

# Special Olympics Iowa Newsletter



**Special Olympics**  
Iowa

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

MAY 2011  
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## Traditional Programs

### 2011 Summer Games Schedule

#### Thursday, May 26

9:00 a.m.-6:00 p.m. Residence Hall Check-in -Commons area: Maple-Willow-Larch (M-W-L)  
 9:00 a.m.-5:00 p.m. Competition:  
     **Cycling**                      9:00 a.m. - Iowa State Center Parking Lot  
     **Roller Skating**            10:00 a.m. - Skate North in Des Moines  
     **Tennis**                        10:00 a.m. - Forker Building tennis courts  
     **Soccer Skills**            10:30 a.m. - soccer fields east of Lied Rec. Center  
     **Soccer (7-a-Side)**       10:00 a.m. - soccer fields east of Lied Rec. Center  
     **Bocce**                         10:30 a.m. - Lied Rec. Center  
     **Race Walk**                 1:00 p.m. - Lied Rec. Center  
     **Young Athletes**        10:00 a.m.—Noon - Forker Building room 175

4:15 p.m.-6:30 p.m. Dinner-Assigned Residence Hall Dining Centers  
 6:15 p.m. Parade line-up for Opening Ceremonies-Parking lot C-2-Hilton Coliseum  
 7:00-9:00 p.m. Opening Ceremonies-Hilton Coliseum

#### Friday, May 27

6:30-8:30 a.m. Breakfast- Assigned Residence Hall Dining Centers  
 8:00 a.m. Coaches Meeting (if inclement weather)- M-W-L Commons  
 8:30 a.m.-5:00 p.m. Competition:  
     **Athletics**                    9:00 a.m.-5:00 p.m.-Lied Rec. Athletic Center  
     **Aquatics**                    8:15 a.m.-3:00 p.m.-Beyer Hall  
     **Developmental**  
     **Events**                        10:00 a.m.-3:00 p.m.-Forker Building, Gyms 175 & 184  
     **Healthy Athletes**       9:00 a.m.-3:00 p.m.- (This includes Opening Eyes and FUN Fitness in the Forker Building and Special Smiles, Fit Feet, and Health Promotions outside the Forker Building.)

11:15 a.m.-1:45 p.m. Lunch-Assigned Residence Hall Dining Centers  
 4:15 p.m.-6:30 p.m. Dinner-Assigned Residence Hall Dining Centers  
 7:00 p.m.-9:00 p.m. Celebration Dance-Hilton Coliseum

#### Saturday, May 28

6:30 a.m.-8:30 a.m. Breakfast-Assigned Residence Hall Dining Centers  
 8:00 a.m. Coaches Meeting (if inclement weather)-M-W-L Commons  
 8:30 a.m.-Noon Competition:  
     **Athletics** - Lied Rec. Athletic Center  
 Noon Closing Ceremonies-Lied Rec. Athletic Center



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### State Program Dates

**2011**  
 Softball Tournament - August 6  
 Equestrian - September 10  
 Volleyball Tournament - October 15  
 Bowling Tournament - November 19

**2012**  
 Winter Games - January 9-11  
 Mid-Winter Tournament - March 9-10  
 Summer Games - May 24-26

## Traditional Programs

### Upcoming Summer Softball Events

#### Softball Skills Competition

The rules for Softball Skills are found on pages 108-110 in the Coaches' Handbook. The entries for this competition are due by June 17.

#### SOIA State Softball Tournament

##### Saturday, August 6 at Raccoon River Valley Softball Complex in West Des Moines

Entries are due June 9 and the Softball Skill Assessment is due by June 14. Again this year, SOIA will have conference play in our softball competition, with the winning 20 teams advancing to the State Tournament. The conference will be divided by location and ability. Some conferences will have a league play-off, while others will have a one-day conference tournament. Coaches will be notified of their conference by the end of June.

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### 2011 World Summer Games

Mary Beth Hawley with Scott County Adults in Davenport, and Mike Warren with CIRSI in Marshalltown will compete at the 2011 Special Olympics World Summer Games in Greece as part of Team USA. Mary Beth will compete in the 400 meter walk and 800 meter walk while Mike will compete in the 5,000 meter and 10,000 meter runs and a 4 x 400 meter relay. The competition will be held June 25 – July 4.

Mary Beth and Mike attended the Team USA training camp in San Diego, CA March 27 – 31. The training camp gave the athletes an opportunity to meet and work with their fellow teammates and coaches from across the United States.

At the beginning of the training camp, athletes participated in the TRAIN (Testing Recreational Activities and Improving Nutrition) assessment program designed to assess Special Olympics athletes' sports skills. Athletes were also provided with nutritional information for a healthy lifestyle.

During the day, the athletes practiced for their specific sporting venues. Evening activities included an Opening Ceremony, dance, fashion show of the Team USA general wear and athletic uniforms and a San Diego State baseball game.



