

Lake County Board of DD/Deepwood



RECREATION SERVICES

Winter 2018 Brochure

**Weekend and Evening Activities
Announcements
Recreation Programs
Special Olympic Sports**



Recreation activities provided by Lake County Board of DD/Deepwood are offered to all persons served through the Lake County Board of Developmental Disabilities/Deepwood without regard to disability or age.

Special Olympic sports are open to all persons age 8 and older. Final team selection will be the coach's decision.

ANNOUNCEMENTS



Medications on Field Trips

Winter Recreation Opportunities

Winter Activities	Basketball Game	Movies	Cooking Classes
Dance	Karaoke	Sports	Bingo

Special Olympics Training and Competition Program



Special Olympics Area 12 Bowling
Special Olympics Track & Field
Special Olympics Bocce Ball
Special Olympics Cycling
Special Olympics Soccer
Special Olympics Tennis
Special Olympics Volleyball

If interested in registering for any program, please return the appropriate registration form by **November 27, 2017 to:**

**Lake County Board of DD/Deepwood
C/O Recreation Services
8121 Deepwood Blvd.
Mentor, Ohio 44060**

Please **DO NOT** send money at this time.

Volunteers are needed in all programs.

If interested or if you have any questions, please call the Volunteer Services Department at 440-350-5050 or 440-918-5050 or email beth.falkner-brown@lakebdd.org.

For Recreation Services, please call 440-350-5165 or 440-918-5165.

Bruce Hilborn	440-350-5149 or bruce.hilborn@lakebdd.org
Mike Terhart	440-350-5136 or mike.terhart@lakebdd.org
Kara Shubert	440-350-5144 or kara.shubert@lakebdd.org
Chris Bundy	440-350-5119 or chris.bundy@lakebdd.org
Ellana Fishwick	440-350-5137 or ellana.fishwick@lakebdd.org



TO: Recreation Participants, Parents, Guardians, and Staff

RE: Medications on Field Trips



This memo is to clarify how medications will be handled while on recreation activities. The following is the procedure for the administration of medications:

- A. Only licensed medical personnel are given the authority to administer medication during recreation activities unless the participant can administer his/her own medication independently.
- B. The medication may be kept by the participant or with the recreation staff assigned to the activity.
- C. If the participant, while on a recreation activity, will be self-administering medication, written notification must be given to Recreation Services staff prior to that activity regarding:
 1. Name of Medication
 2. Date and time medication is to be administered
 3. Dosage and quantity of medication to be administered

Please note that Recreation Services staff must have written notification of individuals taking meds at least 24 hours prior to the activity. This policy will be strictly adhered to and participants cannot attend activities without prior notification.

Recreation will also need to know who will hold the meds, as well as, any reminders or assistance these people might need in administering their own meds.

Thank you for your cooperation in assisting us to ensure everyone's safety during these activities. Our fax number is 440-350-5135.



Winter 2018 Activities

We have put together a variety of fun winter activities.

Follow the directions below and join us to celebrate **WINTER 2018**.

Select the activity that is your 1st choice, write 1 next to it. Select your 2nd choice, and write 2 next to it. **PLEASE REMEMBER THAT CHOICE SHEET ACTIVITIES ARE 1ST & 2ND CHOICE ONLY. YOU MOST LIKELY WILL GET ONE OF THESE CHOICES. PLEASE REMEMBER THAT YOU ARE NOT CONFIRMED TO ATTEND UNLESS YOU RECEIVE NOTIFICATION FROM A RECREATION STAFF.**

We have many people respond to the brochure activities, and we try to accommodate everyone.

1. You will receive a **CONFIRMATION MEMO** prior to your activity. This memo will have all of the final information you will need for your outing which may be different from the brochure.
 2. The Recreation Expense Fund will not cover food costs for activities.
 3. The Recreation Department does not dispense any medications. If you will be taking any medications, please notify the Recreation Department.
 4. **NOTE:** All activities that arrive back late night (dark) will have pick-up at VGC parking lot for security/lighting purposes.
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ACTIVITY: **Holiday Craft Fair**

DATE: **Saturday – December 2, 2017**

TIME: **10:00 a.m. – 1:00 p.m.**

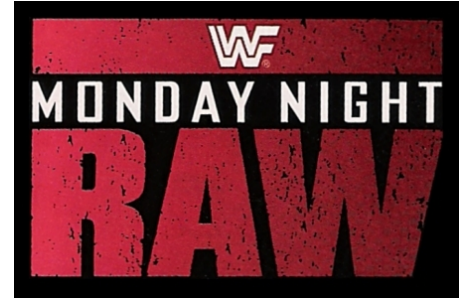
COST: **Fair is FREE – Bring spending \$ if you wish to purchase.
Lunch – Approximately \$8 for fast food.**

NOTES: **Drop off/Pick up at Rec Site
Contact Kara at 440-350-5144
with any questions.**



ACTIVITY: **WWE Monday Night RAW**

DATE: Monday – December 11, 2017
TIME: 6:30 - 11:30 p.m.
COST: \$40.00
NOTES: Drop off/Pick up at Rec Site
Contact Mike at 440-350-5136
with any questions.



