

Thunder Newsletter



Club Introduction

Rolling Thunder Special Needs Program is one of the first inclusive running clubs in the USA for all athletes. Founded in 1998 by Steve Cuomo, the Rolling Thunder Special Needs Program (RTSNP) is a one of a kind nonprofit (501c3) organization dedicated to providing challenged individuals with the opportunity to successfully participate in all levels of mainstream running, walking, or wheelchair racing. We are a member of Long Island Track and Field, and its parent organization, USA Track and Field.

What else makes Rolling Thunder unique? The entire family can exercise and improve their physical fitness at the same time in the same place! Several families are members of Rolling Thunder Special Needs Program. Parents and siblings of challenged individuals become acquainted, share experiences, and may become great friends.

Mission Statement

Rolling Thunder was established in November 1998. We are a non - profit organization set up to mainstream athletes who are developmentally disabled or have other special needs. We are a running and walking club set up specifically for these athletes. We stress important values; such as, **Courage, Honesty, Integrity, Responsibility, Persistence and Loyalty**. These are all qualities that are needed to be successful in life. Our goals are simple; **Inclusion, Independence and Choice**. Through running, we hope to build up the athletes' confidence and self - esteem. This will enable them to become more independent in their everyday lives and improve the quality of their lives. We achieve this through participation in mainstream running and walking events. We are the first club set up with these purposes in mind. We are members of USA Track & Field. There is no charge to our athletes. The organization covers athletes' expenses from shoes and clothing to race entries, association memberships, transportation, and anything else required for their participation in these events.

Contents

Page

Club Introduction	1
Mission Statement	1
Athletes Corner	2
Coaches Corner	2
MSHSL State Track Meet	2
Thunder Corner	3
USATF & USATF Minnesota Hist.	3
USATF Minnesota Summer Meet	3
Upcoming Practices	4
Upcoming USATF Meets	4
Contact Us	4

NOT PICTURED

Athletes Corner

Zachary Rice, Rolling Thunder Athlete

Zachary Rice has been with the program just a little under a year. From the moment Zachary has joined the program he has come prepared and ready to work hard each practice. He is an amazing athlete amongst other athletes on the team. He has shown what it truly means to overcome obstacles and drive to success. "Since I met Zachary he's been nothing but positive and great athlete but not just an athlete, he's someone fun and positive to hang out with. I am happy to have Zachary on the Rolling Thunder Team." – Coach Braun

Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we made of. This is what we do. This is what we do. This is what it's all about

Coaches Corner

Pol Van Winkel, Technique Coach

Pol is an outstanding coach, not only is he an outstanding coach. He has been an athlete himself. Being on the Belgium Team himself representing his very own country in the Paralympic Games. Pol has touched many lives of athletes and currently to this day is currently doing so. Pol has been involved with Rolling Thunder Special Needs Program as a Coach and Board Member. He is a living example of a great coach and Paralympian athlete. With his support athletes have learned the basics and technique of wheelchair racing. "Without Pol's continued support as a coach, athletes wouldn't be where they are today" – Coach Braun

2017 MSHSL State Track Meet

A Brief MSHSL History.....

The Minnesota State High School League was first organized in 1916 as the State High School Athletic Association. Its primary purposes were (1) to promote amateur sports and (2) to establish uniform eligibility rules for interscholastic contests.

In 1929 it broadened its scope by including all interscholastic athletic activities and added speech and debate. At that time, the name was changed to the Minnesota State High School League. Music was added in 1965 and Girls Athletics in 1969.

The League has existed as a nonprofit, voluntary association of the public high schools since its inception. In 1960, it was officially incorporated under the laws of the State of Minnesota as a nonprofit corporation.

As of Today 2017.....

MSHSL State Track Meet was a success as it is every year. Very well attended with supporting families, friends and relatives. State records were being broken as well as being set for the very first time. MSHSL State Track had three male and one female athlete(s) competing in the wheelchair division. 1 out of the 3 male athletes is a current Rolling Thunder athlete. Congrats to Peyton Gunnerson, Rolling Thunder athlete on his first place in the 100m, 200m, and the 800m races. Congrats to Peyton's fourth place in the discus as well. Congrats to Lilly Stiernagle, Rolling Thunder athlete her first place in the 100m, 200m, 800m. Congrats to Lilly in coming in first place for the shot as well. Congrats to Lilly on her first place in the shot put as well. Congrats to all Rolling Thunder athletes at the MSHSL State Track Meet.



