

***Special Olympics***  
*Iowa*



# ***2017 Mid-Winter Tournament Handbook***

***Team Basketball • Basketball Skills (new location)***

***Cheerleading • Gymnastics • Powerlifting***

*Banquet Theme: Under the Sea*

# ***Special Olympics*** ***Iowa***



On behalf of the volunteers of the Games Organizing Committee and state office staff, welcome to the 2017 Special Olympics Iowa Mid-Winter Tournament. We look forward to an exciting and memorable competition for the over 1000 athletes and Unified Sports partners, coaches, chaperones, family members and volunteers coming to Iowa City and Coralville for competition in Basketball, Cheer and Dance, Gymnastics, and Powerlifting.

This handbook is designed to provide you with the information necessary to best manage your participation in the Mid-Winter Tournament. Please review the information in great detail and share the handbook with members of your delegation as well as family members attending the event. Please contact me at 515-986-5520 or [rschwarzkopf@soiowa.org](mailto:rschwarzkopf@soiowa.org) if you have any questions.

Thank you for your assistance. We look forward to seeing you at the 2017 Mid-Winter Tournament.

Sincerely,

*Rhonda Schwarzkopf*

Director of Sports and Advanced Competitions  
Special Olympics Iowa



## 2017 Special Olympics Iowa Mid-Winter Tournament Schedule of Events



Friday, March 10		
3:00 pm	Delegation Registration	Marriott Exhibit Hall ( <b>all</b> hotel keys and delegation packets will be picked up here)
5:30 pm – 8:00 pm	Souvenir Sales	Marriott Exhibit Hall
6:00 pm – 7:00 pm	Banquet	Marriott Exhibit Hall
7:00 pm – 8:30 pm	Dance	Marriott Exhibit Hall
Saturday, March 11		
	Breakfast	Provided at each hotel
7:00 am	Delegation Registration	U.I. Field House Main Deck Iowa City West HS North Lobby Iowa City High Gym Lobby
8:00 am – 8:30 am	Powerlifting Check-In	U.I. Field House – Room 515
8:30 am – 3:00 pm	Souvenir Sales	U.I. Field House Iowa City West High School
8:30 am – 9:00 am	Powerlifting Warm-ups	U.I. Field House Room 515
9:00 am – 4:30 pm	3 on 3 Basketball Competition	U.I. Field House – Main Deck
9:00 am. – 4:30 pm	5 on 5 Basketball Competition	U.I. Field House – South Gym
9:00 am – 3:00 pm	Powerlifting Competition Bench Press Dead Lift	U.I. Field House – Room 515
9:00 am – 10:30 am	Cheer and Dance Competition - Yell	Iowa City West HS – Main Gym
9:00 am – 2:00 pm	Healthy Athletes: Healthy Hearing Special Smiles	Iowa City West HS – North Lobby
10:00 am – 1:30 pm	Gymnastics	U.I. Fieldhouse
9:15 am– 2:45 pm.	Basketball Skills	Iowa City High– Main Gym <b>(new location)</b>
11:30 am – 12:45 pm	Lunch	U.I. Field House – Main Deck Iowa City HS – Student Commons Iowa City West HS Cafeteria
12:30 pm – 3:00 pm	Cheer and Dance Competition - Dance	Iowa City West HS – Main Gym

## General Information

### Delegation Packets and Room Key Pick-Up

Delegation packets and room keys for all hotels will be distributed at the Exhibit Hall at the Marriott Coralville Hotel and Conference Center on Friday, March 10, from 3:00 pm – 7:00 pm. Delegations are asked to designate one individual to pick up the hotel keys, assignments and the delegation packets for their delegation. This individual is responsible for disseminating keys, assignments and other information in the delegation packet to the other members of the delegation as needed. Please ensure that everyone from your delegation knows who is registering the delegation and where they are to meet to pick up their registration materials and meal tickets.

