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|  | SOSA Summer Newletter | A field of sunflowers with yellow and blue sky |  |
| July 2024 |
|  | Hello everyone  Welcome to our summer newsletter and we hope you are all well.  As we come to another end of term for our sessions, we reflect on the wonderful year we have had at SOSA.  We held our first ever regional swimming gala, which was a huge success and enjoyed by our St Albans swimmers and those from other Special Olympics branches throughout the country. A huge thank you to everyone who took part and to those who volunteered on the day, we so appreciated your support.  Hopefully the SOGB competition calendar will start to fill up and we are looking forward already to athletic competitions at Harrow in July, Suffolk in September, and Lea Valley indoor in November as well as Netball in June.  Do keep an eye on this via the competitions page on the SOGB website and if you want to attend any competitions independently and you are registered with SOGB we can support you.  As you will all know by now, I (Chris) will be leaving SOSA in July after spending 18 years with the charity. This has been a very difficult decision, but I will be forever proud of what we have achieved, and I have so many wonderful memories that I will treasure forever. Working with Sue has been a joy, and I will still be volunteering for competitions etc. Once you are involved with Special Olympics it is always in your blood 😊  Thank you to you all for all your support and especially to our coaches and volunteers who make it all possible.  We are looking for a new Coordinator and if you are interested in finding out more about the position then do, please get in touch. It is a salaried job and very flexible hours.  Details are on our FB and website: [www.sostalbans.club](http://www.sostalbans.club)  Wishing you all a fabulous summer  Chris and Sue | SOSA Sessions  Monday  Netball 4.30pm-5.30pm Westminster Lodge Sports Hall  Monday  Athletics 5.30pm-7pm Westminster Lodge Sports Hall (Two 45-minute sessions) Last outside session at later time (6.30-8pm) is 23rd September then we will go back inside at the normal time of 5.30-7pm  Tuesday  Boccia 5.45pm-6.40pm Westminster Lodge Sports Hall  Friday  Advanced Swim 6.15pm-7.10pm Westminster Lodge Pool (invitation only)  Saturday  General Swim 4pm-5pm Harpenden Swimming Pool  (must be able to swim 25m) |  |

St Albans Half Marathon

On a cold day in June, a few hardy athletes turned out to support SOSA to run their now famous SOSA Bend.  Even though we didn’t have many people, our group made enough noise to let the runners know we were there!  It is always very well received and appreciated by those taking part in the St Albans Half Marathon and everyone enjoyed the morning which always captures a party atmosphere.

A group of people posing for a photo

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Lions Swimming Gala

Thank you to everyone who helped us with the Eastern Region Swimming Gala which we held at Westminster Lodge on Saturday June 1st.

We really were very grateful to you all.

A group of people posing for a photo

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Netball Tournament

On Sunday 30th June we attended the Omega Otters Para Netball Club Inclusive Netball Tournament in Hertford. Supported by Sue and our fabulous coach Lucy. Huge thanks to them both and our wonderful volunteer driver Paul Jeggo

A group of people posing for a photo

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A person holding a ball

Description automatically generatedA person wearing a medal

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Our group were split into various teams and Alison was the only one who was on the winning team and received a gold medal. Everyone had a great time and really enjoyed their day of netball

Golf

The golf sessions are in full swing for the summer on alternate

Saturdays 11-12.30pm.

Harpenden Common Golf Club, Cravells Road, East Common, Harpenden AL5 1BL.

For more information or to register, please get in touch with Rob directly.

Mobile: 07983 520088 Email: [robleonardpga@hotmail.co.uk](mailto:robleonardpga@hotmail.co.uk)

Golf clubs are provided

Please note this runs every other Saturday.

A group of people holding golf clubs

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Social Events

On Saturday 29th June we held our SOSA Disco at The Royston Club. Richard Sherwood did a fantastic job on the decks and got everyone up dancing the night away. Thank you to all who attended and huge thanks to Wendy who ran her tombola stall which everyone loves.

We also of course, said a sad “so long” to Chris who is leaving SOSA after 18 years. We will truly miss her but look forward to seeing her in the future as she has promised to volunteer at our competitions and other events.

