

# what's up in Area M

Spring 2024

# SPRING is here and that means SPRING-SUMMER SPORTS TRAININGS!!!

If you missed getting signed up, contact your coach as soon as possible so you don't miss any of the action ahead!

## ATHLETICS

Susquenita High School Track, Duncannon  
Sundays, 2:30pm - Started  
Coach Charity Poleshuk – 717-636-2582  
Email: [poleshuk.charity@gmail.com](mailto:poleshuk.charity@gmail.com)

## BASKETBALL

Central Dauphin East High School, Harrisburg  
Sundays, 1:30pm - Started  
Coach Clyde North – 717-580-0892  
Email: [cnorth1335@gmail.com](mailto:cnorth1335@gmail.com)

Otterbein United Methodist Church, Carlisle

Thursdays, 6-7pm - Started  
Coach Mike Wetzal – 717-386-8271  
Email: [sparkywetzal@gmail.com](mailto:sparkywetzal@gmail.com)

## GOLF

Sportsman's Golf Club, Harrisburg  
Mondays, 5pm - Starting April 8  
Coach Earl Ewing – 717-487-8260  
Email: [epewing@msn.com](mailto:epewing@msn.com)

Range End Golf Course, Dillsburg  
Tuesdays, 5:30pm - Starting April 9  
Coach David Dempsey – 717-440-5671  
Email: [mddemp3@gmail.com](mailto:mddemp3@gmail.com)

## GYMNASTICS

Cumberland Gymnastics, Carlisle  
If you are interested in Gymnastics, please contact Coach Kim Egger – 717-440-0635  
Email: [kimberlyegger95@gmail.com](mailto:kimberlyegger95@gmail.com)

## SOFTBALL

Mt Zion United Methodist Church, Enola  
Wednesday & Sundays, 5:30pm - Started  
Coach Tara Unger – 223-207-6662  
Email: [soequalslove@gmail.com](mailto:soequalslove@gmail.com)

## SWIMMING

Hershey Recreation Center, Hershey  
Tuesdays, 6pm - Started  
Coach Eric Ludwig  
Email: [ericjayf1@gmail.com](mailto:ericjayf1@gmail.com)

Messiah College, Mechanicsburg  
Sundays, 4pm and 5pm - Started  
Coach Kim Goodsir – 717-645-0797  
Email: [kimgoodsir@yahoo.com](mailto:kimgoodsir@yahoo.com)

Shippensburg University, Shippensburg  
Thursdays, 6pm - Started  
Coach Jennifer Flinchbaugh – 717-683-7440  
Email: [Jen.flinchbaugh@yahoo.com](mailto:Jen.flinchbaugh@yahoo.com)

## TENNIS

Negley Park, Lemoyne  
Tuesday & Thursday, 6pm - Starting March 28  
Coach Jan Holt – 717-586-7766  
Email: [janjeffholt@gmail.com](mailto:janjeffholt@gmail.com)



**Special  
Olympics  
Pennsylvania**



Dauphin, Cumberland, Perry and Northern York Counties  
55 Miller Street, Enola, PA 17025 | [lp parody@specialolympicspa.org](mailto:lp parody@specialolympicspa.org)

# IMPORTANT REQUEST TO UPDATE ATHLETE EMAILS AND ADDRESSES

## ATTENTION ATHLETES, PARENTS, CAREGIVERS, COACHES AND VOLUNTEERS.

Our Volunteer Coordinator maintains a listing of all e-mail addresses for our athletes, parents or caregivers and volunteers. This listing is used to send out important information, card shower requests and any other pertinent information to Area M. Updates to email addresses or new email addresses for those currently not receiving emails should be sent to Louise Bell at

[areamvolunteer@msn.com](mailto:areamvolunteer@msn.com)

## AREA M TEAM LEADER MEETINGS

The Area M Team Leaders will meet on the 3rd Thursday of the Month for the next few months. Our next meeting is Thursday, April 18th at 6:30pm at the Capital Area Intermediate Unit. The team is still in need of additional individuals to help Area M in different areas. If you have a little time to give, Area M sure could use your help!

**REMEMBER... THE MORE PEOPLE WHO STEP UP TO HELP, THE LESS WORK FOR EVERYONE!  
IF WE ALL WORK TOGETHER, WE CAN GET THE JOB DONE AND KEEP TEAM AREA M GREAT!!!**



## 2024 RE-CAP

The Capital Area Region held the Polar Plunge on January 20th at Pinchot Park. It sure was freezing COLD! The wind was so harsh that Shannon Pechart told us "I thought my contacts froze in my eyes and I knew my pant legs were frozen for sure!" Now that's COLD! The plungers were so brave to battle in and out of the lake. Thank you to all of the Team Area M athletes, families and teams that plunged in the COLD lake to raise money for Team Area M.

