



# Rock On 2010

<http://rockdalespecialolympics.org/>

## SPECIAL POINTS OF INTEREST:

- Teams and Skills at Earl O'neil TBA
- Horse Show Need Volunteers GA Olympic Park
- Area Bowling
- Summer Games
- Basketball
- Track and Field TBA

*Let me win, but if I cannot win, Let me be brave in the attempt*

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## It 'SPORTant

Beauty pageants? Plays? Dances? Crafts? Outings? While Special Olympics' primary focus is sports, did you realize that Rockdale Special Olympics supports and encourages other special needs activities around the county as well? YES! Because It'SPORTant!

RSO contributes to local dances, assists in running craft and cooking activities and supports art and music programs in the county that involve special needs athletes.

Our athletes love being stars and dressing up and working hard to learn their parts. Arts and music help encourage

self esteem and motivation. Special Olympics collaborates with Rockdale Therapeutic Recreation through Aspire to assist with classes and take the athletes on trips to the circus, braves games, and Noah's ark to name a few. One of the coaches (who will remain unnamed) developed musical chairs basketball!

**Pictured is Dorothy Kelley, Missy Rascoe and Cassie Corley as pageant contestants in a 4rth of July play at Our Place. Don't they look lovely All of our Athletes are winners!!!**



## Coaches Corner

Don't think athletes are the ones having all the fun; Our coaches 'have a ball', and love every minute of it! In actuality, coaching requires hours of dedication, evenings and Saturdays, and our coaches deserve a lot of recognition for their hard work.

Featured at far right is Rockdale's own, Pam Smith, who helped RSO in it's formation and has been coaching volleyball, baseball, basketball, and bowling for the last 7 years. Pam was awarded The

Outstanding Coach of the Year Award for Special Olympics in the state of Geor-

gia. Pam has been a MOID teacher at RCHS for 18 years and has won the heart of her students who call her 'artist coach .' She helps the students run a small T-shirt print business to raise funds for activities. Thanks Pam!!!!



# Rockets Softball



Victors showing off their muscle :  
The Rockdale Rockets at Fall Games in Albany GA.

Congratulations to The Rockdale Rockets brought home the bronze medal from Fall Games! We want to complement these athletes on their fine work and dedication. The team is coached by Rob Nagy, Chris Huber, Tom McPike and Bernadette Thomas-Snyder. We appreciate these coaches who work very hard to make this team a success! Special thanks to Coach Bernadette, our newest coach, who made sure the uniforms were washed (smelling good!) every week!

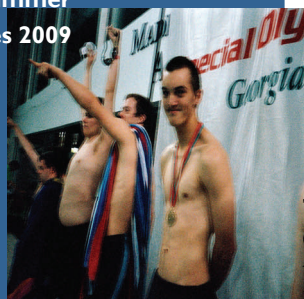


## Come out for Track and Field

Here's your chance to come have some fun, especially if you like running around in circles, well one big one that is! Track and field is scheduled for April 2 at Reid Stadium at RCHS. Local schools will be participating, and everyone is invited to come out and cheer. TBA Bring a jacket



Oakes at Summer Games 2009



## Take the Plunge

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

That is the motto for Special Olympics. The swimmers have their own: "Let me swim, but if I cannot swim, let me be saved the attempt!"

. Believe it or not, swimming

begins in the dead of winter to get ready for Summer Games in May. Swimming practice is held at Johnson Park. On Monday, Thursday and Saturday. All swimmers and helpers are welcome. Contact Vicki Fair for more info about times and age groups

(770-761-3832). Feature picture shows Randy Oakes who swims for the Sharks coached by Daryl Shadrix. Randy is nicknamed Smokin' Oaks because he is so fast, or 'two scoops' because of the muscles on his arms! Randy loves the butterfly.