



MER Wave



January 2024

Here we are again starting 2024 with all sports returning to training, we have competitions a plenty and of course new experiences for all.



Don't forget to drop us a line or photo of a "high five moment", to melbourneeasterranges.newsletter@specialolympics.com.au so we can celebrate your achievements in the next copy of the "MER Wave"

We also would like to remind everyone all athletes and volunteers should have registered for 2024. If not or you have any questions please ask your coach for assistance as we would hate for you to miss an opportunity.

Editor, Sue Hartley

Reflection

LETR Gala Dinner Saturday 2nd December at 'Zinc' at Federation Square. Well worth the money. We had superb entertainment, excellent food and good company, so enjoyable. We danced and laughed the night away.



Dee and Michael our ALP reps showed us that even if you are nervous you can still do a great job. You should both be very proud of yourselves.



Our ALPS reps in December attended various LETR events. Experiencing the life of a police person as well as doing that ever important Torch Run.



I am sure they know that chant backwards by now. All these experiences continue to let our reps grow in confidence.

MER Awards & Disco Night



What a night to finish 2023, after a jam packed year with Interclub games, State games, World Games and a first All Inclusion Bocce-Australia--Special Olympics National Games in Sydney, we let our hair down and had a great time on the night, a packed night with DJ Alisha belting out great dancing music, great food and a big raffle with a 10kg Chocolate bar on auction.



Congratulations to Christine Williams winning the Lindsay Wilson Volunteer Award and Justin Williams for winning the Jane Glaisher Athlete Award on the night. A big thanks to all the winners that bought raffle tickets, and for the Action biddings on the night.



Another packed year awaits us, 2024, let's make it bigger and BETTER!

Thank you, Michael Migliaccio

MER fundraising



Do you have a great idea? As a committee we are always interested and would like to hear from you. Perhaps you would just like to assist with a fundraising event. Again let us know. Drop us a line.

Here is a great way to raise funds for any sports. All plastic bottles, all beer, soft drinks and other glass bottles and soft drink cans with a 10cents refundable on the back label. Our Bocce players have been busy collecting, these funds to go towards the Bocce-A-SO National Games in Perth June 2024 Check your closest collection point or Recycling depot to return or drop off your load. Knox Area:

Bayswater Recycling Depot - Drop off and Counting . 1/39 Corporate Boulevard Bayswater Tuesday to Friday 8am-4pm Saturday-Sunday 8am-1pm



Or Mitre 10 Deposit Machine 860 Mountain Hwy Bayswater - manual deposit machine.

Start collecting... tell your family, friends, your local club or anyone else to keep the containers for you!

Good Luck! Michel Migliaccio
Vice Chair and Bocce Coach

FACEBOOK

Join our group, Special Olympics - Melbourne Eastern Ranges MER facebook page - <https://www.facebook.com/profile.php?id=100088344894963>

To all registered members of Melbourne Eastern Ranges.

As 2023 drew to a close, several members of the Club Leadership Team were coming to the end of their tenure. These included our temporary Chair (Peter Fulcher-Meredith) and temporary Secretary (Sue Sizer). Both Peter and Sue belong to Dandenong Casey Titans but they jumped in to assist Melbourne Eastern Ranges to assist in the running of our club. We are sincerely thankful to both Peter and Sue for their valued and professional input to our club. However, both retired from both clubs at the end of 2023. Over and above the roles of Chair and Vice-Chair, we have vacancies for our Fundraising Coordinator, Social Media Coordinator, Volunteer Representative and Uniforms Coordinator. During 2023 the Club Leadership Team has endeavoured to secure new volunteers to fill all of these vacant roles but without success.

Therefore, a decision has been made, jointly with the State Office, that MER should proceed in 2024 by concentrating on sports-specific issues to ensure that our athletes continue to enjoy the best sporting experiences possible.

We therefore advise that our annual AGM has been postponed until further notice and will be reconvened when suitable candidates for the vacant positions have been identified.