ACTIVITY: **"A Christmas Carol" at Geauga Lyric Theater**

DATE: Friday – December 15, 2017
TIME: 6:30 – 11:15 p.m.
COST: \$15.00 for admission
NOTES: Drop off/Pick up at Rec Site
Limited number of participants
Contact Bruce at 440-350-5149
with any questions.



ACTIVITY: **Cleveland State Basketball Game**

DATE: Thursday – January 4, 2018
TIME: 6:15 – 10:30 p.m.
COST: \$25.00
NOTES: Drop off/Pick up at Rec Site



Contact Mike at 440-350-5136
with any questions.



ACTIVITY:

Harry London's Chocolate Factory Tour



DATE: Saturday – January 20, 2018
TIME: 9:30 a.m. – 2:00 p.m.
COST: Tour is FREE – Bring spending \$ if you wish to purchase.
Lunch – Approximately \$8 for fast food.
NOTES: Drop off/Pick up at Rec Site
Contact Kara at 440-350-5144 with any questions.



ACTIVITY:

Rock & Roll Hall of Fame & Lunch



DATE: Saturday – January 20, 2018
TIME: 10:00 a.m. - 3:00 p.m.
COST: \$23.50/Admission \$15.00/Lunch
NOTES: Drop off/Pick up at Rec Site
Contact Ellana at 440-350-5137
with any questions.



ACTIVITY:

Great Lakes Science Center

DATE: Saturday – January 27, 2018
TIME: 10:00 a.m. - 4:00 p.m.
COST: \$25.00 includes movie
NOTES: Drop off/Pick up at Rec Site
Contact Bruce at 440-350-5149
with any questions.





ACTIVITY: Dinner & Movie

DATE: Friday – February 2, 2018
TIME: 4:30 – 9:00 p.m. (approx.)
COST: \$10.00/Movie \$20.00 for nice dinner TBA
NOTES: Depart from Rec Site/Return to VGC Parking Lot
Contact Kara at 440-350-5137 with any questions.



ACTIVITY: Monster's Hockey Game

DATE: Friday – February 9, 2018
TIME: 6:15 – 11:30 p.m.
COST: \$25.00
NOTES: Drop off/Pick up at Rec Site
Contact Bruce at 440-350-5149 with any questions.



ACTIVITY: Brunch & Snow Tubing at Punderson Snow Chalet

DATE: Saturday – February 10, 2018
TIME: 10:00 a.m. - 3:00 p.m.
COST: \$15.00
NOTES: Drop off/Pick up at Rec Site
Contact Ellana at 440-350-5137 with any questions.





Winter 2018 Activities

Registration Form



Mark your choice on the line in front of the activity with #1 or #2.

- Holiday Craft Fair – December 2, 2017
- WWE Monday Night RAW – December 11, 2017
- "A Christmas Carol" at Geauga Lyric Theater – December 15, 2017
- Cleveland State Basketball Game – January 4, 2018
- Harry London's Chocolate Factory Tour – January 20, 2018
- Rock & Roll Hall of Fame & Lunch – January 20, 2018
- Great Lakes Science Center – January 27, 2018
- Dinner & Movie – February 2, 2018
- Cleveland Monsters Hockey Game – February 9, 2018
- Brunch & Snow Tubing at Punderson – February 10, 2018

IMPORTANT NOTE:

Please return this full page with the choices you have selected. Do not tear off the bottom alone. We need the entire page.

WINTER Activities Registration Form							
Name:		Age:		Date:			
Address:			City:			Zip:	
Program Area:	<input type="checkbox"/> WWS	<input type="checkbox"/> VGC	<input type="checkbox"/> JCDC	<input type="checkbox"/> ARC	<input type="checkbox"/> CES	<input type="checkbox"/> BDMR	<input type="checkbox"/> OTHER
Phone Numbers:		Day:		Evening:			
Parent/Guardian Signature:							
E-mail Address:							

Please return the entire sheet to Recreation Services by November 27, 2017.