If you are unable to make it to the Marriott on Friday between the hours of 3:00 pm and 7:00 pm to pick up your hotel keys, please contact Rhonda Schwarzkopf at [rschwarzkopf@soiowa.org](mailto:rschwarzkopf@soiowa.org) or 515-986-5520 to make alternate arrangements.

Delegation packets for delegations not staying in overnight housing and not attending the Friday night banquet will be available on Saturday morning prior to the start of competition at the following venue sites:

- University of Iowa Field House for delegations participating in Basketball Team, Cheerleading, Gymnastics and Powerlifting. The delegation registration table is just off the Main Deck near the volunteer registration table.
- Iowa City West High School for delegations participating in Cheerleading. The delegation registration table is in the north lobby near the main gym.
- Iowa City HS for delegations participating in Basketball Skills. The delegation registration table is in the lobby near the main gym.

#### Delegation registration packets include:

- Delegation Reports listing the athletes and the events for which they are registered
- Bib numbers, pins and nametags for gymnastics athletes
- Schedule of events and a team basketball schedule
- Hotel room keys and rooming list as submitted by the delegation

All Class A volunteers are to wear their Class A credentials throughout the tournament.

### Housing

Delegations that requested housing have been assigned to stay at one of three Special Olympics Iowa Mid-Winter Tournament Hotels. Family members may make their own reservations at the hotels but may NOT utilize the block of rooms designated to Special Olympics Iowa. The block of rooms can only be utilized by the state office.

- Marriott Coralville Hotel and Conference Center, 300 E. 9<sup>th</sup> St., Coralville, IA 319-688-4000
- Heartland Inn, 87 2<sup>nd</sup> St., Coralville, IA 319-351-8132
- Baymont Inn & Suites, 200 6<sup>th</sup> Street, Coralville, IA 319-337-9797

All three properties have pools. You and your athletes may enjoy all the facilities at each hotel. Please make sure that your athletes are well chaperoned as there will be NO lifeguards on duty. Special Olympics Iowa pays only for the rooms requested by the delegation. Any phone calls, movie rentals or other incidentals are the responsibility of the delegation assigned to the room. A complimentary breakfast will be available at all three hotels on Saturday morning.

## Meals

Special Olympics Iowa will provide two meals for athletes, coaches and registered chaperones – the Friday evening banquet and Saturday’s lunch. The banquet will be held in the Exhibit Hall of the Marriott Coralville Hotel and Conference Center at 300 E 9<sup>th</sup> St. Parking is available on the south side of the Marriott. The main entrance to the Marriott is available on the south side as well. There is a parking fee.

Due to meal count guarantee requirements we are unable to sell banquet tickets on the day of the banquet. If there are available seats and the delegation would like additional tickets for friends and family, please contact Rhonda Schwarzkopf by Friday, March 3 at 515-986-5520 or [rschwarzkopf@soiowa.org](mailto:rschwarzkopf@soiowa.org). The cost for additional banquet tickets is \$10.00 each. Extra lunches might be available on at the venues on Saturday. If available the cost is \$5.00 each.

**Banquet Theme** – The theme for this year’s banquet is “Under the Sea.”

### Banquet Menu

Pork loin  
Macaroni and Cheese  
Green bean casserole  
Roll with butter  
Punch  
Mini cupcake

### Lunch Menu

Turkey Sandwich  
Chips  
Granola Bar  
Apple  
Juice Box

## Water at Venues

Delegations may bring water bottles to the venues and refill them throughout the day using the water fountains at each venue.

## Locker Rooms

There are locker rooms available for your use on the ground floor, northeast end of the Field House. You will need to bring your own towels, soap, shampoo and locks. Locker rooms are also available at Iowa City West High School on the west side of the main gym. The entrances to the locker rooms are inside the main gym along the west side of the gym.

## Sports Rules

All Special Olympics Iowa competitions shall be conducted in accordance with the Official Special Olympics Sports Rules and corresponding national governing bodies: Basketball – National Federation of State High School Associations; Basketball Skills – Special Olympics Iowa Coaches Handbook; Gymnastics – United States Gymnastics Federation; Powerlifting – Special Olympics International. Any rule protest will be handled by the Venue Directors.

