ID: 910 5090 3780

Passcode: 955435

## Register for Partner Up Power Up Today!

**Teachers, Group Leaders, and Coaches:** You will be receiving an email this week asking you to complete a spreadsheet regarding this program and participation. Please reply to this email to indicate your participation and provide contact information. Thank you!

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### Polar Plunge

2021



We are so excited to announce a safe and fun way to hold our Polar Plunge for 2021!

**Plunge in Place!**

Registration: Please register for the 2021 Plunge in Place at: <https://www.classy.org/team/335114>

**Cool Tips for getting involved:**

There is NO FEE to register for the plunge! Each person registers on their own and raises funds on their own.

Once an individual raises \$50 or more, you will gain access to super cool incentives – t-shirts, sweatshirts, duffle bags, hats, scarves, & more!

- The only thing a participant has to do is share their fundraising link with family, friends, colleagues, etc.! It's as simple as 1-2-3!
- Once a participant is ready to plunge, we encourage them to make a video of their plunge and send it to us!

### Plunge In Place Ideas:

- Plunge into a pool at your home or in your community (think neighborhood pool, YMCA, or an inflatable pool!)
  - Take an ice bath in your bathtub at home
    - Plunge into the ocean
  - Dump a frigid bottle of water over your head
    - Run through sprinklers
    - Spray yourself with a water hose
- Jump into a pile of snow – maybe not in NC, but you might be traveling to snowy areas soon!
  - ...any other ideas you can come up with?!

**T-shirts will be sent out the first week of February! Plunge week is the last week of February!**

**Get registered today!**

**More information to come about the cool incentives and Plunge Week (the week of February 22-27th)**

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# Special Olympics Gaston County Winter Sports

We apologize for the delay in announcing our winter sports schedule. In order to keep our athletes and coaches healthy and safe we have had to make a few changes. See below for the opportunities that will be offered at this time. Please note that these opportunities may change as any conditions change with COVID-19 in order to keep the athletes health and safety in mind.

**To sign your athlete up for any of these opportunities, please email [gaston@sonc.net](mailto:gaston@sonc.net) ASAP.**

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## Winter Challenge Series (through Special Olympics NC)



This Winter, Special Olympics North Carolina will be bringing back monthly challenges with the Winter Challenge Series. Challenges will be held for the months of December, January and February and monthly prizes will be awarded to those who complete each one. There will be live bonus Zoom fitness sessions every Tuesday at 7 p.m. The challenges **can be done at home without access to internet**. Challenges are open to all athletes to help keep them active and healthy during these cold months! Fill out the interest form at: [Sign Up-SONC Winter Challenge Series \(jotform.com\)](#) or email [gaston@sonc.net](mailto:gaston@sonc.net) for the link.

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## SKATING (skills) (in person at this time)



**When: Sundays February 7th-March 28th, 12:00pm-1:00pm**

**Where: Kate's Skating Rink, 4114 E. Franklin Blvd., Gastonia, NC 28056**

**Contact: Jodie Lawrence-Brian 803-493-3856**

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## Cheerleading

\*Unified Sport\*



**When:** Wednesdays 5:30-6:30pm OR 6:45-7:45pm (both virtual and in-person as needed for athletes)

**Practices begin February 3<sup>rd</sup> for 10 weeks**

**Where:** Trinity United Methodist Church (1513 Florida Street, Gastonia, NC 28052)

**Contact:** Jodie Lawrence-Brian 803-493-3856

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## Basketball



**When:**

**Skills Training Offered**

**Virtual Class on Mondays 5:30-6:15pm (January 25<sup>th</sup>-February 22<sup>nd</sup>)**

**In-person practices on Wednesdays 5:30-6:30pm (February 3<sup>rd</sup>-March 24<sup>th</sup>)**

**Where:** Phillips Center (2031 Echo Lane, Gastonia, NC 28052)

**Contact:** Carleena Costner (704) 215-0593

\*For virtual classes: We have basketballs to pick up for use (newly donated basketballs-never used!) that we are using for this opportunity. Please arrange a time for pick up for your basketball rental when you sign up for virtual basketball practice by emailing [gaston@sonc.net](mailto:gaston@sonc.net).\*

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## Virtual Fitness



**When:** Tuesdays and Thursdays 5:00-5:45pm

**Where:** Virtual! Use this link for the class:

<https://us04web.zoom.us/j/2198319496...>

Meeting ID: 219 831 9496

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RyzABOVE Fitness strives to motivate and engage fitness in the special-needs community.

Class includes warm-up/icebreaker, fun/games, and general fitness. Working on strength, agility, coordination, balance and teamwork.



## ATHLETE FITNESS CLASSES

Join us for fitness classes SPONSORED by Special Olympics Gaston County, in partnership with RyzAb0ve Fitness.

**When:** Tuesdays 6:30-7:30pm for 6 weeks; February 2<sup>nd</sup>-March 9<sup>th</sup>

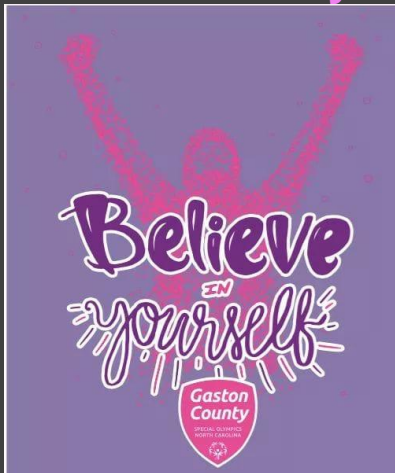
**Where:** Stowe Family YMCA: 196 YMCA Dr, Belmont, NC 28012 (gymnasium inside)

**Registration:** Please email [gaston@sonc.net](mailto:gaston@sonc.net) to sign up today. Space is limited to 20 athletes.

**What to Bring:** water bottle, yoga mat, face mask, sweat towel (optional)

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## Would you like to be a part of Special Olympics Gaston County?



Special Olympics Gaston County is always welcoming new committee members! The committee is comprised of parents, teachers, community members, and others who are interested in ensuring that SOGC meets the needs of our athletes in the best way possible! The committee meets once per month to plan and organize events for our athletes.

Please email local coordinator Ashley Anderson at [gaston@sonc.net](mailto:gaston@sonc.net) if you are interested in joining our wonderful committee!

**Happy New Year! Welcome to 2021!**  
**Please feel free to reach out with any questions!**

**-Ashley Anderson  
Local Coordinator**



[gaston@sonc.net](mailto:gaston@sonc.net)

