



Special Olympics
Iowa

Special Olympics Iowa Newsletter

“LET ME WIN. BUT IF I CANNOT WIN,
LET ME BE BRAVE IN THE ATTEMPT.”

Hawley and Warren win gold at World Games in Athens

Special Olympics Iowa athletes Mary Beth Hawley of Bettendorf and Mike Warren of Marshalltown recently had their dreams come true by competing in the Special Olympics World Summer Games in Athens, Greece. They joined more than 7,000 athletes from 180 nations competing in 22 Olympic-type sports.

Together they brought home four medals, and one 4th place ribbon. Mike won gold in the 10,000 Meter Run, a bronze medal in the 5,000 Meter Run and a 4th place ribbon in the 4 x 400 Relay. Mary Beth won a gold medal in the 400 Meter Walk, and a silver medal in the 800 Meter Walk.

Sgt. Jana Rooker, Polk County Sheriff’s Office and Kris Weitzell, Iowa Department of Corrections, were part of the Torch Run with the Olympic “Flame of Hope.”



Mary Beth Hawley & Mike Warren

August 2011
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Traditional Programs

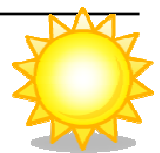
Mark your calendars now for these important AREA COACHES MEETINGS

Please attend your Area Coaches Meeting where you will hear about new events and important updates in our program. If you are unable to attend, please make sure your facility has some representation. If you have questions, please contact Rhonda Schwarzkopf at 515-986-5520 or at rschwarzkopf@soiowa.org.

<u>AREA</u>	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
Central	09/06	6:30 p.m.	Fisher Community Center, Marshalltown
East	08/24	6:00 p.m.	North High School, Davenport
East Central	08/31	6:00 p.m.	Ambroz Recreation Center, Cedar Rapids
North	09/06	6:30 p.m.	Family YMCA, Forest City
North Central	09/01	6:30 p.m.	Starlight Village, Ft. Dodge ,
Northeast	09/08	6:00 p.m.	St. Patrick’s Parish Center, Cedar Falls
Northwest	09/06	3:30 p.m.	West Middle School, Sioux City
	09/06	7:00 p.m.	Sioux Center Middle School, Sioux Center
South Central	09/13	5:30 p.m.	Pizza Ranch, Creston
Southeast	09/13	5:30 p.m.	Jerry’s Pizza, Mt. Pleasant
Southwest	08/27	10:00 a.m.	IWCC, Loof Hall Room 023, Council Bluffs
West Central	09/07	6:00 p.m.	Ruby Van Meter School, 28th St., Des Moines

Welcome Back Coaches!

We hope you had an enjoyable summer and are looking forward to another great year of events and competitions with Special Olympics Iowa. Please check our website, www.soiowa.org, for updates, photos and other information or visit our Face book page for additional information.



Traditional Programs

Entry Forms Available Online



Did you know registration forms for upcoming Games and Competitions can be found online at the Special Olympics Iowa website at www.soiowa.org looking under Competitions and clicking on entry forms? It is simple and easy to use!

State Volleyball Tournament Oct. 15
Special Olympics Iowa will host the
34th Annual State Volleyball Tournament
Saturday, October 15
in the Forker Building
at Iowa State University
Entries are due by September 1

Handbook & Newsletter

Attention Coaches!



You will notice that there is either a 10-11 or an 11-12 on the address label that was used to send this newsletter to you. If you have an 11-12, that means you have registered to receive the 2011-2012 Coaches Handbook and will receive the Coaches Newsletter. If you have an 10-11 above your name, please complete and return the registration form below as soon as possible. **Help protect the environment and sign up to receive your newsletter by email.**

2011 - 2012 Coaches' Handbook / Newsletter Request Form



The Special Olympics Iowa Coaches' Handbook will be mailed in August to those who return a request form. If you have not yet done so, please complete the form below and return it to: Special Olympics Iowa, PO Box 620, Grimes, Iowa 50111, by fax at 515-986-5530 or by email to jrichey@soiowa.org.

EACH YEAR YOU NEED TO REGISTER FOR THE NEWSLETTER AND A HANDBOOK!

Name: _____ Area: _____
Home Address: _____
Town: _____ State: _____ Zip: _____
Delegation (School/Facility): _____
Address: _____
Town: _____ State: _____ Zip: _____
Phone: (Business) _____ (Home) _____ (Cell) _____
E-mail Address*: _____ Fax: _____

Send newsletter to: Home School Facility E-mail
Send handbook to: Home School Facility Don't need Handbook

*To save on postage, most correspondence will be via email.

