

# SPECIAL OLYMPICS IOWA NEWSLETTER

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



## SOIA Area Spring Games



TRADITIONAL PROGRAMS

Area	Entry Due Date	Event Date
Central	March 5	April 10
East (Aquatics)	Feb. 1	Feb. 27
East (Athletics)	March 10	April 10
East Central	March 23	April 17
North	March 19	April 22
North Central	April 8	April 15
Northeast	Feb. 26	March 28
Northwest	March 31	April 17
South Central	March 19	April 10
Southeast Aquatics	Feb. 22	March 6
Southeast	April 17	April 24
Southwest Aquatics	March 19	April 8
Southwest	March 19	April 14
West Central	March 9	April 14

### Important Reminders

As you plan your Summer Games entries, here are a few reminders...

- 1) Check events in the Coaches Handbook
- 2) All athletes can compete in **one** sport per day

**The choices include...**

**Thursday**

Bocce, Cycling  
 Race Walking, Roller Skating  
 Soccer, Tennis  
 Young Athletes Play Activity Day

**Friday**

Aquatics  
 Athletics (Track & Field)  
 Developmental, Wheelchair

**Saturday**

Athletics  
 (Track & Field)

**State entries are due...**

**April 1**

Bocce, Cycling, Roller Skating  
 Soccer, Tennis

**April 15**

Young Athletes Play Activity Day

**April 26**

Aquatics, Athletics  
 (Track & Field)  
 Developmental  
 Race Walking  
 Wheelchair (Review  
 pgs. 60-62 in the  
 current Coaches  
 Handbook.)

**Room and Board rates are \$60 per person. Air conditioned dorm rooms will be assigned on a first-come first-serve basis.**





# Coaches Sports Training Certification Clinic

March 2010

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

**A training clinic has been scheduled for March 23 in Cedar Falls. Please complete the registration form below and return it to Rhonda Schwarzkopf by March 16.**

Training site: Wellness Recreation Center

- The recreation center is along Hudson Boulevard and is attached to the UNI-dome to the north.
- 2nd floor, courts 5 & 6

**A training clinic has been scheduled for March 8 in Sioux City at the West Middle School. Please complete the registration form below and return it to Rhonda Schwarzkopf by March 2.**

Training site: West Middle School  
3301 W 19th Street  
Sioux City, IA 51103

**This form may be used for both the Sioux City and Cedar Falls training clinic:**

3:00 p.m.	Bowling Training	_____	Yes, I will attend this training.
4:00 p.m.	Basketball Training	_____	Yes, I will attend this training.
	Break	_____	Yes, I will attend.
5:30 p.m.	Athletics Training	_____	Yes, I will attend this training.

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Delegation: \_\_\_\_\_

Attendees are welcome to bring a sack lunch. SOIA will provide water and snacks.  
 Please return the registration form to:

Rhonda Schwarzkopf  
 Special Olympics Iowa  
 PO Box 620  
 Grimes, IA 50111  
 515-986-5520 ext. 112  
 Fax: 515-986-5530  
 E-mail: [rschwarzkopf@soiowa.org](mailto:rschwarzkopf@soiowa.org)



TRAINING & POLAR PLUNGES



Freezin' For A Reason



For more information,  
 call (515) 986-5520 or visit

**Register online**  
[www.firstgiving.com/soiowa](http://www.firstgiving.com/soiowa)

COUNCIL BLUFFS	March 20
CEDAR RAPIDS	March 27
IOWA CITY	March 27
INDIANOLA	April 10
WATERLOO	April 10
NW IOWA	April 17
SPENCER	April 17





## Project UNIFY in Sioux City Enhances Awareness and Inclusion

Project UNIFY is a U.S. national project, funded by the U.S. Department of Education. Its goal is to activate young people around the country in an effort to develop school communities where all young people are agents of change — fostering respect, dignity and advocacy for people with intellectual disabilities by utilizing the programs and initiatives of Special Olympics.

Year 2 Project UNIFY involves five schools in the Sioux City School district and included a Student Forum February 9, and a field day of Unified sports is scheduled on April 8. The student forum was an opportunity for students with and without intellectual disabilities to interact with each other, work together, and think of strategies on how they want to promote the Spread the Word to End the Word campaign at their schools. For more details, please visit [www.r-word.org](http://www.r-word.org).

“The kids that came with me were excited and did a great job,” said Kim Lockwood, assistant principal at Sioux City East Middle School. “It was amazing to see 6<sup>th</sup> graders go up to a high school student that they did not know and introduce themselves. At first they were unsure but the older kids and the general education middle schoolers really made the difference. It was so heart warming. I am still smiling about this. The students that participated just exemplify how great our kids really are. Together they can make a difference.”

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### Get Involved with Spread the Word to End the Word!

Spread the Word to End the Word is a campaign created by youth, in an ongoing effort with Special Olympics and Best Buddies International, to engage schools, organizations and communities by raising the consciousness of society about the dehumanizing and hurtful effects of the word “retard(ed)” and encouraging everyone to stop using the R-word.

On 3.3.10, youth are leading the second annual day of awareness to Spread the Word to End the Word by encouraging people to rally and pledge their support at [www.r-word.org](http://www.r-word.org) with the goal of reaching 100,000 pledges. If you are interested in purchasing a R-word T-shirt, kit or other merchandise, you can visit [www.r-wordstore.com](http://www.r-wordstore.com). If your school is doing an activity for STWTETW please post it at [www.r-word.org/event.php](http://www.r-word.org/event.php).

