



## SPECIAL OLYMPICS FORSYTH COUNTY Spring TRAINING SCHEDULE 2020

Now is the time for athletes and volunteers to call to register for the Winter/Spring training programs!!

The following training programs have been scheduled. All qualified athletes (school age and adult) are welcome to participate in these practices. Call 336-727-2425 or email [carliep@cityofws.org](mailto:carliep@cityofws.org) to register, you **must pre-register\*\*\*** before coming to the first practice. You must have a current physical and parent release on file before beginning practice.

**\*\*\* If you DO NOT PRE-REGISTER, you will NOT be able to participate in the first practice. If you DO NOT PRE-REGISTER you may be put on a waiting list if the sport reaches maximum capacity.**

SPORT	SITE	TRAINING	DAY/TIME
<b>Aquatics</b>	Kernersville YMCA	2/29/20-5/16/20	SAT- 12:00 pm- 2:00pm
<b>5-on-5 Basketball</b>	Miller Park Center	2/8/20-3/7/20	SAT- 10:00am- 12:00pm
<b>3-on-3 Basketball</b>	Miller Park Center	1/4/20-3/7/20 <ul style="list-style-type: none"> <li>• No Practice on 1/25/20 &amp; 2/1/20</li> </ul>	SAT- 10:00 am-11:00am
<b>Basketball Skills</b>	Miller Park Center	1/4/20-3/7/20 *No Practice on 1/25/20 & 2/1/20	SAT – 11:00 am – 12:00 pm
<b>Bowling</b>	Creekside Lanes	3/28/20-5/23/20	SAT 1:00pm-3:00pm
<b>Cheerleading</b>	Sedge Garden Recreation Center	1/11/20-3/21/20	SAT-10:00am- 12:00pm
<b>Equestrian</b>	Lazy Bee Ranch	April-November 2020	Call for Details
<b>Softball</b>	Hanes Hosiery	3/21/20-5/23/20	SAT-10:00 am-12:00 pm
<b>Track &amp; Field</b>	Hanes Park	3/21/20-5/23/20	SAT- 10:00 am-12:00 pm
<b>Unified Dodge ball</b>	Winston Salem State University	1/30/20-4/23/20	THUR. 5:00pm-7:00pm
<b>Volleyball</b>	Carter High School	Call for Details.	Call for Details.

Please note that Special Olympics Forsyth County provides these opportunities as serious (but fun) training sessions. Athletes are expected to attend practices on a regular basis.