

Special Olympics Northern California 2009 Updated Practice Schedule – Winter Sports

Region Name: Northeast Region		Area: Sacramento/Yolo Counties		
Sport	Location	Coach	Days & Times	Practice Dates
Floor Hockey	BVDC: Location Varies – Please contact coach	Bob Wood (916) 962-1048 Woodrob@comcast.net		
Floor Hockey	Sac. Co. Chargers: La Sierra Community Center 5325 Engle Road Carmichael, CA 95608	Kathi Barber (916) 381-0246 barberk@saccounty.net		
Floor Hockey	Orange Grove: Orange Grove Adult School 4640 Orange Grove Ave. Sacramento, CA 95841	Janie Bucher (916) 765-0870 gutzbrd@jps.net		
REGIONAL FLOOR HOCKEY TOURNAMENT SANTA CLARA COUNTY FAIRGROUNDS, SAN JOSE, JANURARY 10-11, 2009				
Basketball	BVDC: Will Rodgers Middle School 4924 Dewey Drive Fair Oaks, CA 95628	Bob Wood (916) 962-1048 woodrob@comcast.net	Saturdays, 9:00-11:00 am	1/17,1/24,1/31,2/7, 2/21,2/28,3/7,3/14 3/21
Basketball	Davis: Holmes Junior High 1220 Drexel Drive Davis, CA 95616	Robin Dewey (530) 753-8649 rdewey@berkeley.edu	Saturdays, 9:30am – 11:00am	1/3, 1/10, 1/24, 1/31, 2/21, 2/28, 3/7, 3/14, 3/21
Basketball	Elk Grove: Joseph Kerr JR. High 8865 Elk Grove Blvd Elk Grove, CA 95624	Dinah Robinson (916) 803-6087 callmecrazydi@yahoo.com or AJ Jones (916) 714-6003 allnewaj@aol.com	Mondays, 7:00pm – 8:30pm	12/1, 12/8, 12/15, 12/22, 12/29, 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/2, 3/9, 3/16, 3/23
Basketball	Folsom Hills: Marina Valley Middle School 1901 Francisco Drive El Dorado Hills, CA 95762	Paul and Heidi Matlack (916) 933-5141 hmatlack@pacbell.net	***Please contact Team Managers for practice details before attending.	Please contact Team Managers for details
Basketball	Franklin: Harriet Eddy Middle School: 9329 Soaring Oaks Drive Elk Grove, Ca 95758	Cecilia Yarra 916-684-4135 eg_gal_yahoo.com or George Onishi 916-684-4915 jonishi@kmtg.com	Wednesdays 7:00pm-8:30pm	12/3, 12/10, 12/17, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/18, 3/25
Basketball	Galt: Marengo Ranch 1000 Elk Hills Drive Galt, CA 95632	Becky Smith (209) 745-4614 x515 or (916) 761-4342 bsmith@galt.k12.ca.us	Tuesdays/ Thursdays, 3:30-5:00 pm	1/8,1/13,1/15,1/20,1/22, 1/27,1/29,2/3,2/10,2/12, 2/17,2/19,2/26,3/3,3/5, 3/10/12,3/17,3/19, 3/24,3/26

Basketball	Laurel Ruff School: Laurel Ruff Center 5325 Garfield Ave. Sacramento, CA 95841	Lori Vine (916) 331-4523 lvine@sanjuan.edu or Shari Studebaker shari.studebaker@sanjuan.edu	Please contact coach for details	Please contact coach for details
Basketball	Sac. Co. Chargers: La Sierra Community Center 5325 Engle Road Carmichael, CA 95608	Kathi Barber (916) 381-0246 Barberk@saccounty.net	Sundays, 1:00pm-3:00pm (please call prior to attending)	1/25, 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/15, 3/22
Basketball	Short Center South: YMCA Sacramento 2021 W Street Sacramento, CA 95818	Michael Triplett/Nicholas McMellen (916) 364-5540 Scs@ddso.org	Tuesdays/Thursdays 10:00am – 11:30am	2/3, 2/5, 2/10, 2/12, 2/17, 2/19, 2/24, 2/26, 3/3, 3/5, 3/10, 3/12, 3/17, 3/19, 3/24
Basketball	Discovery AllStars: Discovery High School 3401 Fong Ranch Road Sacramento, CA 95834	Carl Gayle (916) 919-4871 cgayle007@aol.com	Mondays, Thursdays, and Fridays	January 26 th – March 24
Basketball	Orange Grove: Orange Grove Adult School 4640 Orange Grove Avenue Sacramento, CA 95841	Janie Bucher (916)-765-0870 gutzbrd@jps.net	Tuesdays 3:15-5:00 pm	1/13,1/20,1/27,2/3, 2/3,2/10,2/17,2/17, 2/24,3/3,3/10,3/17, 3/24
Basketball	TTSR: Orange Grove Adult School 4640 Orange Grove Ave. Sacramento, CA 95841	Pam Coleman (916) 338-7004 pamcoleman101@att.net	Mondays, 4:00-6:00 pm	1/26,2/2,2/9,2/16, 2/23,3/2,3/9,3/16, 3/23
Basketball	Woodland: Beamer Elementary School 525 Beamer Street Woodland, CA 95695	Denise Crawford (530) 207-7182 Woodlandspolym@aol.com	Mondays, 6:30-7:30 pm	1/12,1/26,2/2,2/23,3/2, 3/9,3/16,3/23

REGIONAL BASKETBALL TOURNAMENT

HARDWOOD PALACE, ROCKLIN, MARCH 28-29, 2009

*Registration Dates

Athletes must attend a minimum number of trainings offered, including at least one registration date, in order to qualify for participation at the tournament. Registration dates are normal practices, so plan to work out!

If you have any questions, please contact Josh Mandel-Sonner,
Sports Manager at 916-920-2950, Ext. 203 or at Joshms@sonc.org

REMINDER

Please contact our office prior to attending your first practice!

All athletes must have an active medical on file in order to practice or compete.

Please check this website for practice schedule updates and information on other sports:

http://www.sonc.org/regions/region_training.html