

# SOSA Spring Newsletter

March 2023



Hello everyone,

Welcome to our spring newsletter! It is so lovely to finally see the end of what seems to have been a long, cold winter.

Spring flowers are showing their faces which makes us feel happy and raring to go here at SOSA. Our social calendar is filling up and hopefully some more competitions for our diaries.

We have record numbers attending our athletics session, all down to Wendy's fantastic coaching and our team of volunteers, ably assisted by some of our more experienced athletes who provide 1:1 support for the younger ones. This perfectly sums up the ethos of Special Olympics and how everyone involved provides support to those who need it from athletes, coaches, volunteers, parents and carers.

Swimming is going from strength to strength, again more new members and our coaching team headed by Nikhil (Saturday) and Mike (Friday) are absolutely second to none. We are so lucky to have such a committed and dedicated team.

Netball numbers are also rising again all down to our wonderful coach Lucy. Our team is so strong now and work so well together, they are a joy to watch.

Boccia is great fun with really supportive parents/carers who help so much and for this we are extremely grateful.

We have had some competitions which we loved being a part of after the long break. Also, happy to report that the fabulous St Albans team spirit is alive and kicking! Please read about these in the competitions section of the Newsletter.

We have had our first quiz in a very long time which was well supported, and we raised £715 which goes a very long way in keeping SOSA up and running, so thank you to all who attended. Also, special mention to Wendy who went all out to gather raffle prizes and the Piccuito family who donated a fabulous hamper.

Please read on for details of our SOSA/P2L disco 😊

All in all, a busy few months with plenty more on the horizon.

Take care  
Chris and Sue

## SOSA Sessions

### Monday

**Netball 4.30pm-5.30pm**  
**Westminster Lodge Sports Hall**

### Monday

**Athletics 5.30pm-7pm**  
**Westminster Lodge Sports Hall (Two 45-minute sessions) From 17<sup>th</sup> April we are on the track at Abbey View**

### Tuesday

**Boccia 5.45pm-6.45**  
**Westminster Lodge Sports Hall**

### Friday

**Advanced Swim 6.15pm-7.15pm Westminster Lodge Pool (invitation only)**

### Saturday

**General Swim 4pm-5pm**  
**Harpenden Swimming Pool (must be able to swim 25m)**

# **SAVE THE DATE – SOSA/P2L DISCO**



**We are pleased to announce that our disco is back!**

**Date: 16<sup>th</sup> September 2023**

**Place: Old London Road Club, Cell Barnes Lane, St Albans  
AL1 5AS**

**Time: 7-10.30pm**

**We will be providing food and there will be a paid bar.  
Bring your dancing shoes**



A few more photos from the Netball Competition



## ***TERM DATES 2023 – Spring/Summer***

### **ATHLETICS:**

**Day:** **Monday @ Abbey View Running Track/Westminster Lodge**  
**Time:** 5.30 to 6.15pm / 6.15 to 7pm  
**Sessions end:** 27<sup>th</sup> March 2023  
**Sessions start:** 17<sup>th</sup> April 2023 – outside on the track at Abbey View

### **NETBALL:**

**Day:** **Monday @ Westminster Lodge Sports Hall**  
**Time:** 4.30 to 5.30pm  
**Sessions end:** 27<sup>th</sup> March 2023  
**Sessions start:** 17<sup>th</sup> April 2023

### **BOCCIA:**

**Day:** **Tuesday @ Westminster Lodge**  
**Time:** 5.45 to 6.45pm  
**Sessions end:** 28<sup>th</sup> March 2023  
**Sessions start:** 18<sup>th</sup> April 2023

### **SWIMMING:**

#### **Advanced Group:**

**Day:** Friday @ Westminster Lodge  
**Time:** 6.15 - 7.15pm  
**Sessions continue** apart from 7<sup>th</sup> April 2023 (Good Friday)

#### **Saturday Session:**

**Day:** Saturday @ Harpenden Pool  
**Time:** 4pm - 5pm  
**Sessions end:** 1<sup>st</sup> April 2023  
**Sessions start:** 21<sup>st</sup> April 2023

All sessions are £6.00 and payable at the time of attending or where possible, we would appreciate your payment by bank transfer:

Bank details:

Special Olympics St Albans

Account No: 30644382

Sort Code: 20-05-73

Please can you notify Sue Thurgood if you intend to pay in this way in future –  
[susanthurgood@everyoneactive.com](mailto:susanthurgood@everyoneactive.com)

## Satellite Sports

There are a number of other sports clubs that run disability sessions and, although these are not SOSA led, we are happy to provide contact details. These are:

Football

Golf

Everybody Dance

Judo

Rugby

### Contact Details:

Chris Ovenden                      Coordinator  
Email:                                [christineovenden@everyoneactive.com](mailto:christineovenden@everyoneactive.com)  
Mobile:                              07885 770511

Sue Thurgood                      Administrator  
Email:                                [susanthurgood@everyoneactive.com](mailto:susanthurgood@everyoneactive.com)  
Mobile:                              07739 974634

### Passport to Leisure and Daylight Club:

Salpi Gulbekian                      Disability & Development Officer  
Email:                                [Salpi@everyoneactive.com](mailto:Salpi@everyoneactive.com)  
Mobile:                              07762 595936

(Passport to Leisure is an over 18's social group for those living with in the St Albans District only)

For more information, look at the SOSA website at [www.sostalbans.club](http://www.sostalbans.club)

There is a very active Facebook page which keeps you informed and posts updates if there are any changes to the scheduled sessions. Befriend us at "**Sosa St Albans**".



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

# CITY YOUTH FC INCLUSIVE HOST SPECIAL OLYMPICS FRIENDLY

27 March 2023



## St Albans City Youth FC Inclusive host Special Olympics Friendly 26<sup>th</sup> March 2023

The rain held off for a fantastic afternoon of football at Samuel Ryder Academy when St Albans City Youth FC Inclusive hosted newly formed Ascot United FC Warriors for a Special Olympics friendly. This was the Warriors first ever match and they travelled to St Albans to play an established Special Olympics team.

Thirteen St Albans inclusive players took part, all Special Olympics athletes, and 8 players from Warriors. They played a 7 a side friendly 60-minute game, played in 3 spells of 20 minutes. St Albans fielded two teams and swapped in every 10 minutes, whilst Ascot used all of their 8 players for most of the match. It was a close match overall, with 13 goals in total and a fun penalty shoot-out at the end of the matches. The whole afternoon was full of positivity and fun football.

The SACY Special Olympics team thanked Ascot United Warriors for travelling up to St Albans and wished them luck in their football journey.

Thank you to our SACY coaches Hannah Coote, Chris Samways and Chris Dundon Smith. Chris Samways kindly refereed.

St Albans City Youth FC Inclusive have run the Special Olympics St Albans Football sessions for many years and have taken part in numerous competitions and Special Olympics GB matches. Two players have been to the World Games in Los Angeles and Abu Dhabi, winning Gold for Great Britain. More recently, Sam Goldney, adult inclusive player at City Youth has been selected to play for Special Olympics GB in the Berlin World Games due to take place in June 2023.

Get involved or find out more email [inclusion@cityyouthfc.com](mailto:inclusion@cityyouthfc.com)

# VOLUNTEER



## VOLUNTEER OPPORTUNITIES

If you know anyone who would like to volunteer for Special Olympics St Albans, please do ask them to get in touch.

We also support the Duke of Edinburgh scheme which is a fantastic way of completing the volunteering part of the scheme.

We currently need volunteers for the first athletics session, Mondays 5.30-6.15pm and boccia Tuesdays 5.45-6.45pm