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### Drake University Hosts 16th Annual Unified Sports Day

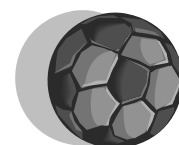
Drake University will host the 16th annual Special Olympics Iowa Unified Sports Day for elementary through high school students on Thursday, May 6.

Six activities will be offered, and students may participate in one activity in the morning and one in the afternoon. Each team includes athletes with intellectual disabilities and those without. The sports offered include bocce, miniature golf, an obstacle course, 3-on-3 basketball, a punt, pass and kick contest and volleyball. Registration and the events begin at 9:30 a.m. and will run until 1:15 p.m. Lunch and a T-shirt will be provided for athletes, partners and volunteers. **For more information about this event or to request a registration packet, please contact Kathy Irving at 515-986-5520 ext. 111 or [kirving@soiowa.org](mailto:kirving@soiowa.org).**

### Cornell College hosts 3rd Unified Sports Day April 24

Cornell College in Mt. Vernon will hold its third Unified Sports Day on Saturday, April 24 at the Small Sports Center. Sports offered include basketball skills, bocce, volleyball, soccer kicks, floor hockey, bowling and arts and crafts.

Registration begins at 9:00 a.m. and the event lasts until about 1:30 p.m. Lunch and a T-shirt will be provided for athletes, partners and volunteers. The deadline to sign up is April 3. **For more information or to sign up, contact Erin Hall at 515-986-5520 ext. 119 or [ehall@soiowa.org](mailto:ehall@soiowa.org).**





## In Memory



SPECIAL PROGRAMS AND IN MEMORY

**Joe Clapham** was 51 years old. He participated in Challenge Days for the last year he was at G & G in Guttenberg, Iowa. Before G & G he competed in events with his previous team. He was a very friendly person to everyone. He loved making new friends and hanging out with his fellow athletes at the Challenge Days held in Dubuque. He was a pleasure to coach and he will always be remembered.

**Audrey Johnson** was 52 years old. She participated in Challenge Days for the last few years while at G & G in Guttenberg, Iowa. She was full of life and loved having fun with her fellow athletes at the Challenge Days held in Dubuque. She loved being involved in the arts and crafts at this yearly event. She was a pleasure to coach and she will always be remembered.

**Joe Newton** was 51 years old. He participated in Challenge Days for quite a few years. He liked going to Challenge Days and doing events that included him throwing a ball. He was a very sweet man and will be missed by many! His favorite sport was the volleyball with balloons. He had a great laugh and he was a pleasure to coach. He will always be remembered.

### Challenge Days: "Believe and Achieve"



Ruby Van Meter: March 27, 2010: \_\_\_\_\_  
 Dubuque: April 17, 2010 \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Facility: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Zip: \_\_\_\_\_

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.

\*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)

## 2010 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).

A Young Athletes Play Activity Day is currently scheduled for **March 4 in Des Moines, April 7 in Cedar Rapids, April 20 in Oskaloosa and April 23 in Cedar Falls.** For more information or to sign up, please contact Kathy Irving at [kirving@soiowa.org](mailto:kirving@soiowa.org) or by calling 515-986-5520 ext. 111.



## Lost & Found

If you misplaced or lost anything during the Winter Games in Dubuque, please call the state office at 515-986-5520.



## Singers Wanted!!

SOIA is looking for an athlete who would like to sing the National Anthem during Opening Ceremonies at the Summer Games on the evening of May 20 at Hilton Coliseum on the Iowa State University campus. Please send all nominations to Pam Wagner at 515-986-5520 ext. 104 or by e-mail to [pwagner@soiowa.org](mailto:pwagner@soiowa.org).

## Calendar of Events

### MARCH 2010

4	Young Athlete Program	Des Moines
6	Southeast Area Aquatics Competition	Ottumwa
12-13	Mid-Winter Tournament	University of Iowa, Iowa City
20	Polar Plunge (fundraiser)	Council Bluffs
27	Challenge Day	Ruby Van Meter, Des Moines
27	Polar Plunge (fundraiser)	Cedar Rapids
27	Polar Plunge (fundraiser)	Iowa City
28	Northeast Area Spring Games	UNI, Cedar Falls

### APRIL 2010

7	Young Athlete Program	Cedar Rapids
8	Southwest Area Aquatics Competition	Glenwood
10	Central Area Spring Games	Marshalltown
10	East Area Spring Games	Eldridge
10	Polar Plunge (fundraiser)	Indianola
10	Polar Plunge (fundraiser)	Waterloo
10	South Central Spring Games	Graceland College, Lamoni
14	Southwest Area Spring Games	Iowa Western, Council Bluffs
14	West Central Area Spring Games	Simpson College, Indianola
15	North Central Area Spring Games	Fort Dodge
17	Challenge Day	Dubuque
17	East Central Area Spring Games	Coe College, Cedar Rapids
17	Northwest Area Spring Games	Dordt College, Sioux Center
17	Polar Plunge (fundraiser)	NW Iowa
17	Polar Plunge (fundraiser)	Spencer
20	Young Athlete Program	Oskaloosa
22	North Area Spring Games	Forest City
23	Young Athlete Program	River Hills
24	Cornell Unified Sports Day	Cornell College, Mount Vernon
24	Southeast Area Spring Games	Oskaloosa

A complete calendar of events can be viewed or downloaded from our Web site [www.soiowa.org](http://www.soiowa.org). Move the cursor over "Events" and click on "Calendar of Events." 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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515-986-5520

**Thank You to our Statewide Partners!**



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