Karaoke Nights



**Sing the night away!!
Come join in the fun and
sing your favorite songs.**

LOCATION: VGC BROWN ROOM

DATES: Thursday
No December
January 25, 2018
No February

TIME: 6:30 p.m. – 8:00 p.m.

COST: Admission - \$1.00
Pop - .50¢
Pizza Slice - \$1.00



LET'S PLAY

BINGO!!



All are welcome!

DATES

NO DECEMBER SESSION

Thursday – January 4, 2018

Thursday – February 2, 2018

TIME

6:30 p.m. – 8:00 p.m.

6:30 p.m. – 8:00 p.m.

Location: VGC BROWN ROOM

Refreshments: Snacks and pop - .50¢ each



BINGO Registration Form

Name:								Age:		Male: _____		Female: _____			
Address:				City:				Zip:							
Program Area:		<u>WWS</u>		<u>VGC</u>		<u>JCDC</u>		<u>ARC</u>		<u>CES</u>		<u>BDMR</u>		<u>OTHER</u>	
Phone Numbers:		Day:				Evening:									
Parent/Guardian Signature:															
E-mail Address:															

Please return to Recreation Services by November 27, 2017.

MOVIE NIGHT

Lights, Camera, ACTION!!

Come join Recreation Services for a fun filled evening of movies at the VGC BROWN ROOM. Movies will be shown on our big screen. Show times will be on Tuesdays throughout the winter.

Families Welcome!!

LOCATION: VGC BROWN ROOM

DATES: December 12, 2017
January 2, 2018
January 16, 2018
January 30, 2018
February 13, 2018
February 27, 2018

TIME: 6:30 p.m. – 9:00 p.m.
(Movie starts promptly at 7:00 p.m.)

COST: Movie .50¢
Popcorn .50¢
Pop/Soda .50¢

MOVIES: Will take suggestions each week.





SPECIAL OLYMPICS BOCCE TRYOUTS



Final team selection will be based upon the coaching staff's decision. Athletes should be able to roll a wooden ball (5" in diameter) sixty feet across a dirt surface and must attend practice regularly – missing no more than 10%. Please note: Per the State Office only 8 bocce players will be able to attend the Summer Games.

Coach: Carol Krider

Practice Location: Recreation Site

Practice Schedule: Thursdays, 4:00 – 5:00 p.m.

Start Date of Practice: Thursday, April 5, 2018

Competitive Schedule: Area 12 Meet – Saturday, May 5, 2018

State Summer Games, Columbus, Ohio – June 22 – 24, 2018

Athletes will need to have on file, in Recreation Services, a current Special Olympic Athlete Information/Release Form. Athletes will not be able to compete without this form. Any questions, please call Chris at 350-5119 or 918-5119.

Special Olympics Bocce Tryout

Name:		Age:	Gender:		Male:___	Female:___	
Program Area:	WWS	VGC	JCDC	ARC	CES	BDMR	OTHER
Phone Numbers:	Day:		Evening:				
Parent/Guardian/Case Manager Signature:							
E-Mail Address:							
Please <input type="checkbox"/> I would like to volunteer assistance during practice. Please call me at _____.							
check one: <input type="checkbox"/> I cannot volunteer assistance at practice.							

Please return to Recreation Services by November 27, 2017.

No entries will be accepted after this date.

Special Olympics Modified Volleyball Tryouts

Coach: Kara Shubert

Practice Location: Broadmoor Gym

Date of Tryouts: Wednesday, April 4, 2018 4:00 – 5:00 p.m.



Modification of Game: A ball larger and lighter than a volleyball is used in place of a regulation volleyball.

Competitive Schedule: Spring Games – Saturday – May 5, 2018
State Summer Games, Columbus, Ohio – June 22 – 24, 2018

Athletes will need to have on file, in Recreation Services, a current Special Olympic Athlete Information/Release Form. Athletes are required to attend practice regularly – missing no more than 10% of practices.

- IMPORTANT -

**Please note: Athletes must be able to follow directions.
The head coach will determine final team selection.**

Any questions, please call Chris at 350-5119 or 918-5119.

Special Olympics Modified Volleyball Tryouts

Name:		Age:	Gender:		Male:___ Female:___		
Program Area:	<u> </u> WWS	<u> </u> VGC	<u> </u> JCDC	<u> </u> ARC	<u> </u> CES	<u> </u> BDMR	<u> </u> OTHER
Phone Numbers:	Day:		Evening:				
Parent/Guardian/Case Manager Signature:							
E-Mail Address:							
Please <input type="checkbox"/> I would like to volunteer assistance during practice. Please call me at _____.							
check one: <input type="checkbox"/> I cannot volunteer assistance at practice.							

