



Special Olympics
Northern California
San Mateo County

This schedule is set for **January and February**. There may be some changes due to holidays, weather, and facility conflicts. Please check with the coaches regularly, or call the sports hotline at 415-593-3254 ext 103. Athletes must attend at least 8 practices of a sport to take part in a competition. Also athletes must have **Active Application of Participation** on file.



Basketball

- **Red Morton Center: Saturdays 9-11am**

1120 Roosevelt Ave
Redwood City CA 94061
Coach: Bill Vassmer

Practices Start: January 8th

Practice Dates @ Red Morton: January 8th, 15th, (No Practice 22nd, 29th) February 5th, (No Practice the 12th), 19th, 26th March 12th, 19th April 2nd, 9th, 16th

Competitions: March 5th Foster City Invitational (Not a Qualifier), Pleasanton TBA

Championship: April 23rd Berkley

Stanford Clinic: January 30th See Attached Flyer

- **Seacrest School: Half Moon Bay – Saturdays 1:30-3:30pm**

700 Monte Vista Lane
Half Moon Bay
Coach: Jeffrey Peck

Practices Start: January 8th

Practice Dates Include: January 8th, 15th, 22nd, 29th February 5th, 12th (No Practice the 19th) 26th, March 5th, 12th, 19th (No Practice March 26th) April 2nd, (No Practice the 9th), 16th

Competitions: March 5th Foster City Invitational (Not a Qualifier), Pleasanton TBA

Championship: April 23rd Berkley

Stanford Clinic: January 30th See Attached Flyer



Track

- **Hillsdale High School: Thursday 5:30pm, Saturday 9:00am**

3115 Del Monte St
San Mateo

Practices Start: February 26th

Practice Dates Include: February 26th, March 3rd, 5th, 10th, 12th, 17th, 19th, 24th, 26th 31st, April 2nd, 7th, 9th, 14th, 16th, 21st, 23rd, 28th, 30th, May 5th, 7th, 12th, 14th, 19th

Competition: May 21st Menlo College, San Francisco Kezar TBA

Summer Games: June 10th-12th Stockton (Only for those athletes that qualify)

- **Sequoia High School**

480 James Ave
Redwood City Ca 94062
Coach: Larue Wilton

Practice Start: February 26th

Practice Dates Include: February 26th, March 5th, 12th, 19th, 26th, April 2nd, 9th, 16th, 23rd, 30th, May 7th

Competitions: May 14th Kezar Meet, May 21st Menlo Meet

Summer Games: June 10th-12th Stockton (Only for those athletes that qualify)



Aquatics

• Orange Pool: Saturdays 12:30-1:30

Orange Ave

South San Francisco

Coach: Lisa Ainsworth and Mary Thomas

Practices Start: January 29th

Practice Dates Include: January 29th, February 5th, 12th, 19th, 26th March 5th, 12th, 19th, 26th April 2nd, 9th, 16th, 23rd

Competitions: April 30th Pacific Athletic Club, May 15th Oakland

Summer Games: June 10th-12th Stockton (Only for those athletes that qualify)

• Half Moon Bay: Tuesdays 6:30-7:30

Ritz Carlton

1 Miramontes Point

Half Moon Bay

Coach: Sue Luna

Practices Start: January 11th

Practice Dates Include: January 11th, 18th, 25th, February 1st, 8th, 15th, 22nd, March 1st, 8th, 15th, 22nd, 29th April 5th, 12th, 19th, 26th Rest TBA

Competitions: April 30th Pacific Athletic Club, May 15th Oakland

Summer Games: June 10th – 12th Stockton (Only for those athletes that qualify)

• Pacific Athletic Club:

200 Redwood Shores Parkway

Redwood Shores

Coach: Chris Tigno

Practices will begin in March



Winter Sports 2005 Schedule

There may be some changes due to holidays, weather, and facility conflicts. Athletes must attend at least 2 snow trips and 5 dry land practices to be considered for competition and demonstrate appropriate behavior throughout the season.

Dry Land Training (All Winter Sports)

Central Park

5th Ave. San Mateo

Thursday Nights 7:00pm

Starting January 6th 2005

Practices Include: January 6th, 13th, 20th, 27th, February 3rd, 10th, 17th, 24th, March 3rd, 10th

Competitions: February 26th - 27th Bear Valley

Winter Games: March 14th - 17th at Kirkwood for those who qualify

Trips to the Snow:

January 8th: Tahoe Donner

January 22nd: Dodge Ridge Alpine Skiers and Snowboarders

January 23rd: Bear Valley Snow Shoe and Cross Country

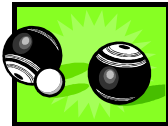
February 5th: Tahoe Donner

Sports to Start in March



Tennis:

Practice will begin in March: Half Moon Bay, Hillsdale High School



Bocce:

Practices will begin in March: Beresford Park



Volleyball:

Practice will start in March: Red Morton Center



Gymnastics:

Practices will begin in March

Any questions, please contact Angel Sheridan at 650-579-1758 or angels@sonc.org
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