

Generously Sponsored by AT&T Pebble Beach / Monterey Peninsula Foundation

**Special Olympics Northern California
2008 Bowling Practice Schedule**

Silicon Valley Region

Santa Clara /San Benito Counties

Sport	Location	Head Coach	Days & Times	Practice Dates
Bowling	Palo Alto Bowl 4329 El Camino Real Palo Alto, 94306	Suzy Andrade	Mondays 6p-8p No Practice: 11/10	9/29*,10/6*,10/13, 10/20,10/27,11/3, 11/17
Bowling	300 5420 Thornwood Dr San Jose, 95123	Ari Capogeannis	Sundays 9:15a-11:30a	9/28*,10/5*,10/12, 10/19,10/26,11/2, 11/9,11/16
Bowling	Moonlite Lanes 2780 El Camino Real Santa Clara , 95051	Stacy McClure	Sundays 9a-11a No Practice 10/12	9/28*,10/5*, 10/19,10/26,11/2, 11/9,11/16
Bowling	Mission Lanes 1287 South Park Victoria Milpitas, 95035	Christene Shene	Sundays 12p-2p	9/28*,10/5*,10/12, 10/19,10/26,11/2, 11/9,11/16
Bowling	Gilroy Bowl 7554 Monterey St	Carol Friis	Saturdays 1:30p-3:30p No Practice 10/11	9/20,9/27,10/4, 10/18,10/25,11/1, 11/8, 11/15, 11/22,11/29

****INSTRUCTIONS ON HOW TO REGISTER FOR A BOWLING SITE**
ALL ATHLETES MUST RSVP IN ORDER TO PARTICIPATE IN BOWLING.**

*Note: It is important to **RSVP** starting **Monday, September 8th** .
RSVP's prior to September 8th will not be accepted.
There are only a limited number of spaces available at each training site.
Registration is on a first come first serve basis!*

PLEASE RSVP @ (408)392-0170 x 201

You must leave the following:

1. First and last name.
2. The training site you would like to attend
3. If you would like to participate as singles or unified doubles (bowling with a non-disabled partner on a team) athlete.

****START DATE TO RSVP IS MONDAY, SEPTEMBER 8TH END DATE IS FRIDAY, SEPTEMBER 19TH.****

Registration Dates: Athletes must attend at least one of the first two practices in order to participate in the program and must RSVP. Registration dates are normal practices so be ready to bowl.

2008 C4C Bowling Clinic:

Registered bowling athletes will receive a flyer in the mail.

You must RSVP separately for the clinic, when you receive the flyer.

2008 Bowling Championships Saturday, December 6th

Mission Lanes: 1287 South Victoria Park Milpitas, 95035

**Special Olympics Northern California
2008-2009 Snow Sports Practice Schedule**

Silicon Valley Region

Santa Clara /San Benito Counties

Sport	Location	Head Coach	Days & Times	Practice Dates
Snow Sports	Camden Community Center Fitness Room 3379 Union Ave San Jose, 95124	Frank Baldan	Saturdays 1p-2:30p No Practice: 11/29,12/27,1/24 2/7,2/21	11/8,11/15,11/22, 12/6,12/13,12/20, 1/3,1/10,1/17, 1/31,2/14,2/28,3/7

****INSTRUCTIONS ON HOW TO REGISTER FOR WINTER SPORTS****
ALL ATHLETES MUST RSVP IN ORDER TO PARTICIPATE IN WINTER SPORTS.
*Note: It is important to **RSVP** starting **Monday, October 13th** .*
RSVP's prior to October 13th will not be accepted.
Registration is on a first come first serve basis!

PLEASE RSVP @ (408)392-0170 x 201
 You must leave the following:
 1. First and last name.
 2. The sport you would like to train for :downhill skiing, snowboarding, snow-shoeing
 or cross country skiing

****START DATE TO RSVP IS MONDAY, OCTOBER 13TH END DATE IS FRIDAY, OCTOBER 24TH.****

***Athletes must attend at least one of the first two practices in order to participate in the program and must RSVP.**
***Registration dates are normal practices so be ready to work out.**
*** 20 Participants will be selected to participate in the snow training trips and the Bear Valley Regional Competition. Selection will be based on attendance at strength training and conditioning sessions.**
***Athletes must attend both snow training trips and be approved by the head coach in order to be considered for the Bear Valley Regional.**

Bear Valley Training Days Saturday January 24th and Saturday February 7th
 Bear Valley Regional Competition Saturday February 21st-Monday February 23rd.
 SONC Winter Games Kirkwood Ski Resort Monday March 9th-Thursday March 12th