Your ongoing contacts for issues arising are as follows.

Issue regarding your specific sport:

Coach or Team Manager for your Sport.

General issue regarding sport:

Theodora Niakolas

<<melbourneeasterranges.sport@specialolympics.com.au>>

Treasury issues:

Indika Kaluarachchi

<<melbourneeasterranges.treasurer@specialolympics.com.au>>

Membership issues: First talk to your Coach or Team Manager who may need to refer to Hamish Patterson <<MelbourneEasternRanges.Membership@specialolympics.com.au>>>

Uniform issues:

Coach or Team Manager for your Sport who may need to refer to Michael Migliaccio <<Melbourneeasterranges.bocce1@specialolympics.com.au>>.

All other issues:

Serene Tan – Special Olympics Australia

Reminder to all that this is the SOA code of conduct that we all should follow and respect

Everyone who takes part in training, playing or participating in activities should be aware of our Code of Conduct. A breach of this code may result in actions such as suspension, withdrawal from training/competition or expulsion.

At SOA, everyone including athletes, coaches, volunteers, officials, committee members, staff, families and supporters should:

- act within the rules and spirit of sport. – promote fair play.
- support opportunities for participation in sport.
- treat each person as an individual.

- show respect and courtesy to all involved including athletes, coaches, volunteers, officials, committee members, staff, families and supporters.

- respect the decisions of official, coaches and club administrators.

- ensure that SOA activities are conducted in a safe environment.

- respect the rights and worth of every person regardless of their age, race, gender, ability, cultural or linguistic background, sexuality or religion.

- support child-safe policies and procedures.

- act with integrity and objectivity and accept responsibility for your decisions and actions.

- act responsibly in relation to smoking and drinking alcohol at SOA training and competitions.

- not use any illegal drugs at SOA training and competitions.

- model good behaviour and not abuse, bully or threaten others.

Athletes

- I will play by the rules.
- I will respect myself and others.
- I will participate for my own enjoyment and benefit.
- I will speak in an encouraging and positive manner
- I will give my personal best at all times.

Coaches, Volunteers and Officials

- I will understand my role and responsibilities and ensure that I deliver on them
- I will be a positive role model.
- I will place the safety and welfare of athletes above all else.
- I will not make inappropriate physical, verbal or sexual advances on others.

– I will act honestly, in good faith and in the best interest of the sport I am involved with.

– I will resolve conflicts fairly and promptly through established procedures.

– I will comply with current SOA policies and procedures.

– I will conduct club responsibilities with due care, competence and diligence.

– I will maintain confidentiality with information gained in my role.

Families and Supporters

– I will remember that sport is for the enjoyment of athletes.

– I will focus on personal best performance, rather than winning or losing.

– I will never put down an athlete for making a mistake or losing a competition.

– I will positively support athletes in training and competition.

– I will model positive behaviour.

– I will respect the dignity of athletes, coaches, volunteers, officials, committee members, staff, families and supporters

– I will not pressure athletes in any way.

– I will appreciate volunteers and those who give up their time to enable sport to happen

SPORTS



Athletics Knox Date to be advised



Aquatics at Knox Leisureworks

Weekly Sunday (check your session with your coach)



Basketball at Nunawading Basketball Stadium refer to training

schedule attached



Bocce at Knox Italian Community Club, 99 Karoo Road Rowville refer to training schedule attached



Tennis In conjunction with All Abilities Ferntree Gully Tennis Club

Weekly Thursday 5.30-6.30pm



Ten Pin Bowling at Oz Ten Pin Chirnside Park weekly Saturday 9am refer to training schedule attached

Training schedules are available from your coaches, sport coordinator or can be accessed on our website.

Criteria for advancement to Club and State Games Competition

Fundamental Principle

Athletes of all ability levels have an equal opportunity to advance to the next higher-level competition provided that sport and event are offered at the next higher level of competition.

Training and competition must be in the same sport the athlete will participate in at the next level of competition. If additional events within that sport are available at the next level of competition, athletes must receive proper training.