## Special Programs

### Challenge Days: “Believe and Achieve”

Challenge Day events provide athletes with severe intellectual and physical disabilities the opportunity to compete and have fun. Switch-activated equipment allows athletes in wheelchairs to shoot a basketball, putt a golf ball or hit a volleyball. Individuals who have never had an opportunity to participate in sports can participate in this program.

A Challenge Day event is scheduled for **June 4 in Lake City.**

### 2011 Young Athletes Play Days

Young Athletes Play Days are designed for children with intellectual disabilities between the ages of two and seven. Play Days provide social opportunities for children who are too young to participate in traditional SOIA competitions (minimum entry age is eight years).

A Young Athletes Day is scheduled for **June 11 in Dubuque.**

For more information or to sign up for either event, please contact Kathy Irving at [kirving@soiowa.org](mailto:kirving@soiowa.org) or by calling 515-986-5520 ext. 111.

# Coaches Training Clinics

## Coaches Sports Training Certification Clinic May 11 in Clinton

- 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 has been scheduled for Wednesday, May 11 in Clinton, and the trainings will take place at three locations—note the location for each of the trainings below. Please complete the registration form and return it to Rhonda Schwarzkopf **by Friday, May 6.**

3:00 p.m. Bocce Training \_\_\_\_\_ Yes, I will attend this training.

4:30 p.m. Light dinner provided by Special Olympics

\*Training site: Clinton County Special Athletes Building—2600 N 4th Street

5:00 p.m. Powerlifting Training \_\_\_\_\_ Yes, I will attend this training.

\*Training site: Lyons Middle School—2810 N 4th Street

6:00 p.m. Aquatics Training \_\_\_\_\_ Yes, I will attend this training.

\*Training site: YWCA Pool—317 7th Avenue S

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Delegation \_\_\_\_\_



**Return this form by May 6** to Rhonda Schwarzkopf at SOIA, PO Box 620, Grimes, IA 50111. Contact Rhonda at 515-986-5520, via fax at 515-986-5530, or email at rschwarz-

## Coaches Sports Training Certification Clinic May 12 in Des Moines

- 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 has been scheduled for Thursday, May 12 at Ruby Van Meter School (710 28th Street). Please complete the registration form and return it to Rhonda Schwarzkopf **by Monday, May 9.**

4:30 p.m. Athletics (Track & Field) Training \_\_\_\_\_ Yes, I will attend this training.

5:30 p.m. Dinner\*

6:00 p.m. Aquatics Training \_\_\_\_\_ Yes, I will attend this training.

7:00 p.m. Bocce Training \_\_\_\_\_ Yes, I will attend this training.

8:00 p.m. Cycling Training \_\_\_\_\_ Yes, I will attend this training.

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Delegation \_\_\_\_\_

\*SOIA will provide water and a light dinner.

**Return this form by May 9** to Rhonda Schwarzkopf at SOIA, PO Box 620, Grimes, IA 50111. Contact Rhonda at 515-986-5520, via fax at 515-986-5530, or email at rschwarzkopf@soiowa.org.



# Coaches Training Clinics

## Coaches Sports Training Certification Clinic May 14 in Spencer

- 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 has been scheduled for Saturday, May 14 at the Spencer YMCA (1001 11th Avenue W). Please complete the registration form and return it to Rhonda Schwarzkopf by **Monday, May 9**.

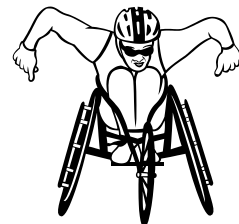
9:00 a.m.	Aquatics Training	_____	Yes, I will attend this training.
10:00 a.m.	Athletics (Track & Field) Training	_____	Yes, I will attend this training.
11:00 a.m.	Bocce Training	_____	Yes, I will attend this training.
12:00 p.m.	Lunch*		

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Delegation \_\_\_\_\_



\*SOIA will provide water and a light lunch.

**Return this form by May 9** to Rhonda Schwarzkopf at SOIA, PO Box 620, Grimes, IA 50111. Contact Rhonda at 515-986-5520, via fax at 515-986-5530, or email at [rschwarzkopf@soiowa.org](mailto:rschwarzkopf@soiowa.org).

# Golf Trainings

## Sarah Bidney Offers Free Golf Lessons to SOIA Athletes

2010 Iowa PGA Teacher of the Year Sarah Bidney is once again offering free lessons to SOIA athletes. Space is limited and will be on a first-come, first-serve basis. If space is available, athletes may attend more than one lesson. All registrants must have a current SOIA Physical/Release on file to participate. If you would like to sign up, please return the registration form below by **Wednesday, June 1**. For more information, please visit the Web site at [www.soiowa.org](http://www.soiowa.org) or contact Cathy Richey at [crichey@soiowa.org](mailto:crichey@soiowa.org) or by calling 515-986-5520.

