



GAMES NEWS

THE GAMES ARE ALMOST HERE

In just 20 days almost 1,000 excited athletes will be in Melbourne to celebrate and compete at the Special Olympics Australia National Games. The finishing touches are being put in place and it is gearing up to be our biggest and most exciting national event yet. I hope you can join us in Melbourne, but if you can't we'll be sharing news via this newsletter and facebook.

Nicola Stokes, Chief Executive Officer
Special Olympics Australia



20 DAYS TO GO!



Keiran Corry from NSW is ready to compete in swimming at the Special Olympics Australia National Games in just 20 days time. Good luck Keiran and all participating athletes. Photo: Taste Media

Only 20 more sleeps until the tenth Special Olympics Australia National Games. For up-to-date information [click here](#) to go to the National Games website.

GALA DAY IS ON THE WAY

SEDA students are busy preparing for the Special Olympics Australia Gala Day, taking place on Thursday 9 October 2014 at the State Netball and Hockey Centre in Melbourne.

The event will celebrate an integration of mainstream

TAKE ACTION

DONATE to the team.
ATTEND an event.
PROMOTE our news.



Please share our news and pictures via your own personal or business channels. All content is media cleared for the promotion of Special Olympics Australia. For enquiries please contact media@specialolympics.com.au

STACEY IS FRONT-PAGE NEWS



Stacey Vassallo will represent Victoria at the National Games in Melbourne and she is shown here with her horse Shorty on the front-page of the Melton Leader!

Seventeen-year-old Stacey Vassallo is one of 28 Special Olympics athletes competing in equestrian at [Werribee Park National Equestrian Centre](#) for the National Games. This is the first time Stacey will compete at this level with Special Olympics Australia and according to her dad, Charles, 'It's something she has wanted to do for a long time...and all her hard work is paying off.' [Read more](#)

primary school students and all ability school students by raising awareness of the need for social inclusion and grassroots sports participation.

More than 300 primary school students and all ability students from eight schools will participate in basketball, netball, football (soccer), AFL drills and modified games throughout the day.

SEDA is an education provider that exists to engage, educate and empower young people as they transition from school to employment to further study.

More updates will be provided via the Special Olympics Australia National Games 2014 [facebook](#) page.

TORCH RUN NEWS

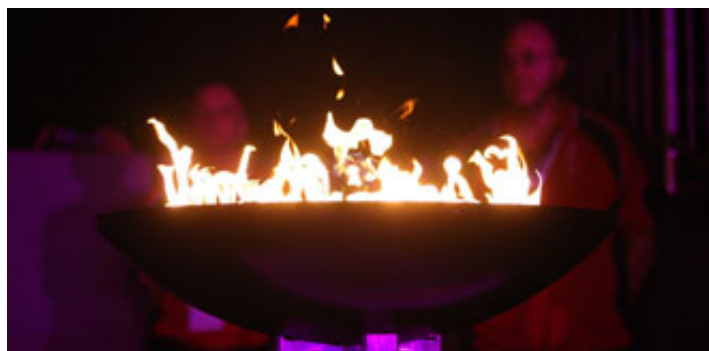


We're very excited to announce National Games ambassador, Carrie Bickmore, will be our official MC for the Law Enforcement Torch Run.

As a national media personality, Carrie will be sure to bring the perfect mixture of action reporting with relaxed banter on the day.

The Torch Run is taking place through the streets of Melbourne on Sunday 19 October 2014 and we'd encourage anyone in Melbourne to head down to Federation Square to experience the action.

Keep an eye on [Facebook](#) and the Games [website](#) for details.



FROM THE TREASURE BOX

The National Games are always a great celebration of ability and Special Olympics fans enjoy a bit of colour with their fun. Check out some of the ways fans showed their support at the National Games in Adelaide, 2010.

about Stacey in the Melton Leader where she was featured on the front page.

Moonee Valley **Leader** Maribyrnong **Leader** Melton **Leader** Brimbank **Leader** Hobsons Bay **Leader** Wyndham **Leader**

SAILING TO THE FINISH



The sailing competition will see 24 athletes with an intellectual disability set sail on the picturesque Albert Park Lake, courtesy of the [Albert Park Yacht Club](#) and [Sailability](#). [Click here](#) to find out more about the venues for all sixteen sports at the National Games.

SOCIAL MEDIA RESOURCES

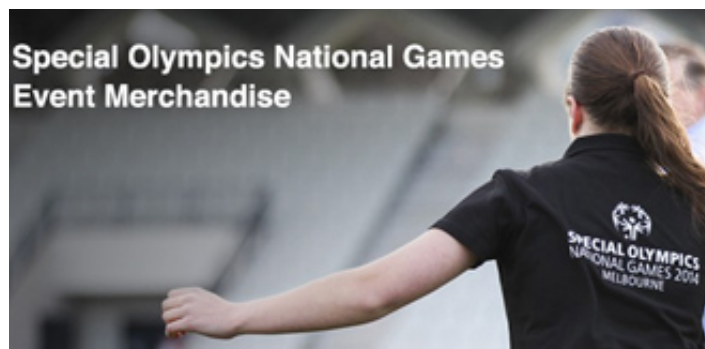
We are pleased to provide you with a range of creative and engaging resources that can be used across websites, email and social media. Resources include Facebook icons, cover photos and videos to share. They are a great way to show excitement for the Games and to display support for your state team! [Click here to visit the Social Media Resources page](#).



Our social media resources includes athlete videos. Click above to hear from Michael (Victoria) who is competing in athletics at the Special Olympics Australia National Games!

GET YOUR NATIONAL GAMES GEAR!

Don't miss out on our great range of National Games merchandise. There's everything from T-shirts, caps and spray jackets to drink bottles, umbrellas and pens! [Click here to purchase online](#).



SAY THANKS TO OUR PARTNERS

There are a number of kind people and organisations that are supporting the National Games. [Click here](#) to see who they are and show your support.



GOT YOUR TICKETS?

Snap up your tickets for our special events. Events include the glittering Opening Ceremony, fun and frivolity during the Supporters Events in and around Melbourne and the Closing Ceremony celebration at Luna Park. Tickets are available via the Games [website](#) and there is no longer a ticket limit, so if you would like to purchase additional tickets please email the [National Games Office](#)



ATHLETE CORNER

Stay Hydrated for Best Performance

When you exercise you sweat to keep your body cool. When you sweat you lose water so it is important to make sure you drink plenty of fluid over the day to stay healthy and exercise.

Good fluids to drink are:

- Water
- Plain milk
- Homemade fruit and vegetable juice
- Flavoured milk tetra packs
- Sports drink (for hot days or long periods of exercise)



Drinks that you should limit because they are high in sugar or don't help you exercise are:

- Soft drink
- Energy drinks (especially ones with lots of caffeine)
- Alcohol (beer, wine, spirits)

Thanks to Sports Dietitians Australia for these helpful nutrition bites.



PRINCIPLE PARTNER



MAJOR PARTNER



MEDIA PARTNER



www.specialolympics2014.org.au

20 day countdown | 30.09.14