1. Procedure

Eligibility for advancement

An athlete is eligible to be considered for advancement to the next level of competition provided the registered athlete has participated in the previous level of competition.

2. Club or Regional Competition

To be eligible for club or regional events an athlete must be registered with SOA, or a Sports club affiliated with SOA and must be 8 years of age on the first day of Competition. Also:

- Has been appropriately trained by a qualified coach in their respective sport (this is typically a minimum of 8 weeks but may vary depending on the training frequency and the ability of the athlete)
- Has the sports skills and physical fitness to be adequately prepared to compete meaningfully and safely before entering any club or regional competition.

Coaches should:

- Develop the athlete's sports skills and physical fitness.
- Prepare athletes adequately for competition.
- Regularly monitor and record athlete's performance.
- Ensure the scores/times/distance submitted on an athlete's entry form are true, accurate and current.

3. State Competition, annually or every 2 years

To be eligible for State Competition an athlete must be registered with SOA, or a Sports club affiliated with SOA and must be 8 years of age on the first day of competition. Also:

- Have competed in a minimum of 2 club or regional events prior to the state competition to obtain accurate entry information.
- Regularly trained with a qualified coach in the lead up to the event.
- Current and accurate Scores/Times/Distances are recorded and are submitted by the coach prior to competition.

Coaches should:

- Develop the athlete's sports skills and physical fitness.
- Prepare athletes adequately for competition.
- Regularly monitor and record athlete's performance.
- Ensure the scores/times/distance submitted on an athlete's entry form are true, accurate and current.

Note: To advance to National level competition all affiliate members must be full members of SOA at the time of the qualifying event that is nominated as a selection event for the National Games. E.g., State games

Glossary of Terms

Intra Club	A single event held within a club which may include a neighbouring club
Inter Club	A competition organised for the participation of multiple clubs
External provider	A partner organisation used to aid in the delivery of an event (this may be an affiliate)
Minimum Training Standards	**Minimum training standards: Athletes must reach a level where they have the necessary sports skills and physical fitness to be adequately prepared to compete meaningfully and safely before entering any club or regional competition. This is typically a minimum of 8 sessions under a qualified coach to enable an athlete to reach this standard.
GMS	Special Olympics Games Management System





Melbourne Eastern Ranges AS OF 15/12/23

2024 Basketball Training Schedule

Sundays Nunawading Basketball Stadium

C/D Grade - 1 to 2pm

A/B Grade - 2 to 3pm

4-Feb	Training - ALL	
11-Feb	Training - ALL	
18-Feb	NO Training	STATE GRADING DAY
25-Feb	Training - ALL	
3-Mar	NO Training	MIE ICT
10-Mar	NO Training	LABOUR DAY
17-Mar	Training - ALL	
24-Mar	Training - ALL	
31-Mar	NO Training	EASTER
7-Apr	NO Training	
14-Apr	Training - ALL	
21-Apr	Training - ALL	
28-Apr	NO Training	
5-May	Training - ALL	
12-May	NO Training	MOTHERS DAY
19-May	Training - ALL	
26-May	NO Training	
2-Jun	Training - ALL	
9-Jun	NO Training	KING'S BIRTHDAY
16-Jun	Training - ALL	
23-Jun	Training - ALL	
30-Jun	Training - ALL	
7-Jul	NO Training	STATE GAMES July 6-7th
14-Jul	Training - ALL	
21-Jul	NO Training	
28-Jul	Training - ALL	
4-Aug	NO Training	
11-Aug	Training - ALL	
18-Aug	NO Training	
25-Aug	Training - ALL	
1-Sep	NO Training	FATHERS DAY
8-Sep	Training - ALL	
15-Sep	NO Training	
22-Sep	Training - ALL	STATE GAMES Sept. 21st & 22nd
29-Sep	MER ICT	AFL GF
6-Oct	NO Training	NO COURTS
13-Oct	NO Training	NO COURTS
20-Oct	Training - ALL	
27-Oct	Training - ALL	
3-Nov	NO Training	CUP WEEKEND
10-Nov	Training - ALL	
17-Nov	NO Training	
24-Nov	Training - ALL	LAST TRAINING DAY
1-Dec		