Good luck for the future Chris

If you have any good photos taken at the disco and you are happy to share them, please could you send to [susanthurgood@everyoneactive.com](mailto:susanthurgood@everyoneactive.com)

Lions Swimming Gala

On 13th April our some of our swimmers will be attended the Lions Swimming Gala in Hitchin, as always, the organisers are very welcoming, and our swimmers all have a fantastic time. We also won the shield!

Thank you to Mike Cross our fantastic Friday swimming coach for all your help on the night.

Well done Team SOSA!

A person holding a plaque

Description automatically generatedA group of people wearing medals

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***A blue text with a heart

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I can honestly say that all the years of being involved in SOSA and recruiting volunteers we now have the best team! It hasn’t always been easy to recruit volunteers, believe me 😊

Your commitment is amazing and we are so grateful to you all for giving up your valuable time to help our athletes.

We wish you all a restful Summer and look forward to seeing you back in September

If you know anyone who would like to volunteer with us, then please do get in touch. We are happy to support the Duke of Edinburgh scheme for students too 😊

***DATES FOR DIARY:***

***2 athletics events coming up later in the year:***

***29th September Suffolk Regional Athletics, Bury St Edmunds***

***17th November National Indoor Athletics, Lee Valley***

***TERM DATES 2024*** *– Summer/Autumn*

**ATHLETICS**:

**Day: Monday** @ Abbey View Running Track/Westminster Lodge Sports Hall

**Time:** 5.30 to 6.15pm / 6.15 to 7pm (until 23rd September 6.30-7.15 and 7.15-8pm – outside 30th September back in the sports hall at earlier times)

**Sessions end:** 22nd July 2024

**Sessions start:** 9th September 2024

**NETBALL:**

**Day: Monday** @ Westminster Lodge Sports Hall

**Time:** 4.30 to 5.30pm

**Sessions end:** 15th July 2024

**Sessions start:** 9th September 2024

**BOCCIA:**

**Day: Tuesday** @ Westminster Lodge

**Time:** 5.45 to 6.45pm

**Sessions end:** 23rd July 2024

**Sessions start:** 10th September 2024

**SWIMMING:**

**Advanced Group:**  
**Day:** Friday @ Westminster Lodge  
**Time:**  6.15 - 7.15pm

**Sessions end:** 19th July 2024

**Sessions start:** 6th September 2024 (Group A)

**Sessions continue every week unless informed. This year they will stop during the summer holidays.**

**Saturday Session:**  
Day: Saturday @ Harpenden Pool  
Time: 4pm - 5pm

**Sessions end:** 20th July 2024

**Sessions start:** 7th September 2024

You will still be able to use the pool during the summer break but there will be no SOSA staff, only the usual pool staff.

All sessions are £6.00 and payable at the time of attending- correct money please. However, we, we would appreciate your payment by bank transfer where possible:

Bank details:

Special Olympics St Albans

Account No: 30644382

Sort Code: 20-05-73

Please can you notify Sue Thurgood if you intend to pay in this way in future – [susanthurgood@everyoneactive.com](mailto:susanthurgood@everyoneactive.com)

**Satellite Sports**

There are a number of other sports clubs that run disability sessions and, although these are not SOSA led, we are happy to provide contact details. These are:

Beginners swimming

Cricket

Football

Golf

Everybody Dance

Judo

Rugby

**Contact Details:**

Chris Ovenden Coordinator

Email: [christineovenden@everyoneactive.com](mailto:christineovenden@everyoneactive.com)

Mobile: 07885 770511

Sue Thurgood Administrator

Email: [susanthurgood@everyoneactive.com](mailto:susanthurgood@everyoneactive.com)

Mobile: 07739 974634

**Passport to Leisure and Daylight Club:**

Salpi Gulbekian Disability & Development Officer

Email: [Salpi@everyoneactive.com](mailto:Salpi@everyoneactive.com)

Mobile: 07762 595936

(Passport to Leisure is an over 18’s social group for those living with in the St Albans District only)

For more information, look at the SOSA website at [www.sostalbans.club](http://www.sostalbans.club)

There is a very active Facebook page which keeps you informed and posts updates if there are any changes to the scheduled sessions. Befriend us at “***Sosa St Albans”***.

Instagram @specialolympicsstalbans



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“Let me win but if I cannot win, let me be brave in the attempt