

# CUSR ATHLETES OF THE MONTH

Each week our athletes are nominated by their coaches for outstanding practice, support for their peers, and everything in between. Congratulations to the following athletes!



## **Amy Irwin: Oct 3-7**

Amy competes in Mustang Track & Field and Mustang Aquatics. She always has a smile on her face and you'll always catch her cheering on her teammates. Keep up the great work, Amy! We can't wait to see you back in the pool in just a couple months!



## **Steven Curin: Oct 10-14**

Steven began competing with CUSR in 2013 and has continued to bring our teams continuous laughter and smiles. He has a contagious, fun-filled attitude and we can't wait to hear his next joke!



## **B.J. Mendenhall: Oct 17-21**

B.J. has been competing with CUSR Mustangs since 2013. He currently competes in Modified Volleyball and Bowling. B.J. always has a great attitude and is such a fun teammate to be around.



## **Beth Annin: Oct 24-28**

Beth has been participating in Bowling with CUSR since 2013. She always comes ready to bowl her best game and cheer on her friends. Way to go, Beth!

*Let me win. But if I cannot win, let me be brave in the attempt. – Special Olympics Athlete Oath*

# NOVEMBER NEWSLETTER



## SPECIAL OLYMPICS IMPORTANT DATES

There are no important dates for Special Olympics this month....but have you registered for the CUSR Cupcake 5K?!



**Special Olympics**  
Illinois

### CONTACT US

MONDAY-FRIDAY 8AM-5PM

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## SPECIAL EVENTS

### CUSR Cupcake 5K!—All Ages

*Parkland College Campus*

Sunday, November 13<sup>th</sup>

Race starts at 9:00am

**\*\*\*All proceeds benefit the  
CUSR Scholarship Fund\*\*\***

### Crafting: Holiday Cards—14+

*Hays Recreation Center*

Monday, November 14<sup>th</sup>

6:00-7:30pm

### Friendsgiving—14+

*Hays Recreation Center*

Tuesday, November 15<sup>th</sup>

6:30-7:30pm

### Winter Wonderland Ball—18+

*Hays Recreation Center*

Saturday, December 3<sup>rd</sup>

6:00-8:30pm

### Drop & Shop—7-13

*Spalding Recreation Center*

Thursday, December 8<sup>th</sup>—5:30-8:30pm

Saturday, December 17<sup>th</sup>—11:30am-2:30pm

Check out the CUSR Program Guide for even more fun activities!



## STAFF OF THE MONTH

### JACY SPOONEMORE

I spend most of my free time with friends and family. I grew up around sports and have really enjoyed keeping up with the Cubs in the World Series! CUSR has been very eye-opening to me and has helped me figure out what I want to do in my future. I am now planning to go back to school next fall to get a degree in therapeutic recreation.