## Competition Age Groups and Divisions

Special Olympics Iowa follows the guidelines provided by Special Olympics Incorporated for divisioning competition at the Mid-Winter Tournament. In order to provide meaningful, quality competition opportunities for our athletes, we combined where necessary genders in Basketball Skills competition. Special Olympics sports rules specifically require the separation of genders in Powerlifting. Our guidelines for divisioning state that ability should be the primary consideration for divisioning.

## Lost and Found

Lost and Found will be located at Delegation/Athlete Registration at each venue.

## Coach Responsibilities

Coaches attending the 2017 Special Olympics Iowa Mid-Winter Tournament are asked to accept and carry out the following responsibilities:

- Provide for the general welfare, safety, health and well-being of each Special Olympics athlete in their charge
- Familiarize themselves with the information in this handbook
- Provide supervision for athletes as necessary
- Assistance to athletes in getting to all meals at appointed times
- Ensure that athletes report to competition venues on time
- Ensure that medical and prescribed medications protocols are followed
- Ensure that athletes are properly attired for competition and special events
- Report all emergencies to appropriate authorities after taking immediate action to insure the health and safety of participants
- Be courteous and professional in all dealings with volunteers.
- Always carry a copy of the athlete's medical release with you at practices and competitions

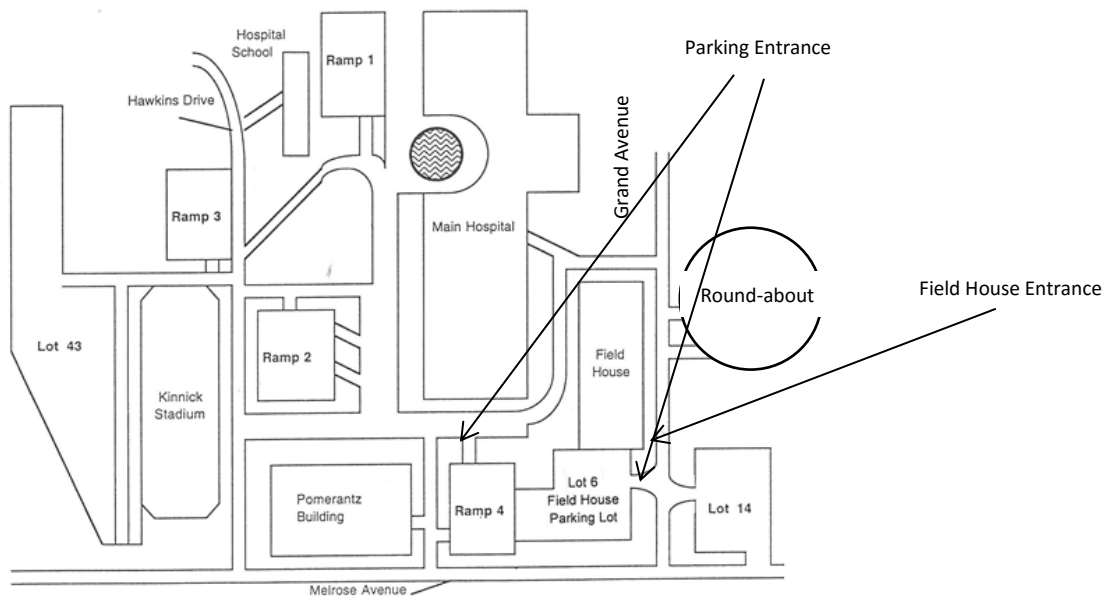
## Competition Sites

### University of Iowa Field House

225 S. Grand Ave, Iowa City; 319-335-9847

### Basketball Team, Gymnastics and Powerlifting

The Field House is located west of Rienow and Slater Residence Halls and just east of the University Hospitals and Clinics. Parking is available in Lot 6 underneath the South Gym or in Lot 14, a parking lot southeast of the Field House. The main entrance to the Field House is Main Street, the area between the swimming pool and South Gym (the corner of the Field House closest to Lot 14 – look for the signs). There is an elevator in the Field House for those who require one.



