



It's Time to Shine!

Questions?

- Please contact Heidi Klewicki at (516) 293-2016, x5619 or hklewicki@citizens-inc.org.

Join a Local Sports League Dedicated to Competition, Exercise and Good Sportsmanship!

Who We Are

ComeUnity Sports is a competitive training and exercise program for adults with intellectual and developmental disabilities – our STARZ. Each of the STARZ overcomes tremendous personal obstacles to be a part of our teams, and we celebrate the opportunity to come together and play.

What We Offer

We offer skiing, bowling, basketball, track, softball and bocce. Family members, employees, volunteers and the STARZ join community partners for excellent training sessions and competitive events in and around Nassau County.

Commitment to Health

Our ComeUnity Sports coaches recognize one of the greatest challenges we all face is incorporating routine exercise into our otherwise sedentary lives to stay physically fit. The STARZ clubs promote safe athletic movement by incorporating years of professional training and experience.

Friendly and Fun Competition

ComeUnity Sports is competitive in all areas. We strive to create opportunities for friendly competition with our community partners. The STARZ clubs practice good sportsmanship in victory and defeat. We emphasize the value of each learning experience over the outcome of the game.



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Register for the 2017 season!
Spots are limited and will sell out.



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Registration Fees

Basketball

**The United Methodist Church of Hempstead
and Maria Regina Catholic Church in Seaford**
\$50

Eight weeks of training and three competitive events from February–June.

Bocce

Hicksville Fire Station #3
\$25

Two competitive events in September and October. Bocce players may use the STARZ practices at the Hicksville Fire Station #3 for eight weeks of practice.

Bowling

AMF, Ultra and Maple Lanes
\$25

Two competitive events in March and April. Bowlers may use ComeUnity Recreation Bowling Groups for eight weeks of practice.

Skiing

Windham Mountain, NY
\$150

Two training weekends and one racing event in March.

Softball

East Meadow High School
\$60

Eight weeks of training and four competitive events.

Track and Field

East Meadow High School
\$25

Eight weeks of training and one competitive track event in June.

Registration fees help to cover the cost of team apparel, awards, coaching support and competition.

Our Sponsors

We thank our generous sponsors for their tremendous support.

The Slomo and Cindy Silvian Foundation, Inc.



Starz Registration Form

Spots are limited and will sell out! Reservations are made on a first-come, first-served basis. You must be 18 or older to register. Please answer all questions on the form and send it together with your check or money order. Make checks payable to: **CITIZENS**

Please send this completed form with payment and the below requested documents to:

**Heidi Klewicki, Citizens Options Unlimited, 115 East Bethpage Road,
Plainview, NY 11803**

Amount of fees sent in with this form: \$

Questions?

► Please contact **Heidi Klewicki** at (516) 293-2016, x5619 or hklewicki@citizens-inc.org.

First Name

Last Name

Address

Phone

Email

Parent/Guardian

Residential Agency

House Manager

Date of Birth

Photo Release ☐ Yes ☐ No

I authorize AHRC Nassau and/or AHRC Foundation and its related entities (Brookville Center for Children's Services and Citizens) to use or disclose information about me including my name, program name, photographs or other likenesses and other information as needed and appropriate for training, fundraising, educational, advertising, promotional and publicity purposes.

Medical Release ☐ Yes

In the case of an emergency where we are unable to reach the Parent or Guardian, authorization is hereby granted to Citizens Options Unlimited, Inc. representatives to bring

Participant Name (Please print)

to the doctor or hospital for treatment.

Parent/Guardian Signature (Permission is given to participate by signing)

Annual Physical

A copy of your most recent annual physical must be included with this form and payment.

IPOP

If you have an Individual Plan of Protection, it must be included with your registration materials.