

## Eligibility

“Intellectual Disability” refers to substantial limitation in present functioning. An intellectual disability is characterized by significant limitations in intellectual functioning and adaptive behaviour as expressed in conceptual, social and practical adaptive skills. This exists concurrently with related limitations in two or more of the following applicable adaptive skill areas: communication, self care, home living, social skills, community use, self direction, health and safety, functional academics, leisure and work. All individuals two years of age or older with an intellectual disability have access to Special Olympic Ontario’s sport programs. Those with multiple disabilities are also eligible to participate, but one disability must be an intellectual one.

## Become an Athlete

If you are interested in joining Special Olympics Ontario, you must:

- **Contact Special Olympics Ontario** – Special Olympics Ontario is divided into 7 districts, each of which consists of many local community chapters. Special Olympics Guelph Wellington is part of South Central Ontario District and our local community council provides 19 Special Olympics teams in ten Sports year round. Kindly click on Getting Involved then Becoming an Athlete to register new athletes and volunteers using the following link:  
<https://www1.specialolympicsontario.com/get-involved/>
- **Decide which sport or club is best for you** – Our community, depending on the season, has more than one type of sport available. If you do not find the sport you are looking for in this brochure, please contact us for more information of sports in close by communities.
- **Complete your Athlete Registration Package** – Before you can participate as an athlete with Special Olympics Ontario, you must complete an athlete registration form. It includes the athlete’s emergency contact and medical information. The form must be completely filled out, signed and returned to the athlete registrar or head coach. For athlete safety purposes, a copy of this form is held by the head coach or team manager. Special Olympics Guelph Wellington requires a registration fee for participation with each team.
- **Contact the Head Coach / Team Manager** – Once you have decided, contact the head coach, team manager or club contact to arrange a visit to the program, actual start dates and to learn additional details such as required equipment &/or skill level.

For any and all inquiries about Special Olympics programs in Guelph Wellington please contact our local Data Administrator by email at [specialolympics.guelphwellington@sympatico.ca](mailto:specialolympics.guelphwellington@sympatico.ca) or telephone/text 519-827-5659



# GUELPH WELLINGTON SPECIAL OLYMPICS ONTARIO



LET ME WIN,

BUT IF I CANNOT WIN,

LET ME BE BRAVE IN THE ATTEMPT!

Sport (Season)	Details
Floor Hockey (Winter)	<b>Guelph Bunsmaster Rollers LEVEL B</b> <ul style="list-style-type: none"> <li>• Thursdays at 6:30-8pm</li> <li>• Holody Centre for Sports &amp; Recreation ARC Industries, 8 Royal Rd. Guelph</li> <li>• Season is November – February • Registration is \$75 for season</li> <li>• Contact Paul Turner at 519-843-2559 or Cheryl Bourque at <a href="mailto:cheryl.bourque@sympatico.ca">cheryl.bourque@sympatico.ca</a></li> </ul>
	<b>Guelph Junior Bunsmaster Rollers LEVEL C</b> <ul style="list-style-type: none"> <li>• Not Active</li> </ul>
Basketball (Spring)	<b>Guelph Basketball Team 1, Team 2 &amp; Team 3</b> <ul style="list-style-type: none"> <li>• Tuesdays from 6:30 - 10:00PM</li> <li>• St. James CSS GYM, 57 Victoria Road N</li> <li>• Season is October-April • Registration is \$75 for season</li> <li>• Contact Steve Redmond at 519-824-2169 or <a href="mailto:redmond841@sympatico.ca">sredmond841@sympatico.ca</a></li> </ul>
	<b>Guelph-Wellington Basketball Competitive Team 4 &amp; Recreation Team 5</b> <ul style="list-style-type: none"> <li>• Tuesdays from 6:30 - 8:00PM</li> <li>• Holody Centre for Sports and Recreation ARC Industries, 8 Royal Rd</li> <li>• Season is October-April • Registration is \$75 for season</li> <li>• Contact Heidi Hess at 519-362-1235 or <a href="mailto:hdmhess@gmail.com">hdmhess@gmail.com</a></li> </ul>
Bowling (Spring)	<b>Guelph 10 Pin Bowlers – Monday Night &amp; Wednesday Night Teams</b> <ul style="list-style-type: none"> <li>• 5 &amp; 10 Pin – Mondays at 6:30 pm</li> <li>• 10 Pin – Wednesdays at 6:30pm</li> <li>• Woodlawn Bowl, 253 Woodlawn Rd W, Guelph</li> <li>• Season is from September – April</li> <li>• Registration is \$25 plus additional fee each week TBD (includes shoes and 2 games)</li> <li>• Contact Kathy Mackenzie at 519-515-0353 or <a href="mailto:kmacken@rogers.com">kmacken@rogers.com</a></li> </ul>
Powerlifting (Spring)	<b>Guelph Muscle Powerlifting Club</b> <ul style="list-style-type: none"> <li>• Sessions as arranged</li> <li>• Season is year-round</li> <li>• Registration Fee depends on Facility membership cost</li> <li>• Contact John Rawson at 519-277-2568 or <a href="mailto:john407us@yahoo.com">john407us@yahoo.com</a></li> </ul>
Swimming (Spring)	<b>Guelph Dolphins Swim Club</b> <i>Group C (dependent in deep water), Group D (Adapt) &amp; Masters (Non-competitive) Fridays from 4:00-5:00 pm</i> <i>Group B (independent deep water) &amp; Group A (independent deep water &amp; competitive) Fridays from 4:30-5:30pm</i> <ul style="list-style-type: none"> <li>• Victor Davis Memorial Pool, Victoria Road Recreation Centre 151 Victoria Rd N, Guelph</li> <li>• Season is September to May</li> <li>• Registration is \$75 for season</li> <li>• Contact Leslie Quirk at 519-826-9766 or <a href="mailto:quirk@rogers.com">quirk@rogers.com</a></li> </ul>