**YOUR SUPPORT OF OUR PROGRAM IS GREATLY APPRECIATED!**

# Brrr...!



## CAPITAL AREA REGION BOWLING COMPETITION

This year, Special Olympics Pennsylvania turned the Sectional Bowling Tournament over to the Capital Area Region to run. Bowlers competed on November 23, 2023, at both ABC West Lanes and Trindle



Bowl to get a chance to move on to Indoor Winter Games. Team Area M had 59 individual bowlers along with 1 four-member team and 1 doubles team who competed. When the results were in, 6 individual bowlers from Team Area M moved on to compete in State Competition in York on March 2nd and 3rd, 2024. We are so proud of all of our Team Area M Bowlers and the great effort they put into rising up and bettering their best scores!

**TEAM AREA M PROUD!**

## TEAM AREA M SKI TEAM AT SEVEN SPRINGS FOR SPECIAL OLYMPICS PENNSYLVANIA WINTER GAMES

Winter Games were held in Seven Springs on February 13 & 14, 2024. Congratulations to everyone who attended. It looks like a lot of bling in their group photo!! Of course we are all.. **TEAM AREA M PROUD!**



# TEAM AREA M AT THE SPECIAL OLYMPICS PENNSYLVANIA INDOOR WINTER GAMES

Team Area M competed at the Indoor Winter Games in York on March 2 & 3, 2024. Athletes competed in Speed Skating, Bowling and Floor Hockey. Congratulations to all who were chosen to attend! Thank you to all the coaches who gave their weekend so that these athletes could get together for some competition and fun. **TEAM AREA M PROUD!**



THE "AVENGERS"



BOWLERS



THE "SPARKS"



SPEED SKATERS

## CONGRATULATIONS!!!



Congratulations to Jesse Rohrer who has qualified to compete in skiing in the World Games in Torino, Italy in 2025. He'll also be traveling to Salt Lake City, Utah for the team trials to meet with Team USA, April 18-21!!

**GO FOR THE GOLD JESSE, YOU GOT THIS!**



## ADAMS COUNTY BASKETBALL INVITATIONAL

Team Area M had 4 teams competing on Sunday, March 17th and they all did AWESOME! 2 teams won gold, 1 team won silver and 1 team won bronze. Can you say, "LOTS OF BLING". All 4 teams brought home medals. **GREAT JOB EVERYONE!!**



"Lions" 3v3 GOLD



"Eagles" 3v3 Gold



"Lakers" – 5v5 Silver



"Buffalos" 3v3 Bronze

## VALENTINE'S DAY DANCE



The Valentine's Day Dance was held on February 16th at the Capital Area Intermediate Unit. Thank you to the Team Area M Athlete Leadership Team, who did an awesome job hosting the event.



## ZACH HICKS - MASTER OF CEREMONIES FOR VIP LUNCHEON

Team Area M's very own Zach Hicks was the Master of Ceremonies for the Welcome Reception for Special Olympics Pennsylvania President Matt Aaron at the SOPA Indoor Winter Games. Attending the luncheon were SOPA Board of Directors and important sponsors and partners from the York Area.

Zach thanked the people attending and talked about the SOPA Indoor Winter Games and the sports that were competing that day. He also shared his story of how important Special Olympics has been in his life and his love for the sports and the leadership and speaking opportunities he has had.

**GREAT JOB ZACH! TEAM AREA M PROUD!**



**BE PART OF AREA M... WE NEED YOU!**



## 2024 Upcoming Events & Competitions

BE SURE TO ADD TO YOUR CALENDAR!



**April 6th**

Softball Experience  
In The Net, Palmyra

**April 7th**

Capital Area Region Swimming  
Invitational, Cumberland Valley H.S.

**April 27th**

Nothing But Net  
Cavoli Barn, Harrisburg

**April 28th**

Central Spring Sectionals  
St. Francis University

**April - May**

Popcorn Fundraiser!

**June 6th - 8th**

Summer Games  
Penn State University

**June 22nd**

Adult Field Day  
Susquenita High School

**August 11th - 17th**

SOPA Sports Camp

**September 7th**

Area M Golf Invitational  
Spring Creek Golf Course

**September 15**

Area M Fall Classic  
Hershey High School

**September 22nd**

Central Fall Sectionals  
Juniata College

**October 27th**

Bocce Bash  
Bloomsburg College

**November 1st - 3rd**

Fall Fest  
Villanova University

# START THINKING ABOUT FALL SPORTS!!!

SIGN UPS BEGIN MAY 15TH! BE SURE TO SIGN UP EARLY!  
FALL SPORTS OFFERED IN AREA M!

BOCCE | FLAG FOOTBALL | LDR/LDW | POWERLIFTING  
SOCCER | VOLLEYBALL

Let me win. But if I cannot win, let me be brave in the attempt.

follow us on Special Olympics PA Team Area M 

- Special Olympics Athlete Oath