*BOCCE



Special Olympics Australia

Melbourne Eastern Ranges

- N = No training
- T = Training
- F = Fun night
- C = Competition
- ? = TBC
- ☐ = Changes from last issue

Alternative dates being considered for State Games are:
Saturday 21 September 2023 -and-
Sunday 22 September 2023 both TBC

T	Fri,02-Feb-24	First training night - 2024
N	Fri,09-Feb-24	
T	Fri,16-Feb-24	
N	Fri,23-Feb-24	
T	Fri,01-Mar-24	
N	Fri,08-Mar-24	
N	Mon,11-Mar-24	Labour Day
C	Fri,15-Mar-24	MER I-C tournament
N	Sun,17-Mar-24	EC I-C tournament
N	Fri,22-Mar-24	
N	Fri,29-Mar-24	Good Friday
T	Fri,05-Apr-24	
C	Sat,06-Apr-24	MN I-C tournament-TBC
N	Fri,12-Apr-24	
T	Fri,19-Apr-24	
N	Thu,25-Apr-24	ANZAC Day
N	Fri,26-Apr-24	
T	Fri,03-May-24	
N	Fri,10-May-24	
T	Fri,17-May-24	
N	Fri,24-May-24	
T	Fri,31-May-24	
C	Sat,01-Jun-24	MIE I-C tournament-TBC
C	Thu,06-Jun-24	Special Olympics National
C	Fri,07-Jun-24	Bocce Tournament 2024
C	Sat,08-Jun-24	In association with Bocce
C	Sun,09-Jun-24	Australia
C	Mon,10-Jun-24	Kings Birthday - VIC
T	Fri,14-Jun-24	
N	Fri,21-Jun-24	
T	Fri,28-Jun-24	
N	Fri,05-Jul-24	
C	Sat,06-Jul-24	State Games-TBC
C	Sun,07-Jul-24	State Games-TBC
N	Fri,12-Jul-24	
T	Fri,19-Jul-24	
N	Fri,26-Jul-24	
F	Fri,02-Aug-24	
N	Fri,09-Aug-24	
T	Fri,16-Aug-24	Glow-in-the-dark Bocce
N	Fri,23-Aug-24	
T	Fri,30-Aug-24	
N	Fri,06-Sep-24	
T	Fri,13-Sep-24	
N	Fri,20-Sep-24	
N	Fri,27-Sep-24	Footy night
T	Fri,04-Oct-24	
N	Fri,11-Oct-24	Grand Final Holiday-TBC
T	Fri,18-Oct-24	
N	Fri,25-Oct-24	
T	Fri,01-Nov-24	
N	Tue,05-Nov-24	
N	Fri,08-Nov-24	
T	Fri,15-Nov-24	Melbourne Cup
N	Fri,22-Nov-24	
T	Fri,29-Nov-24	Last training night - 2024
N	Fri,06-Dec-24	

SOA Melbourne Eastern Ranges - Knox Italian Community Club
99 Karoo Road Rowville

New All Inclusive Bocce Fun Night Trial

Come and join us for a fun filled Bocce Night.

Pair up in doubles or triples on the night with a Friend, family member, or with one of our special bocce athletes and carers.