All lessons are at **Sugar Creek Municipal Golf Course**, 1505 6th St., Waukee, IA .

### Golf Lessons Registration Form

Athlete Name: \_\_\_\_\_ Age \_\_\_\_\_

Delegation: \_\_\_\_\_

Coach's Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail \_\_\_\_\_

Golf Experience (years): \_\_\_\_\_

- June 8, 8:00 p.m.- 9:00 p.m. \_\_\_\_\_ \*also a coaches clinic
- June 22, 8:00 p.m.- 9:00 p.m. \_\_\_\_\_
- July 13, 8:00 p.m. - 9:00 p.m. \_\_\_\_\_
- July 27, 8:00 p.m. - 9:00 p.m. \_\_\_\_\_
- August 10, 7:45 p.m. - 8:45 p.m. \_\_\_\_\_

An adult **must accompany** each athlete to assist while Sarah is working one-on-one with other athletes.

If you wish to attend more than one session, please indicate your first choice, second choice, etc. We will contact you to let you know which sessions have room.





## Fundraisers

### The Principal Charity Classic Birdies for Charity



Special Olympics Iowa is pleased to announce our participation in the annual Birdies for Charity® fundraiser as part of *The Principal Charity Classic*® golf tournament. This event provides a unique fundraising opportunity for SOIA supporters. You can become involved by making a one-time flat donation or by pledging per birdie made in the three-day *The Principal Charity Classic* by PGA Champions Tour players. 100% of donations raised on behalf of SOIA is returned to us. For more information, visit [www.soiowa.org](http://www.soiowa.org) (hover over “Support Us”, then “Fundraisers” and click “Birdies for Charity”) or call 515-986-5520.

### Texas Roadhouse Lunch



Texas Roadhouse restaurants in seven Iowa communities invite the public to a “FREE” lunch fundraiser to benefit Special Olympics Iowa on Friday, April 29. From 11 a.m. to 2:00 p.m. the restaurants will offer a free lunch in exchange for donations of what the patron thinks the meal is worth.

Participating restaurants are located in **Cedar Falls, Cedar Rapids, Coralville, Council Bluffs, Davenport, Sioux City and Urbandale**. The lunch includes a pulled pork sandwich, applesauce, and fresh baked bread with honey-cinnamon butter.

Iowa's Texas Roadhouse restaurants have a continuous history of giving back to their respective communities. In this case, 100% of all donations will go directly to the Special Olympics Iowa. For more information, please call 515-986-5520.

### Cop-on-Top May 27-29

Cop on Top is a Law Enforcement Torch Run event benefitting Special Olympics Iowa. Law enforcement officers “live” at a retail store during a weekend and volunteers collect donations from store patrons. Volunteers might include persons from local law enforcement departments, civic organizations, schools, family and friends. All donations raised are returned to SOIA. The upcoming Cop-on-Tops are at Walmart stores and include: **Altoona** on May 27-28 from 8 a.m. - 8 p.m., and May 29 from 9 a.m. - 5 p.m. **Des Moines** (SE 14th St.) May 27-28 from 8 a.m. - 8 p.m. and May 29 from 8 a.m. - 5 p.m.; and **Ankeny** on May 27-28 from 10 a.m. - 7 p.m. and on May 29. from 10 a.m. - 5 p.m.

## Upcoming Events

### MAY 2011

May 5  
**Unified Sports Day**  
*Drake University, Des Moines*

May 6  
**Project UNIFY Activity Day**  
*Sioux City*

May 7-8  
**Cop on Top**  
*Best Buy, Ames*

May 9 & 16  
**East Central Area Bocce Tournament**  
*Cedar Rapids*

May 26-28  
**State Summer Games**  
*Iowa State University, Ames*

May 27-29  
**Cop on Top**  
*Walmart (Altoona, Ankeny, & SE 14th Street Des Moines locations)*

### JUNE 2011

June 4  
**Challenge Day**  
*Lake City*

June 8  
**Swing with the Celebrities Golf Tournament**  
*Brown Deer Golf Course, Coralville*

June 11  
**Young Athletes Program**  
*Dubuque*  
**G & G Unified Sports Day**  
*Guttenberg*

A complete calendar of events can be viewed or downloaded from our Web site at [www.soiowa.org](http://www.soiowa.org). If you are interested in volunteering for any of these events please contact Erin Hall at 515-986-5520, ext. 119 or [ehall@soiowa.org](mailto:ehall@soiowa.org).



**Special Olympics**  
*Iowa*

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**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](http://www.soiowa.org) and look under Support Us, or contact SOIA Vice President of Development, Jamie Boersma at [jboersma@soiowa.org](mailto:jboersma@soiowa.org) or 515-986-5520.