USATF & USATF Minnesota History

USA Track & Field (USATF) is the National Governing Body for track and field, long distance running and race walking in the United States. USATF is a volunteer-driven, not-for-profit organization with a staff of professional program administrators at the National Office in Indianapolis. The mission of USATF is to foster sustained competitive excellence, interest, and participation in the sports of track & field, long distance running and race walking.

The Minnesota Association is the local branch of USATF and is a non-profit 501(c)(3) organization which depends on the support of its members to run its many programs and services. USATF Minnesota consists of its individual members, member clubs, supporters and sponsors. It is managed by a Board of Directors made up of the four officers, the Committee Chairs (who are appointed by the President), and the member Club Representatives. If you have a USATF registered club, you are entitled to have a representative on the Board who will in turn have a vote on all matters that come before the Board. All individuals are welcome to attend Board meetings at any time. Board meetings are currently being held in odd numbered months. Check the calendar for the next meeting location and time. You can call the USATF Minnesota office at 651-330-8847 if you need directions.

USATF Minnesota Summer Meet #1

On Tuesday June 20th, 2017, Rolling Thunder athletes were able to attend and compete at the USATF Minnesota Summer Meet #1 out of 5 meets held throughout the summer. As Rolling Thunder athletes were in attendance and competing Rolling Thunder athletes were able to set Personal Best times. Rolling Thunder athletes such as Zachary Rice, Brian MacIntyre, Victoria Palomares, Sebastien Augustin and Macario Palomares. Congrats athletes!

THUNDER Corner

Rolling Thunder Board of Directors would like to recognize athletes and their accomplishments, whether that be Hitting a standard, setting a Personal Best, hitting a Personal Record in a Track Meet or Simply showing the core values of the program such as Courage, Honesty, Integrity, Responsibility, Persistence and Loyalty.

Zachary Rice
 Personal Best
 100m | 15.98
 200m | 48.87
 800m | DNF
 Shotput | 4.67m

Brian MacIntyre
 Personal Best
 100m | 20.40
 200m | 1:04.64
 Shotput | 5.27m

Victoria Palomares
 Personal Best
 100m | 25.20
 200m | 1:00.46

Sebastien Augustin
 Personal Best
 *100m | 22.09
 *200m | 1:03.24
 800m | DNF

*Sebastien has crushed the National A & B Standard in the 100m
 *Sebastien has hit the Non – Classed Standard in the 200m

Macario Palomares
 Personal Best
 *100m | 29.99
 *200m | 1:00.03
 800m | 4:13.78
 Shotput | 3.51m

*Macario has crushed the National A & B Standard in the 100m
 *Macario has crushed the National B Standard in the 200m

Rolling Thunder Special Needs Program Inc.

5308 Clifton Drive
Mounds View, Minnesota 55112
763.780.2978
wcbraun@msn.com

Find us on the Web:
www.rtsnp.org/minnesota.htm

Upcoming Practices

For parents that are not aware, We are not inside anymore we are now outside, YAY!!
Minnetoka High School
18301 MN-7
Minnetonka, Minnesota 55345
Sunday June 25th, 2017 | 6:00 PM – 8:00 PM
Sunday July 9th, 2017 | 6:00 PM – 8:00 PM
Sunday July 16th, 2017 | 6:00 PM – 8:00 PM
Sunday July 23rd, 2017 | 6:00 PM – 8:00 PM
Sunday July 30th, 2017 | 6:00 PM – 8:00 PM
Sunday July 6th, 2017 | 6:00 PM – 8:00 PM

Upcoming USATF Minnesota Summer Meets

Tuesday, June 27, 2017 | USATF Minnesota [Summer Track & Field Meet #2](#), East Ridge High School, Woodbury
Tuesday, July 11, 2017 | USATF Minnesota [Summer Track & Field Meet #3](#), St. Louis Park High School, St. Louis Park
Tuesday, July 18, 2017 | USATF Minnesota [Summer Track & Field Meet #4](#), East Ridge High School, Woodbury
Tuesday, August 1, 2017 | USATF Minnesota [Summer Track & Field Meet #5](#), St. Louis Park High School, St. Louis Park

Rolling Thunder Special Needs
Program Inc.
5308 Clifton Drive
Mounds View, Minnesota 55112



[Recipient Name]
[Street address]
[Address 2]
[City, ST ZIP Code]