Friday 23rd February 2024 - \$3.00 Courts entry fee - 1st Trial only

If successful we will have a 6 week Competition Starting Friday 12th of April with 1st, 2nd and 3rd prizes on the final night

30.00\$ per person for the 6 week, covers court fees and Bocce balls, \$5.00 Snacks and Home made Pizza slices available on final night. Bar open to purchase drinks, Fundraising Special Raffle Prize drawn on final night, \$5.00 for 6 tickets available on games nights



Friday 23 February 2024 6.45pm registration - 7pm Start

Bring a friend to try Bocce, you don't have to be a special athlete

Contact Michael MER Bocce Coach - Mob 0419 330 977

Email: melbourneeasternranges.bocce1@specialolympics.com.au

Special Olympics Australia
Melbourne Eastern Ranges



Bringing sport, joy and inclusion to people with intellectual disability/autism



Come and Try Bocce... a non Strenuous and Fun Sport for All



Special Olympics Australia

Melbourne Eastern Ranges

MER Aquatics Training and Competition timetable 2024

Day	Date	Session 1 - 8:30 - 10:00	Session 2 - 10:00 - 11:00	No Training Training at the selected date and time		Comments	Changes since last issue
				T	T		
Sunday	28/1/2024	T	T	Start of Training for 2024			
Monday	29/1/2024			Start Term 1			
Sunday	4/2/2024	T	T				
Sunday	11/2/2024	T	T				
Sunday	18/2/2024	T	T				
Sunday	25/2/2024	T	T				
Sunday	3/3/2024			Labour Day Vic - No Training			
Sunday	10/3/2024	T	T				
Sunday	17/3/2024	T	T				
Saturday	23/3/2024			MER Inter-Club swimming tournament			
Sunday	24/3/2024			No Training			
Thursday	28/3/2024			Finish Term 1			
Friday	29/3/2024			Good Friday			
Sunday	31/3/2024			Easter Sunday - No Training			
Monday	1/4/2024			Easter Monday			
Sunday	7/4/2024	T	T				
Sunday	14/4/2024	T	T				
Monday	15/4/2024			Start Term 2			
Sunday	21/4/2024	T	T				
Sunday	28/4/2024	T	T				
Sunday	5/5/2024	T	T				
Sunday	12/5/2024			Mothers Day - No Training			
Sunday	19/5/2024	T	T				
Sunday	26/5/2024	T	T				
Sunday	2/6/2024	T	T				
Sunday	9/6/2024			Kings Birthday - No Training			
Sunday	16/6/2024	T	T				
Sunday	23/6/2024	T	T				
Friday	28/6/2024			Finish Term 2			
Sunday	30/6/2024	T	T				
Saturday	6/7/2024			State games - TBC			
Sunday	7/7/2024			State Games - TBC			
Sunday	14/7/2024	T	T				
Monday	15/7/2024			Start Term 3			
Sunday	21/7/2024	T	T				
Sunday	28/7/2024	T	T				
Sunday	4/8/2024	T	T				
Sunday	11/8/2024	T	T				
Sunday	18/8/2024	T	T				
Sunday	25/8/2024	T	T				
Sunday	1/9/2024			Fathers Day - No Training			
Sunday	8/9/2024	T	T				
Sunday	15/9/2024	T	T				
Friday	20/9/2024			Finish Term 3			
Sunday	22/9/2024	T	T				
Friday	27/9/2024			Likely Public Holiday before AFL Grand Final			
Sunday	29/9/2024			AFL Grand Final - No Training			
Sunday	6/10/2024	T	T				
Monday	7/10/2024			Start Term 4			
Sunday	13/10/2024	T	T				
Sunday	20/10/2024	T	T				
Sunday	27/10/2024	T	T				
Sunday	3/11/2024	T	T				
Tuesday	5/11/2024			Melbourne Cup			
Sunday	10/11/2024	T	T				
Sunday	17/11/2024	T	T				
Sunday	24/11/2024	T	T				
Sunday	1/12/2024	T	T	Last training day for 2024			
Friday	20/12/2024			Finish Term 4			

Note

1. No training on Sundays following Inter-Club Aquatics tournaments; dates to be confirmed
2. State Games dates to be confirmed; may be only one day (Saturday)

Special-Olympics-Australia--Victoria
 Melbourne Eastern Ranges Club
 2024-Tenpin-Bowling-Training-&-Event-Schedule

