

'Joy' sums up day

THE joy on their faces shows just how much enjoyment the Special Olympics Australia South Coast Club's recent come-and-try day gave to the people.

"Can I join now - why do I have to wait?," one person said at Sunday's event at the Dunn and Lewis Centre, Ulladulla.

"I love the uniform. I want to be on this team," another participant said.

Athletes from Special Olympics [SO] Australia, South Coast Club, plus volunteers and carers descended on the centre on Sunday and they were able to show many others why they should get involved with this wonderful sporting group.

"It was so good telling other people about all the things we have done," Amy Foot, a long-time athlete with SO South Coast said.

Amy got to show off all her medals and ribbons won over many years.

"I got two medals and I have only been in SO for a year. I love trying my best and competing against other people who play like I do," Jason Russell, another athlete, said.

Special Olympics South Coast is just a tiny club in the big wheel of Special Olympics Australia and SO International, a sporting organisation for people with intellectual disabilities.

Chair of South Coast Special Olympics, Kathy Godwin, said to the athletes,

parents and carers, that the club, and Special Olympics, offers a purpose in engaging in a sport.

She said the club's aim was to help athletes be the best they can be at their own level and to have fun and to stay healthy.

A total of 12 of the already registered SO athletes were

also in attendance to welcome the newcomers and show them what a fun family the club is and the possibilities open to athletes who join the group.

Liz Russell, a volunteer with SO, was instrumental in the organisation and running of this highly successful day.



Special Olympics Australia South Coast Club's come and try day. Picture supplied