

## ALREADY TRAINING

# Winter Sports

## Ice Speed Skating

Hershey Park Arena, Hershey (*Ice Training*)  
Sunday's 4:30 - 5:30pm  
Now - March 1

Mechanicsburg Church of the Brethren (*Dryland*)  
Tuesday's 7:00 - 8:00pm  
January 14 - March 3

## Floor Hockey

Susquenita Elementary School, Duncannon  
Wednesday's 6:30 - 7:45pm  
Now - March 4

Otterbein United Methodist Church, Carlisle  
Wednesday's 5:45 - 7:00pm  
Now - March 4

Newport Family Life Center, Newport  
Monday's 6:30 - 7:45pm  
Now - February 24

## Spring-Summer Sports

### Athletics (track and field)

Susquenita High School Track, Duncannon  
Sunday's 2:30 - 3:30pm  
March 22 - June 7  
(*There will be no training on April 12, and May 17 and 24*)

Upper Dauphin Area  
Sunday's 6:00 - 7:00pm  
March 29 - June 7  
(*There will be no training on April 12, and May 17, 24*)  
*For more information call Coach Mark at 717-580-32636.*



## Basketball

Central Dauphin East High School  
Sunday's 1:30 - 3:30pm  
February 9 - May 10  
(*There will be no training on April 12*)

Newport Elementary School, Newport  
Tuesday's 6:30 - 7:45pm  
February 18 - April 28

Otterbein United Methodist Church, Carlisle  
Monday's 5:45 - 7:00pm  
February 3 - April 27

## Equestrian

(*Currently Unavailable*)  
*If you are interested in Equestrian please E-mail Shannon at areamsports@specialolympicspa.org*

## Golf

Sportsman Golf Course, Harrisburg  
Monday's 6:00pm - Dark  
April 6 - August 31  
(*There will be no training on May 25*)  
(*Sportsman is in need of volunteers if interested please call the office 717-732-6756*)

Range End Golf Course, Dillsburg  
Tuesday's 5:30pm - Dark  
April 7 - September 8

## Gymnastics

Cumberland Gymnastics, Carlisle  
*Our Gymnastics program began training in the Fall of 2019 if you are interested in Gymnastics please contact Coach Kim Egger at 717-440-0635. The training schedule for this sport varies.*

## Softball

Turf Time Athletics, 419 High St., Carlisle  
Wednesday's 5:30 - 6:30pm  
March 4, 11, 18 and 25  
*This will be indoor conditioning training for the upcoming season.*

Mt Zion United Methodist Church, Enola  
Wednesday's 5:30 - 7:00pm  
April 1 - June 3

Village Park, Carlisle (*location may change*)  
Sunday's 2:00 - 4:00pm  
April 19 - June 7  
(*No training on May 10, 17 and 24*)

## Swimming

Milton Hershey School, Spartan Center, Hershey  
Saturday's 10 - 11am  
January 11 - May 16 & March 10 - May 19

Heiges Field House, Shippensburg  
Thursday's 6:00 - 7:00pm  
January 23 - April 30

West Shore YMCA, Camp Hill  
Sunday's 5:30 - 6:15 and 6:15 - 7:00pm  
Now - June 7  
(*No training March 29, April 5, 12 and May 10 & 24*)

*PLEASE CONTACT COACH KIM FOR SCHEDULED PRACTICE TIME AT 717-975-3837.*

## Tennis (*Location Pending*)

TENNIS INDOOR TRAINING  
Thursday's 6:00 - 7:00pm  
February 20 - March 26

TENNIS OUTDOOR TRAINING  
Tuesday's and Thursday's 6:00 - 7:00pm  
April 2 - June 4  
For location information check the Area M website or contact Coach Renee.

## Young Athletes

St. James Presbyterian Church, Mechanicsburg  
Saturday's 9 - 10am  
April 4 - May 23  
(*No session on April 18*)  
(*This program is designed for children with and without special needs, ages 2-7. This is non-competitive introduction to sports and sport skills.*)

**Special  
Olympics  
Pennsylvania**



*Special Olympics was created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities.*



*For sports contact information, or if you have questions you can: check our website: [www.sopam.org](http://www.sopam.org), email: [areamsports@specialolympicspa.org](mailto:areamsports@specialolympicspa.org) or call Shannon Pechart at 717-732-6756.*



# 2020 Special Dates

## Area M Ski Competition

Ski Roundtop, Wednesday, January 22

## 2019 Capital Area Polar Plunge

Gifford Pinchot State Park, Saturday, January 25

## Area M Floor Hockey Invitational

Susquenita Schools, Saturday, February 1

## Winter Games

Seven Springs Resort, February 9-11

## Valentine's Dance

CAIU, Friday, February 14 (6:30-8:45pm)

## Indoor Winter Games

York, March 7-8

## Area M Games

Messiah College, Thursday, April 16

## Central Spring Sectionals

St. Francis University, Sunday, April 26

Highmark Walk for a Healthy  
Community HACC, Saturday, May 16

## Area M Spring "THING"

Cumberland Valley HS, Sunday, May 17

## Summer Games

Penn State University, June 11-13

## SOPA Sports Camp

Bolivar, PA August 9-15

## SOPA Leadership Conference

The Penn Stater Friday, August 29-30

## End of Summer Dance & Sportswear Sale

CAIU, Friday, August 21 (6:30-8:45pm)