Special Programs

Unified Golf Tournaments



Unified Golf is fun and continues to grow each year. Look for the event closest to where you live and sign up before the deadline. You could make a hole-in-one!

- Spencer - August 7 (deadline Aug. 5)
- Waterloo - September 9 (deadline Aug. 30)
- Muscatine - September 14 (deadline Sept. 1)
- Jester Park - September 17 (deadline Sept. 2)

- Cedar Rapids- August 21 (deadline Aug. 10)
- Marshalltown - September 28 (deadline Sept. 14)
- Akron - October 9 (deadline Sept. 17)

Contact Kathy Irving at 515-986-5520 ext. 111 or kirving@soiowa.org for more information on the events above.

Contact Erin Hall at 515-986-5520 ext. 119 or ehall@soiowa.org for more information on the events above.

October 28-29 Global Messenger Workshop Needs 15 New Athletes

Special Olympics Iowa will host the 11th Global Messenger Workshop for our athletes on Friday, October 28 from 6:30 to 9:00 p.m. and Saturday October 29 from 8:30 a.m. to 4:00 p.m. at the State Headquarters in Grimes. The Global Messenger Workshop is a two-day workshop in which athletes learn to write speeches as well as learn techniques on delivering a speech.

Each athlete has a speech coach and together they work at putting the athlete’s thoughts and experiences about Special Olympics on paper. Athletes in this program gain confidence, grow in self-esteem, and gain valuable skills beneficial to life outside of Special Olympics. These athletes become leaders in the Special Olympics movement. We want to add approximately 15 new Global Messengers to the program this year. **There is no cost for the workshop.** We will provide motel accommodations for athlete/coaches/parents coming from out of town. For an application, please contact Kathy Irving at 515-986-5520 or kirving@soiowa.org

First Annual Flag Football Competition Saturday, October 1 in Cedar Rapids

Please join SOIA in the first Annual Flag Football Competition on Saturday, October 1 at Noelridge Park at 4900 Council St. NE in Cedar Rapids. Entries are due on September 9 and available online at www.soiowa.org. Just hover over “Compete” then click on “Participation Forms” and choose the Flag Football entry form. Each team will play at least two games. The following is a tentative schedule for the event depending on the number of teams that will participate.

10:00 a.m.	Preliminary Competition
11:00 a.m.	First Round of Play
11:30 a.m.-1:00 p.m.	Lunch (SOIA will provide lunch and water for coaches and athletes)
1:00 p.m.	Second Round of Play



Please contact Pam Wagner at pwagner@soiowa.org or 515-986-5520 ext. 104 for rules and entry forms. .

Pigskin Madness – College Teams’ Edition is here!

Get your tickets now to play and win! Tickets are \$20 for the 13-week season. Weekly payout total of \$650! To purchase tickets, or to sell a book of tickets (25 tickets), please contact Cathy R., Jeanette or Lindsay at 515-986-5520. For more information, please visit the [Special Olympics Iowa Pigskin Madness](http://www.soiowa.org/Pages/pigskin.aspx) website at <http://www.soiowa.org/Pages/pigskin.aspx>

Coaches Training Clinic



Coaches Sports Training Certification Clinic September 10 At State Equestrian Competition

- New and existing coaches are welcome and encouraged to attend.
- New and recertification training will be offered in Equestrian training.

This training is scheduled for Saturday, September 10 at Jester Park Equestrian Center during the State Equestrian Competition lunch break. Please complete the registration form and return it to Rhonda Schwarzkopf by September 7.

Equestrian Training Yes, I will attend this training

Training site: Jester Park Equestrian Center, 11171 NW 103rd Court, Granger, IA

Name _____

Address _____ City _____ Zip _____

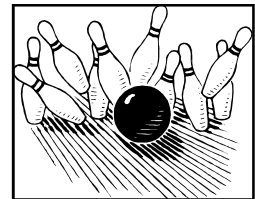
Telephone _____ Email _____

Delegation _____

Please complete the registration form and return it to Rhonda Schwarzkopf by September 7 at: SOIA, PO Box 620, Grimes, IA 50111; or by fax to 515-986-5530 or email to rschwarzkopf@soiowa.org.



Coaches Sports Training Certification Clinic September 24 in Davenport



- New and existing coaches are welcome and encouraged to attend.
- New and recertification training will be offered in the sports listed below.

A training clinic is scheduled for Saturday, September 24 at Central High School (1120 Main St.) in Davenport, IA. Please complete the registration form and return it to Rhonda Schwarzkopf by September 19.

