

SPECIAL OLYMPICS IOWA NEWSLETTER

“Let me win. But if I cannot win, let me be brave in the attempt.”



Don't miss the SOIA Mid-Winter Tournament! March 18-19, 2011 at the University of Iowa Fieldhouse



TRADITIONAL PROGRAMS

Friday, March 18

1:00-5:00 p.m. – Registration
(Registration at motel if staying overnight)
6:00-7:00 p.m. – Banquet at the Marriott
7:30-8:30 p.m. – Dance at the Marriott

Saturday, March 19

8:30 a.m. – Cheerleading competition begins
9:00 a.m. – Basketball competition begins
9:00 a.m. – Gymnastics competition begins
9:00 a.m. – Powerlifting competition begins
9:30 a.m. – Basketball Skills competition begins

Mid-Winter Tournament Entries Due:

Cheerleading – Feb. 1 (Coaches' Handbook, pg. 81)

Powerlifting – Feb. 1 (Coaches' Handbook, pg. 92)

Gymnastics – Feb. 1 (Coaches' Handbook, pg. 87)



PLEASE NOTE: Mid-Winter Entry Forms are due Thursday, Feb. 17 and may be found on pages 88 & 89 in the Coaches' Handbook. SOIA will provide Friday's motel and banquet as well as Saturday's lunch. If you have any questions, please contact Pam Wagner at the state office at 515-986-5520 ext. 104 or pwagner@soiowa.org

Area Basketball Skills Competitions



Area	Competition Date, Time & Location	Entry Due
Central	02-11-11 9:30 a.m. at Miller Middle School in Marshalltown	01-21-11
East	02-05-11 9:00 a.m. at North Scott High School in Eldridge	01-12-11
East Central	02-05-11 8:30 a.m. at Northwest Junior High in Coralville	01-21-11
North	02-05-11 9:30 a.m. at Forest City High School	01-21-11
North Central	02-11-11 9:00 a.m. at Butler Elementary School in Fort Dodge	01-21-11
Northeast	02-05-11 9:45 a.m. at UNI-PEC in Cedar Falls	01-21-11
Northwest	01-29-11 9:30 a.m. at Dordt College in Sioux Center	01-20-11
South Central	01-29-11 9:00 a.m. at Creston Middle School	01-14-11
Southeast	01-22-11 10:00 a.m. at Burlington High School	01-15-11
Southwest	02-02-11 10:00 a.m. at Iowa Western Community College	01-05-11
West Central	02-12-11 9:00 a.m. at Parkview Middle School in Ankeny	01-04-11

SOIA Athlete Mike Warren named Big 12 Special Olympian of the Year



HEADLINE NEWS & OTHER

The Big 12 Conference recently announced the 2010-11 Special Olympians of the Year. They are Mike Warren of Marshalltown, IA, and Beth Brokamp, of Columbia, MO. Each season, two athletes are selected among the seven states in the Big 12 footprint for their outstanding participation in and advocating for Special Olympics.

Warren has participated in SOIA for 15 years, and specializes in track and field, specifically distance running events. He has competed in the 400-, 800- and 1500-meter events in his state games since 1995, capturing the gold every year. He won bronze and silver medals at the 2006 National Games in Ames.

He was one of 10 athletes in U.S. selected to run in the Law Enforcement Torch Run Final Leg for the 2010 USA National Games in Lincoln, NE. Warren also takes part in many local runs during the summer, regularly placing in his age group. Warren has competed on an international level, traveling to Ireland for the World Games in 2003. He is also preparing to compete at the 2011 World Games in Greece.



Class A Volunteer Applications



All volunteers who have regular, close physical contact with athletes or are in a position of authority or supervision with athletes, are required to complete a Class A Volunteer Application and the SO Protective Behaviors Training. The training is available at www.soiowa.org. Move the cursor over "Volunteer." Click on "Volunteer Information & Applications." The training is found on this Web page. Class A volunteers include coaches, chaperones and committee members.

Coaches and chaperones are required to wear your Special Olympics credentials at events. Class A volunteer forms are available on our Web site (www.soiowa.org) by clicking on "Volunteer" on the main menu. Contact Erin at 515-986-5520 ext. 119 or ehall@soiowa.org to receive an application.



*****All new physical/release forms submitted to the state office must be complete and on the new form found in the handbook or on our Web site at www.soiowa.org. Originals need to be mailed to the state office for readability.**

Challenge Days: Believe & 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.

Challenge Days Registration Form

Cedar Falls: February 26 _____

Des Moines: March 26 _____

Dubuque: April 16 _____

April 30: Coralville: _____

Name: _____

Facility name: _____

Contact name: _____

Phone number: _____ Email: _____

Please mail your completed form to: Kathy Irving; PO Box 620; Grimes, Iowa 50111 **OR** Fax to 515-986-5530 (Attn: Kathy—Challenge Day Sign up).

SPECIAL PROGRAMS

2011 Young Athletes Play Activity Days

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

Young Athletes Play Activity Days are currently scheduled for:

Feb. 17 in Oskaloosa

March 24 in Des Moines

March 31 in Neola

April 7 in Cedar Rapids

For more information or to sign up, please contact Kathy Irving at kirving@soiowa.org or by calling 515-986-5520 ext. 111.





UNIFIED SPORTS & TURBO JAV

Unified Sports Days — don't miss out!!

Unified Sports Days are an opportunity for Special Olympics athletes to pair with college students to compete and play in a variety of different activities geared toward both younger and older athletes including volleyball, basketball, arts and crafts and more!

