



## Upcoming Events

Early September: At-home training for several Fall sports begins

October 3: Eastern Fall Sectional - VIRTUAL

November 6-8: Fall Festival - VIRTUAL

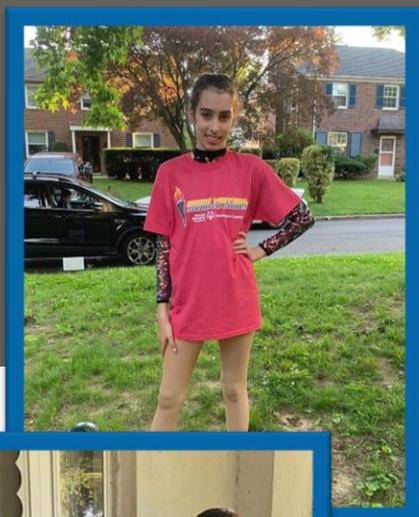
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*Couple of swimmers showing off the new VSG shirts!*



*Walking Club Fall 2020!*

## “Virtual Games, Real Memories” – Virtual Summer Games a Success

Indoor Winter Games, **cancelled**. Spring Sectionals, **cancelled**. Delco Invitational, **cancelled**. Summer Games, can....**VIRTUAL!**

In SOPA’s first major foray into virtual activities, they did an awesome job. It is not an easy task to replicate the experience that Penn State provides every year, but SOPA was able to provide a *uniquely 2020 experience*. Everything from Opening Ceremonies to Olympic Village to Healthy Athletes was offered virtually. Athletes were able to compete in a series of challenges, submit their scores, and be recognized throughout the weekend long event. Athletes even got nifty shirts (see pictures above). For those interested in checking out what was offered, check out SOPA’s website [here](#).

I am also proud to announce that Delaware County had one of the **HIGHEST** participation rates throughout the entire state (81 athletes participated). Because of that, we are saving on registration fees for 2021. Win-Win! That is truly a testament to our athletes and coaches. Go Delco!

“Let me win, but  
if I cannot win,  
let me be brave in  
the attempt.”

## Staying Active during Covid-19

In addition to our Walking Club (detailed below) AND our At-Home Fall Sports Training (also detailed below), Delaware County has offered multiple other options to stay active including:

- **Calisthenics with Coach Gene** from basketball has been a success! This weekly program is ongoing. If interested, reach out to Gene at [gensdelaney32@gmail.com](mailto:gensdelaney32@gmail.com).
- After a 3 week run, **Dance Party with Coach Kristen** from bocce is taking a break. It was fun while it lasted, but time to focus on bocce!
- **YOGI Monday’s** hosted by **Coach Helen** from volleyball brought a new dimension to our training! More to come in this arena.
- If you are looking to stay active on your own time, request a resistance band [here](#).

Stay safe and stay active! We will get through this!

## Fall Sports Update

We’re getting used to this virtual thing! Delaware County is offering three (3) of our typical Fall sports as “At-Home” options this season. Some of these have already started, while some are starting very shortly. These trainings will be 100% virtual and held via Zoom with your familiar coaches. Sectionals will be held October 3<sup>rd</sup>, while Fall Fest is Nov 6-8<sup>th</sup>. Training options include:

- Volleyball with Coach Sue
- Volleyball with Coach Ann
- Soccer with Coach Steve
- Bocce with Coach Mary

If you haven’t already registered, please do so by contacting [register.sopadelco@gmail.com](mailto:register.sopadelco@gmail.com). You will need an active medical on file.

## Walking Club a Hit!

Yet again, our awesome volunteers stepped up to the plate and knocked it out of the park!

Once SOPA gave the go-ahead for in-person training to return, we were left scratching our heads due to all the limitations associated with the “Return to Activities” plan. Protocol in Phase B of the plan included temperature screening, social distancing, mask wearing, no high risk participation, **a max of 10 participants**, and much more. How were we going to be able to make it safe? Would athletes want to get back to in-person training? Who is going to lead the charge?

Enter Christine and Tom Barnes! They have worked hard to put together a SAFE environment for athletes to walk, talk, and get some exercise at Merry Place in Havertown.

Due to their hard work, we were approved for Phase C, which allows us to double the amount of participants to 20! We all know how important it is for our athletes to see each other, and our Walking Club has done just that!

To sign up for the club, go [here](#). Remember, spots are limited. Athletes **MUST** have an active medical on file to participate.



Check out our [website](#) to find out more information!



Connect with us on [Facebook](#)!



Follow us on [Instagram](#)!



Help [support](#) our program by donating or volunteering!

## Athlete Kelly Unangst up for Challenge of Rebooting Delco's ALT

I am very excited to announce the reboot of Delaware County's Athlete Leadership Team (ALT) under the leadership of athlete Kelly Unangst. Kelly has been appointed Chair of ALT, and is starting her search for new members. If you have interest, or know an athlete who may be a good fit, feel free to reach out to Kelly or myself.

Kelly was also recently appointed to SOPA's Southeastern PA Regional Input Council. She went through a rigorous interview process and came out 1 of only 6 athletes who will be representing our section of the state!



Kelly competes in softball, soccer, floor hockey, and more.

Congrats Kelly! And good luck!

## SOPA Delco Needs Your Help!

Do you have interest in **maintaining social media accounts for our delegation**? We are looking for somebody who has knowledge across multiple platforms and that can take our social media presence to the next level. If you have any interest in getting involved, please reach out to the program manager.

As a reminder, our program relies entirely on donations of time and money to operate. Neither the athletes nor families pay any fees to train or compete. All funding comes from fundraisers or voluntary contributions from individuals, businesses, corporations, and foundations.