- | | | |
|------------|--|---|
| 9:00 a.m. | Bowling Training | _____ Yes, I will attend this training. |
| 10:00 a.m. | Skills & Team Basketball Training | _____ Yes, I will attend this training. |
| 11:00 a.m. | Athletics (Track & Field) Training | _____ Yes, I will attend this training. |
| Noon | Lunch (SOIA will provide water and a light lunch.) | |
| 12:30 p.m. | Softball Training | _____ Yes, I will attend this training. |
| 1:30 p.m. | Cycling Training | _____ Yes, I will attend this training. |



Name _____

Address _____ City _____ Zip _____

Telephone _____ Email _____

Delegation _____



Please complete the registration form and return it to Rhonda Schwarzkopf by September 19 at: SOIA, PO Box 620, Grimes, IA 50111; or by fax to 515-986-5530; or email to rschwarzkopf@soiowa.org



Attention all Coaches, Athletes & Families

MedFest is October 1 in Iowa City



Special Olympics

Healthy Athletes™

Plan now to attend the Special Olympics Iowa MedFest at Carver Hawkeye Arena in Iowa City on Saturday, October 1 from 9:00 a.m. to 2:00 p.m. The University of Iowa is partnering with Special Olympics Iowa to present a special MedFest and the opportunity for any current or new Special Olympics Iowa athlete to receive a free physical and health screenings.



Opportunities include:

Free Physicals for all Special Olympics athletes. This includes: new Special Olympics athletes; and athletes who have physicals on file but need them updated (Physicals must be updated every 3 years).

Opening Eyes – Free eye exams and glasses/sunglasses/sports goggles.

Special Smiles – Free teeth screenings and mouth guards.

Healthy Hearing – Free hearing screenings and hearing aids, if needed.

Fit Feet – Free feet and ankle screenings, shoe and sock fittings, and free foot inserts for those who need them.

Fun Fitness – Free screenings to identify need and to help to improve flexibility, strength and balance.

Health Promotion – Free bone density screenings, solar sun bracelets, “Got Milk?” photo, games that promote nutrition, and blood pressure checks.

Bonus Items !!

1. Transportation costs provided for coaches/families (gas/bus rental)
2. Lunch provided for all participants and coaches/families
3. Fun giveaways at each of the seven disciplines
4. Drawings for free t-shirts at each of the seven disciplines
5. An opportunity to have a taste of the

“HAWKEYE ATHLETIC EXPERIENCE”

Details to come at a later date.
You won't want to miss this!!

For more information, contact Kathy Irving at 515-986-5520 or kirving@soiowa.org.



**Over the Edge 2011
Are you fan enough?**



Financial Center in downtown Des Moines

Are you a **courageous** enough fan? Are you a **thrill-seeker**? Are you looking to add some **excitement** to your life? Here's a tall **challenge** for you!

Be one of a few to go Over the Edge for Special Olympics Iowa by rappelling off a 345 ft. building, the Financial Center in downtown Des Moines on **Wednesday, September 21, 2011!**

To be a participant and go Over the Edge for Special Olympics, you must...

- Raise a minimum of \$1,000
- Weigh a minimum of 110lbs or maximum of 300 lbs
- Be 18 years of age on the day of the event



For more information on how you can become involved with this exciting fundraiser, or to register for the event, visit www.soiova.org and hover over "Support Us" then choose "Fundraisers" and click on "Over the Edge." If you have any additional questions, contact Jeanette Steinfeldt at 515-986-5520 ext. 107, or jsteinfeldt@soiova.org, or Lindsay Eastin at 515-986-5520 ext. 108 or lestin@soiova.org.

Cargill hosts Special Olympics Iowa Night at the Ballpark on August 13

Don't miss the fun and excitement on Saturday, August 13 when Cargill hosts the 20th annual SOIA Night at the Ballpark. The Kernels play the Kane County Cougars starting at 6:35 p.m., with fireworks after the game.



SOIA athletes wearing a medal or ribbon are admitted to the game free. Proceeds from the silent auction and 50/50 raffle benefit SOIA athletes. Auction items donated to date include: two airline tickets to Las Vegas with two nights of lodging at Harrah's; two tickets to a Hawkeye football game; autographed sports memorabilia; use of suite for one Kernels' Game in 2012; and a refrigerator valued at \$2,000. More items will be donated before the game. All proceeds benefit SOIA athletes. See you there!



Gold Medal Extravaganza October 15

Support Special Olympics Iowa at our ninth annual Gold Medal Extravaganza on Saturday, October 15. This year's event will be held at **Prairie Meadows Event & Conference Center** and will be full of fun events and a few new-surprises!