Please return to Recreation Services by November 27, 2017.

No entries will be accepted after this date.

Special Olympics Cycling Tryouts

Coach: Bruce Hilborn, Recreation Specialist

Practice Location: Recreation Site

Practice Schedule: TBA

Dates of Practice: TBA

Race Course: The course is a flat to gently rolling oval on an asphalt surface.

Requirements:

1. Individuals must provide their own bike.
2. Only two-wheeled bicycles (w/o training wheels) with brakes are allowed.



Competitive Schedule: Area 12 Spring Games – Saturday – May 5, 2018
State Summer Games, Columbus, Ohio – June 22 – 24, 2018

Athletes are required to attend practice regularly – missing no more than 10% of practices.

Athletes will need to have on file, in Recreation Services, a current Special Olympic Athlete Information/Release Form. **Athletes will not be able to compete without this form.**

Any questions, please call Chris at 350-5119 or 918-5119.

Special Olympics Cycling Tryouts							
Name:	Age:	Gender:		Male: ___	Female: ___		
Program Area:	___ WWS	___ VGC	___ JCDC	___ ARC	___ CES	___ BDMR	___ OTHER
Phone Numbers:	Day:			Evening:			
Parent/Guardian/Case Manager Signature:							
E-Mail Address:							
Please ___ I would like to volunteer assistance during practice. Please call me at _____.							
check one: ___ I cannot volunteer assistance at practice.							

Please return to Recreation Services by November 27, 2017.

No entries will be accepted after this date.



Special Olympics Tennis Tryouts



Coach: Ellana Fishwick

Practice Location: Garfield Park

First Practice Date: Thursday – April 5, 2018

Dates of Practice: Thursdays – 3:30 – 4:30 p.m.

Competitive Schedule: State Summer Games, Columbus, Ohio – June 22 – 24, 2018

Athletes will need to have on file, in Recreation Services, a current Special Olympic Athlete Information/Release Form. **Athletes will not be able to compete without this form.**

Any questions, please call Chris at 350-5119 or 918-5119.

<h2>Special Olympics Tennis Tryouts</h2>						
Name:		Age:	Gender:		Male:_____ Female:_____	
Program Area:		<u> </u> WWS	<u> </u> VGC	<u> </u> JCDC	<u> </u> ARC	<u> </u> CES
		<u> </u> BDMR	<u> </u> OTHER			
Phone Numbers:		Day:		Evening:		
Parent/Guardian/Case Manager Signature:						
E-Mail Address:						
Please <input type="checkbox"/> I would like to volunteer assistance during practice. Please call me at _____.						
check one: <input type="checkbox"/> I cannot volunteer assistance at practice.						

Please return to Recreation Services by November 27, 2017.

No entries will be accepted after this date.

Special Olympics Bowling Tournament

Area 12



Location: Freeway Lanes of Wickliffe

Date: Saturday – April 14, 2018 11:00 a.m.

Awards: Medals will be awarded for 1st, 2nd, and 3rd places.
Ribbons will be given for 4th and 5th places.

Bowlers will need to have on file, in Recreation Services, a “Participating in Special Olympics Form” physical form signed by a doctor. **Athletes will not be able to participate without this form.**

Each bowler must have a fifteen (15) game average. A foul will be called when a bowler steps over the foul line.

In cases where the athlete must use a bowling ramp, the athlete will be required to aim and position the ramp independently.

Please include your bowling average on the form below as I do not have them.

Staff must stay with the athletes. You will need to provide your own transportation for this event. **Anyone that does not sign up for this tournament through Deepwood’s Recreation Services will not be able to participate. DO NOT send in your registration without your bowling average. This is your responsibility.**

Athletes are assigned lanes by age and bowling average. Please keep this in mind.

Any questions, please call Chris at 350-5119 or 918-5119.

Special Olympics Bowling Tournament – Area 12			
Bowler’s Name:	Age:	Gender:	Male: ____ Female: ____
Average: _____ (15 game average mandatory)		Will bowler use ramp? YES _____ NO _____	
Phone Numbers:	Day:	Evening:	
Parent/Guardian/Case Manager Signature:			
E-Mail Address:			

Please return to Recreation Services by November 27, 2017.

No entries will be accepted after this date.

Special Olympics Modified Soccer Tryouts

Head Coach: John Igrasek
Practice Location: Recreation Site
Practice Day & Time: Thursdays – 4:30 – 6:00 p.m.
Start Date: Thursday – April 5, 2018
Modification of Game: Five people on field. Size of field reduced.
Competition: Scrimmages with other Special Olympic Teams.
 State Summer Games, Columbus, Ohio – June 22 – 24, 2018



Important!!