These events are free of cost and each athlete, chaperone or coach will receive lunch and a Unified Sports T-shirt. To receive more information and the registration forms please visit the Special Olympics Iowa website at www.soiowa.org. Under 'Upcoming Activities' click 'more' and scroll to the event, or contact Erin Hall at 515-986-5520 ext. 119 or ehall@soiowa.org.

10th Annual Wartburg College Unified Sports Day:

Saturday, February 12, 2011

Registration forms due Friday, Jan. 21

1st Annual Grinnell College Unified Sports Day:

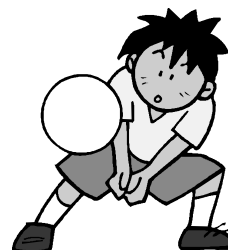
Sunday, February 27, 2011

Registration forms due Friday, Feb. 9

4th Annual Cornell College Unified Sports Day:

Saturday, March 12, 2011

Registration forms due Wednesday, Feb. 23



Turbo Jav—New Track & Field Event Announced For 2012

Special Olympics Iowa will offer a new track and field event as part of the 2012 Spring Games and Summer Games. Athletes can participate in a mini-javelin throwing event. The mini-javelin is a developmental event. Athletes may choose the mini-javelin or softball throw (not both). Like the softball throw, the mini-javelin is a lead-up event to the shotput. Training will be included in upcoming training clinics. Turbo javs will be used during the mini-javelin event. Female athletes and male athletes 8–15 will throw a 300 gram turbo jav. Male athletes over 16 will throw a 400 gram turbo jav. **The company TurboJav has a promotion taking place through June 1, 2011. Order now and save!**

You can order a six pack kit for \$145 (normally \$200) plus shipping cost or a box of 50 for \$800 plus shipping. You may order any combination of 300 gram and 400 gram turbo javs in each kit. Orders must be placed directly withCarolynn Petranoff at Turbo Javs via email at turbojav@aol.com or by telephone at 401-588-2299. contact Rhonda Schwarzkopf at rschwarzkopf@soiowa.org or 515-986-5520 if you have any questions.



SPREAD THE WORD

Help Spread the Word! Take the pledge now.

In its third year, the Spread the Word to End the Word campaign is building from the success of previous years. In 2010, more than 100,000 people pledged their support to end the R-word. Additionally, over 500 events took place in the United States on March 3 to raise awareness of the positive impact individuals with intellectual disabilities have in our communities

But Spread the Word to End the Word is more than just a one day event. Events continue throughout the month of March and all year round. Special Olympics Iowa President and CEO Mark Reed said, “The earlier we can start teaching this awareness, the easier it will be to reverse the language. “This is not just a day of awareness, but a movement to end the use of this word .”

How It Started

Spread the Word to End the Word was created by youth with and without intellectual disabilities who participated in the Special Olympics Global Youth Activation Summit at the 2009 Special Olympics World Winter Games. The motivation for the campaign was driven by a united passion to promote the positive contributions people with intellectual disabilities make to communities around the world combined with a simple call to action – a pledge to stop using a word – that also symbolizes positive attitude change and a commitment to make the world a more accepting place for all people.

Get Your School & Community Involved

There are so many ways to participate in this campaign. A complete toolkit is available at www.r-word.org. This website is a resource that includes event and activity ideas, key messages, social media tools, a youth rally how to kit and much more.

Spread the Word to End the Word is one element of Special Olympics’ vision of a world where everyone matters, where everyone is accepted and, most importantly, where everyone is respected and valued.

Keep Spreading the Word

Join thousands of young people across the globe in making a difference. [Make your pledge](#) to end the R-word now! If you’ve already pledged, re-pledge. Spread the word thru emails, Tweets and Facebook updates to get your friends and family to pledge at www.r-word.org.

[Visit the R-word Store](#) to buy the t-shirt, get buttons, posters, bracelets and more!



**Take the Plunge!
for Special Olympics Iowa**

Freezin' For A Reason



INDIANOLA	March 5
COUNCIL BLUFFS	March 19
CEDAR RAPIDS	March 26
IOWA CITY	March 26
WATERLOO	April 9
NW IOWA	April TBD

Register online at
www.firstgiving.com/soiowa

Calendar of Events

Feb. 2011

2	Southwest Area Basketball Skills Competition	Iowa Western, Council Bluffs
5	East Area Basketball Skills and Team Competition	Eldridge
5	East Central Area Basketball Skills	Coralville
5	North Central Area Basketball Skills Competition	Fort Dodge
5	Northeast Area Basketball Skills Competition	UNI, Cedar Falls
6	Challenge Day	Coralville
6	North Area Basketball Skills and One Team Competition	Forest City
11	Central Area Basketball Skills Competition	Marshalltown
12	Unified Sports Day	Wartburg College, Waverly
12	West Central Basketball Skills Competition	Ankeny
12	West Central Basketball Skills and Team Competition	Drake University, Des Moines
17	Young Athlete Play Day	Oskaloosa
19	East Central Area Team Competition	Cedar Rapids
26	Torch Run Dance and Auction (fundraiser)	Pleasant Hill
26	Challenge Day	Cedar Falls
26	East Central Area Aquatics Competition	Muscatine
27	Unified Sports Day	Grinnell

Mar. 2011

5	Southeast Area Aquatics Competition	Ft. Madison
18-19	Mid-Winter Tournament	University of Iowa, Iowa City
27	Northeast Area Spring Games	UNI, Cedar Falls
TBD	East Central Area Aquatics Competition	TBD

To view or download a complete calendar from our website at www.soiowa.org.



Special Olympics
Iowa

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