Tickets are \$75 and include fabulous food stations and drink tickets along with a live video DJ, Wii challenges with Special Olympics Iowa athletes and more! To purchase your tickets, go to www.soiova.org/gme.

Support SOIA during the Cop on Top at Walmart Stores in August

- **West Des Moines**—August 6-7 from 9 a.m. to 5 p.m.
- **Cedar Falls**—August 6-7 from 8:00 a.m. to 8:00 p.m.
- **Coralville and Iowa City**—August 19-21 from 9:00 a.m. to 5:00 p.m.

Vote daily until Oct. 8 and help Special Olympics Iowa receive \$25,000

Special Olympics Iowa was just awarded a \$1,000 grant from EMC Insurance. This is great news as we are now in the running to receive **another \$25,000** from them. But, we need EVERYONE'S help to get it. This is how it works:

- Voting (by anyone, anywhere) started on July 1 and continues for 100 days
- You can click and vote for us once a day until the contest is over. Simply go to this link and start voting every day http://www.countonemc.com/give/nonprofit_profiles.asp

Please ask all of your friends, family and others to vote daily. Every dime is critical to us being able to continue our programs for our athletes in Iowa. Feel free to copy this message and forward it to all your contacts.

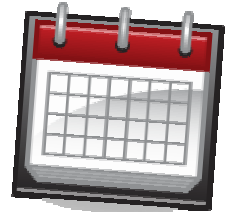
\$10 tickets available for November 5 ISU Football Game



The Iowa State University Athletics Department is once again inviting all athletes and coaches of Special Olympics Iowa, as well as their friends and families, to enjoy a Cyclone football game at a discounted rate. This year's game is on Saturday, November 5, against the Kansas Jayhawks. Tickets are available for just \$10 each! **Reserve your tickets no later than Sept. 30 by calling Linda Gascho at 515-986-5520 or emailing at lgascho@soiowa.org** A limited number of tickets are available and orders will be processed on a first-come, first-served basis. An official form will be in the September newsletter.

Calendar of events

Coaches: See first page of newsletter for area coaches' meetings.



August

5-7	Cop on Top (fundraiser)	Walmart, West Des Moines
6-7	Cop on Top (fundraiser)	Walmart, Cedar Falls
6	State Softball Tournament	West Des Moines
7	Unified Golf Tournament	Spencer
8	Town Hall Meeting SE Area	Ottumwa
10	Athlete Golf Clinic	Waukee
11	Challenge Day	Council Bluffs
13	Cargill Night at the Ballpark (fundraiser)	Cedar Rapids
19-21	Tip A Cop (fundraiser)	The Radish, Grimes
19-21	Cop on Top (fundraiser)	Coralville and Iowa City
21	Unified Golf Tournament	Cedar Rapids
24	Jim Jordan Memorial Golf Classic (fundraiser)	Otter Creek, Ankeny
27	Hamilton County Bike Ride (fundraiser)	Webster City
28	LETR Ames Got Talent (fundraiser)	Ames

September

8	Dahl's / Prairie Meadows Golf Tournament (fundraiser)	Briarwood, Ankeny
9	Unified Golf Tournament	Waterloo
9	Torch Run Golf Tournament	Toad Valley Golf Course, Pleasant Hill
10	State Equestrian Competition	Jester Park Equestrian Center
14	Unified Golf Tournament	Muscatine
17	Unified Golf Tournament	Jester Park, Polk City
21	Over The Edge (fundraiser)	Des Moines
23	Northeast Area Soccer Skills Competition	UNI, Cedar Falls
24	Truck Convoy (fundraiser)	Des Moines
24	Coaches' Clinic	Davenport
28	Unified Golf	Marshalltown
30	Deadline to order tickets to SOIA Day at ISU Football Game on Nov. 5. Call Linda Gascho at 515-986-5520.	

Please watch for emails and check the SOIA website (www.soiowa.org) announcing details for upcoming training schools. A complete calendar of events can be viewed from our website at www.soiowa.org.



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Iowa

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515-986-5520

Thank You To Our Statewide Partners!



Statewide Partners provide a comprehensive level of support of all programs and services offered by Special Olympics Iowa (SOIA). Statewide Partners are prominently recognized in SOIA presentations and publications. Organizations may be recognized as Statewide Partners for financial support, in-kind donations or any combination thereof, and are recognized in many other ways. To find out more about our current Statewide Partners or for information on how to become one, visit our website at www.soiowa.org and look under Support Us, or contact SOIA Vice President of Development, Jamie Boersma at jboersma@soiowa.org or 515-986-5520.