Please note: This is a highly competitive experience. Athletes must be able to follow directions. After tryouts, the Head Coach will determine final team selection. The team will be limited to 10 players

Athletes will need to have on file, in Recreation Services, a current Special Olympic Athlete Information/Release Form. **Athletes will not be able to practice or compete without this form.** Athletes are required to attend practice regularly – missing no more than 10% of practices.

Any questions, please call Chris at 350-5119 or 918-5119.

Special Olympics Modified Soccer Tryouts

Name:		Age:	Gender:	Male: _____	Female: _____		
Program Area:	<u> </u> WWS	<u> </u> VGC	<u> </u> JCDC	<u> </u> ARC	<u> </u> CES	<u> </u> BDMR	<u> </u> OTHER
Phone Numbers:	Day:		Evening:				
Parent/Guardian/Case Manager Signature:							
E-Mail Address:							
Please <input type="checkbox"/> I would like to volunteer assistance during practice. Please call me at _____. check one: <input type="checkbox"/> I cannot volunteer assistance at practice.							

Please return to Recreation Services by November 27, 2017.

No entries will be accepted after this date.

Special Olympics Track & Field Tryouts

Head Coach: Marty Zadorozny
Practice Location: Mentor Middle School
Practice Schedule: Saturdays – 10 – 11:30 a.m.
Dates of Practice: Saturdays beginning April 7, 2018
Competitive Schedule: Area 12 Spring Games – Saturday – May 5, 2018
 State Summer Games, Columbus, Ohio June 22 – 24, 2018



Events Available:



- * 50 & 100 Meter Dashes
- * Shot Put
- * 200, 400, 800, 1500 Meter Runs
- * 25 & 100 Meter Wheelchair Race
- * 4 x 100 Meter Relay
- * 30 Meter Wheelchair Slalom
- * Standing & Running Long Jump
- * 100, 400, 800 Meter Race Walks
- * Softball Throw

The coaching staff will decide final team selection. Athletes will need to have on file, in Recreation Services, a current Special Olympic Athlete Information/Release Form. **Athletes will not be able to practice or compete without this form.** Athletes are required to attend practice regularly – missing no more than 10% of practices.

Any questions, please call Chris at 350-5119 or 918-5119.

Special Olympics Track & Field Tryouts

Name:		Age:	Gender:		Male: _____	Female: _____
Program Area:	_____	_____	_____	_____	_____	_____
	WWS	VGC	JCDC	ARC	CES	BDMR OTHER
Phone Numbers:	Day:		Evening:			
Parent/Guardian/Case Manager Signature:						
E-Mail Address:						
Please check one: <input type="checkbox"/> I would like to volunteer assistance during practice. Please call me at _____.						
<input type="checkbox"/> I cannot volunteer assistance at practice.						

Please return to Recreation Services by November 27, 2017.

No entries will be accepted after this date.



SPECIAL OLYMPICS TRAINING CENTER



Special Olympics Weight Training

Dates: Tuesdays
December 5, 12, 19, 2017
January 2, 9, 16, 23, 30, 2018
February 6, 13, 20, 27, 2018

Times: 3:30 – 4:30 p.m.

Cost: FREE

Location: Special Olympic Training Center at Broadmoor School

NOTES: Transportation from the workshops TO the workout will be available. Please notify Ellana at (440)350-5137 if you need a ride!!

Special Olympics Training Center

Name:			Age:	
Address:		City:		Zip:
Dates I will be attending:				
Phone Numbers	Day:		Evening:	
Parent/Guardian Signature:			Email:	
Email:				

Please return form by November 27, 2017.

No entries will be accepted after this date.

SPECIAL OLYMPICS INPUT COUNCIL

We need you Athletes!!!

We are starting an Athlete led
Input Council for
Special Olympics.

So if interested, please fill out
the Candidacy Form below and return.

We will contact you. Thank you.

Special Olympics Training Center

Name:

Phone Number:

Sport:

Email:

Please return form by November 27, 2017.

Recreation Brochure Mailing

Thank you for your participation in the Recreation Department's brochure activities.

In order to provide cost savings we will be sending the brochure via email to those that responded to our email address request.

If you have recently acquired an email address, please return it along with your fall registration form.

If at any time your email address changes, please let the Recreation Department know so you will continue to receive the brochures.

Your contact information:

Name: _____

Email Address: _____

As always, you can visit our website at www.lakebdd.org to obtain a copy of our latest brochure offerings.

Thank you!