Sport (Season)	Details
Swimming (Spring)	<b>Fergus Phantoms Swim Team</b> <ul style="list-style-type: none"> <li>• Tuesdays at 6:30pm</li> <li>• Centre Wellington Sportsplex, 550 Belsyde Ave E, Fergus</li> <li>• Season is September-April</li> <li>• Registration is \$75 for season</li> <li>• Contact Jerica Hamilton at 519-993-0200 or <a href="mailto:jhamilton_05@hotmail.com">jhamilton_05@hotmail.com</a></li> </ul>
Bocce (Summer)	<b>Guelph Bocce Rebels</b> <ul style="list-style-type: none"> <li>• Thursdays from 4-5pm</li> <li>• Holody Centre for Sports &amp; Recreation ARC Industries, 8 Royal Rd. Guelph</li> <li>• Season is October-May</li> <li>• Registration is \$75 for season</li> <li>• Contact Cheryl Bourque-Turner at 226-314-0841 or <a href="mailto:cheryl.bourque@sympatico.ca">cheryl.bourque@sympatico.ca</a></li> </ul>
Soccer (Summer)	<b>Guelph Special Olympics Soccer</b> <ul style="list-style-type: none"> <li>• Mondays from 6-7:30pm</li> <li>• Outdoor: John F Ross Sport Field, 245 Stevenson St N, Guelph</li> <li>• Indoor: Guelph Sports Dome, 375 College Ave W, Guelph</li> <li>• Outdoor Season is from June-August; Indoor Season September to May</li> <li>• Registration is \$75 for season</li> <li>• Contact Joe MacDowell at 226-500-0341 or <a href="mailto:joe@cbn.on.ca">joe@cbn.on.ca</a></li> </ul>
Track & Field (Summer)	<b>Guelph Olympians Track &amp; Field</b> <ul style="list-style-type: none"> <li>• Wednesdays from 6-7:30pm</li> <li>• St. James Track on Grange Rd. Guelph</li> <li>• Season is May-July</li> <li>• Registration is \$75 for season</li> <li>• Contact Lori Savage at 519-823-3207 or <a href="mailto:lsavage222@gmail.com">lsavage222@gmail.com</a></li> </ul>
Golf (Summer)	<b>Guelph Golf Team</b> <ul style="list-style-type: none"> <li>• Not Active</li> </ul>
Softball (Summer)	<b>Guelph Brave"s" Softball (Level) D Team</b> <ul style="list-style-type: none"> <li>• Mondays from 6-7:30pm</li> <li>• Sleeman Park, 105 Silvercreek Pky N Guelph</li> <li>• Season is May- July • Registration is \$75 for season</li> <li>• Contact Julie MacLean 519-267-2521 or <a href="mailto:julesmac78@outlook.com">julesmac78@outlook.com</a></li> </ul>
	<b>Guelph Rangers Softball (Level) C Team</b> <ul style="list-style-type: none"> <li>• Tuesdays from 6-7:30pm</li> <li>• Sleeman Park, 105 Silvercreek Pky N Guelph</li> <li>• Season is May-August • Registration is \$75 for season</li> <li>• Contact Kathy Mackenzie at 519-515-0353 or <a href="mailto:kmacken@rogers.com">kmacken@rogers.com</a></li> </ul>
	<b>Guelph Ravens Softball (Level) C-B Team</b> <ul style="list-style-type: none"> <li>• Thursdays from 6-8pm</li> <li>• Sleeman Park, 105 Silvercreek Pky N Guelph</li> <li>• Season is May-August • Registration is \$75 for season</li> <li>• Contact Julie MacLean 519-267-2521 or <a href="mailto:julesmac78@outlook.com">julesmac78@outlook.com</a></li> </ul>