



Special Olympics

**Pennsylvania
Bethlehem**

Sign up for Sports Training & Competition with Bethlehem Special Olympics!

Website: www.BethlehemSOPA.org

Bethlehem Special Olympics provides sports training and competition to individuals with intellectual disabilities and closely related developmental disabilities.

- ★ Training and competition is provided at all ability levels. Beginners are encouraged to participate and learn sports skills. Competitions are structured so that athletes compete with others of similar ability.
- ★ Athletes must be 8 years old to compete. There is no maximum age limit. Athletes younger than 8 may participate in training and in the Young Athletes program.
- ★ All training and competition opportunities are offered **free of charge** to our athletes and families, thanks to the generosity of our supporters.
- ★ Practices are held after school, evenings, and weekends.
- ★ Participation fosters many life skills such as socialization, teamwork, and developing independence. Special Olympics athletes are encouraged to accept leadership roles within the program.

To sign up, fill in the information below and return this form to the address below

Athlete Name: _____

Parent/Guardian Name: _____

Address: _____

City, State, Zip: _____

Phone Number: () _____

email: _____

Would you like to receive the BSO Monthly newsletter? ___ yes ___ no

Have you previously participated in Special Olympics events? ___ yes ___ no

Bethlehem Special Olympics sports – check all sports that interest you:

<input type="checkbox"/> Aquatics	<input type="checkbox"/> Skiing (Alpine and Cross Country)
<input type="checkbox"/> Artistic/Rhythmic Gymnastics	<input type="checkbox"/> Snow Shoeing
<input type="checkbox"/> Basketball	<input type="checkbox"/> Soccer (Team and Individual skills)
<input type="checkbox"/> Bowling	<input type="checkbox"/> Softball (Team and Individual skills)
<input type="checkbox"/> Figure Ice Skating	<input type="checkbox"/> Roller Skating (Artistic and/or Speed Skating)
<input type="checkbox"/> Golf	<input type="checkbox"/> Volleyball (Team and Individual skills)
<input type="checkbox"/> Powerlifting (Age 14 and over)	<input type="checkbox"/> Young Athletes Program (ages 4-8)

Mail this form to Bethlehem Special Olympics, Athlete Registration,
P. O. Box 536, Bethlehem, PA 18016

• or email this information to info@BethlehemSOPA.org

For more information, visit www.BethlehemSOPA.org, or contact Bethlehem Special Olympics at 610-264-3616.





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Bethlehem Special Olympics Sports Training Schedule July to Dec. 2015

Website: www.BethlehemSOPA.org

NOTE: All Athletes must register with Bethlehem Special Olympics prior to participation. Registration forms will be provided to you when you contact us via phone, mail, or email.

For **athlete registration**, contact Gretchen Siemon, 610-868-0180, or info@BethlehemSOPA.org

To **volunteer**, contact Dana Lindsey, 267-221-7740, or volunteers@BethlehemSOPA.org

Sport	Location / Season	Training Schedule	Levels
Aquatics	Liberty High School Pool September to June	Tuesday evenings: 6 – 7 PM Beginners & Rookies, 7 – 8 PM - Advanced	Beginner to advanced, unified relays
Figure Skating	Steel Ice Center January to May	Variable – contact coach for information	Beginners and advanced skaters are welcome.
Gymnastics (Artistic)	Parkettes National Training Center, 401 Martin Luther King Drive, Allentown November to June	Thursdays, 7:30 – 8:30 PM	Level A (beginners) to Level 3, both male and female events.
Gymnastics (Rhythmic)	Asa Packer Elementary School October to June	Wednesday evenings 6:30 – 8:00 PM	Females only, Level A to Level 2
Soccer	Hanover Community Center Field 2, Harriet Ln. & Crawford Dr., Bethlehem	Sundays 3:00 – 5:30 PM	All levels
Powerlifting	The Twin City Barbell Club 181 S Whitfield St Nazareth PA 18064 September to December	Tuesday evenings, 6 PM – 8 PM	Must be 14 years old to participate. All levels welcome.
Volleyball	Bethlehem Township Community Center until Aug 26, then Northeast Middle School July to November	Wednesdays, 6:00 to 8:00 PM until Aug. 26, then Mondays, 6:00 – 8:00 PM	Beginners welcome
SnowShoeing	December to February	Sundays 3:00 – 5:30 PM	Beginners welcome
Young Athletes	September to November	TBD	-

Additional sports practice during other times of the year – watch our website for information.

