

For immediate release  
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## **One Year to Go to the 2008 BC Summer Games**

Exactly one year from tomorrow, as many as 3700 athletes, coaches, managers, and officials from across BC will parade in at the Opening Ceremony for the Kelowna 2008 BC Summer Games. Now is the time athletes in your community are starting their journey to compete at BC's largest multi-sport event.

The BC Summer Games showcase BC's best young developing athletes. With an average age of 14 years old, these athletes represent the next generation of Canada's elite athletes. The BC Summer Games provide a unique opportunity for athletes to experience provincial competition in a multi-sport Games setting taking the first step towards the national and international stage.

Competition will take place over four days in sports such as Athletics (including athletes with a disability), Basketball, Lacrosse (including the introduction of Box Lacrosse to the Games), Rugby (back is competition for girls after a year's absence), Sailing, Soccer and Softball, to name a few. The Host Zone, Thompson-Okanagan which finished 4<sup>th</sup> in medals at the 2006 BC Summer Games, will be trying to defend gold medals in events such as Athletics (Special Olympics) – Female 200 Metres and Long Jump, Softball – Boys, Volleyball (Beach) – Boys, and Volleyball (Indoor) – Girls. A complete list of sports can be found at the BC Games website – [www.bcgames.org](http://www.bcgames.org).

Athletes who are interested in competing at the BC Summer Games should visit the BC Games website to find out the age group in their sport and a contact person near them. With **One Year to Go**, now is the time athletes are starting to train for the chance to represent their zone and compete against the best in the province.

"Kelowna has set a motto for itself and a vision to do its *Personal Best*", states Ron Rubadeau, President of the Kelowna 2008 BC Summer Games. He adds, "What we are hoping for the athletes is that they have their personal best. Whether they receive the Gold medal or come in 25<sup>th</sup> place, we will do everything possible to ensure that they have their personal best. And that's the standard that we are setting for our volunteers, for our corporate partners, for every single person involved in the 2008 BC Summer Games – for them to have their absolute *Personal Best*. We are working towards that goal, and we have no reason to believe that this won't be achieved."

Kelowna has first-class sport facilities, and a wealth of volunteer experience. The Kelowna 2008 BC Summer Games will prove to be a memorable event for BC's best developing athletes, coaches, and officials from July 24-27, 2008.

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