Date	Time	Event and/or Location
13 January 2024	0900	Training @ Oz-Tenpin Chirside Park
20 January 2024	0900	Training @ Oz-Tenpin Chirside Park
27 January 2024	0900	Training @ Oz-Tenpin Chirside Park
3 February 2024	0900	Training @ Oz-Tenpin Chirside Park
10 February 2024	0900	Training @ Oz-Tenpin Chirside Park
17 February 2024	0900	Training @ Oz-Tenpin Chirside Park
24 February 2024	0900	Training @ Oz-Tenpin Chirside Park
2 March 2024	0900	Training @ Oz-Tenpin Chirside Park
9 March 2024	0900	Training @ Oz-Tenpin Chirside Park
16 March 2024	0900	Training @ Oz-Tenpin Chirside Park
23 March 2024	0900	Training @ Oz-Tenpin Chirside Park
30 March 2024		No Bowling - Easter Saturday
6 April 2024	0900	Training @ Oz-Tenpin Chirside Park
13 April 2024	0900	Training @ Oz-Tenpin Chirside Park
20 April 2024	0900	Training @ Oz-Tenpin Chirside Park
27 April 2024	0900	Training @ Oz-Tenpin Chirside Park
4 May 2024	0900	Training @ Oz-Tenpin Chirside Park
11 May 2024	0900	Training @ Oz-Tenpin Chirside Park
18 May 2024	0900	Training @ Oz-Tenpin Chirside Park
25 May 2024	0900	Training @ Oz-Tenpin Chirside Park
1 June 2024	0900	Training @ Oz-Tenpin Chirside Park
8 June 2024	0900	Training @ Oz-Tenpin Chirside Park
15 June 2024		No Bowling - Melbourne Tenpin Cup Chirside Park
22 June 2024	0900	Training @ Oz-Tenpin Chirside Park
29 June 2024	0900	Training @ Oz-Tenpin Chirside Park
6 July 2024	0900	Training @ Oz-Tenpin Chirside Park
13 July 2024	0900	Training @ Oz-Tenpin Chirside Park
20 July 2024	0900	Training @ Oz-Tenpin Chirside Park
27 July 2024	0900	Training @ Oz-Tenpin Chirside Park
3 August 2024	0900	Jade Andrews Memorial Day @ Chirside Park - Purple Day
10 August 2024	0900	Training @ Oz-Tenpin Chirside Park
17 August 2024	0900	Training @ Oz-Tenpin Chirside Park
24 August 2024	0900	Training @ Oz-Tenpin Chirside Park
31 August 2024	0900	MER Club Games @ Oz-Tenpin Chirside Park
7 September 2024	0900	Training @ Oz-Tenpin Chirside Park
14 September 2024	0900	Footy Colours Day @ Oz-Tenpin Chirside Park
21 September 2024	0900	SOV State Games @ tba
22 September 2024	0900	SOV State Games @ tba
28 September 2024		No Bowling - AFL Grand Final
5 October 2024	0900	Training @ Oz-Tenpin Chirside Park
12 October 2024	0900	Training @ Oz-Tenpin Chirside Park
19 October 2024	0900	Training @ Oz-Tenpin Chirside Park
26 October 2024	0900	Training @ Oz-Tenpin Chirside Park
2 November 2024	0900	Training @ Oz-Tenpin Chirside Park
9 November 2024	0900	Training @ Oz-Tenpin Chirside Park
16 November 2024	0900	Training @ Oz-Tenpin Chirside Park
23 November 2024	0900	Training @ Oz-Tenpin Chirside Park
30 November 2024	0900	Training @ Oz-Tenpin Chirside Park
7 December 2024	0900	Training @ Oz-Tenpin Chirside Park
14 December 2024	0900	Family Day @ Oz-Tenpin Chirside Park
Contacts	Phone Numbers	Email
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Noel Medson	0424-363-558	medsonnd@gmail.com
Sarah Chaplin		
Dee Rivas	0403-530-994	melbourneeasternranges.bowling@specialolympics.com.au