### Iowa City West High School

2901 Melrose Ave, Iowa City

### Cheerleading and Healthy Athletes

Parking is available in the north lot in front of the school. All other parking is available in the south lot behind the school. Enter the school through entrance number 15 which is near the tennis courts at the east end of the south parking lot. Look for signs marking the entrance. Parking is free.

Parking is available in the south lot near the gym entrance. Look for signs marking the entrance. Parking is free.

## Bus Shuttle Service

Shuttle service is provided between the University of Iowa Field House, Iowa City High & Iowa City West HS. The shuttle bus is **not** wheelchair accessible. The shuttle will stop at the top of the hour at the Field House near the main entrance. The shuttle will go to Iowa City West HS & will stop outside the north entrance of the school approximately 20 minutes later. The third stop will be to Iowa City High in the SOIA designated parking lot 20 minutes later.

### Two Important Notes Regarding the Shuttle Service

1. Please do not rely on this service to transport athletes from one venue to another.
2. This service is not wheelchair accessible.

## Competition Information

### Powerlifting

Venue Director: Ray Strekal

The powerlifting competition will be conducted in Room 515 upstairs in the Field House. Athletes have been divided according to weight class and will receive three separate attempts in both the Bench Press and Dead Lift with their coach dictating the weight for each attempt. Once a weight is given, the next lift can only be increased. The next attempt cannot be a decrease in weight from the previous attempt.

The standard command system will be in place to insure athlete safety and that each lift is done correctly. If the athlete does not follow the command system the lift will be disqualified.

We will use two or three stages and will call the athletes by weight class. The athletes will make their three attempts in non-consecutive order meaning each athlete will do their first attempt before the first athlete in the same weight class attempts their second lift and so on through each of the three attempts. (The athletes' three attempts in each lift will be non-consecutive.)

Competition will begin with the Bench Press and Bench Press Awards, followed by Dead Lift and Dead Lift awards. Lunch will be worked in sometime around noon. Please check the schedule on page 3 for times and locations for check in, warm-ups and competition.

Athletes who arrive late to the start of competition will not be able to compete in the Bench Press, but will be able to compete in the Dead Lift if registered. All athletes should have their own lifting belt or have one available to use from the team. Gloves are not allowed for safety reasons. However, you may use wrist wraps as long as no part of the hand is covered. Chalk will be available at the event.

### 5 on 5 Basketball Team Competition

Venue Directors: Chuck Finnegan & Rob Wagner

All 5 on 5 team basketball competition will be conducted on the courts of the south gym. **Schedule is subject to change.** One half hour prior to each game, the team coach must submit a line-up of no more than 10 players who will be playing in that game. **Coaches are responsible for bringing their own practice balls for warm-ups.** The University of Iowa will furnish game balls.

5 on 5 team basketball will be conducted according to the National Federation of State High School Associations basketball rules and Special Olympics Iowa general except for the following adaptations:

- A game consists of 4 quarters, each 8 minutes long.
- In Division II and below, a player may take 2 steps beyond what is allowable. However, if the player scores, “travels”, or escapes the defense as a result of these extra steps, an advantage has been gained and a violation is called immediately.
- Four time-outs during regulation play with one additional time-out for overtime. Three minute overtime.
- Before each game, coaches and officials will meet to discuss how to call the game and if any adaptations are to be made. Any concerns about officiating should be directed to Chuck Finnegan or Rob Wagner.

All basketball team members are expected to wear uniforms with numbers on both the front and back of the shirts. The rest of the uniform must consist of gym shorts, gym shoes, and socks.

### **3 on 3 Basketball Team Competition**                      **Venue Director: Chuck Finnegan & Bruce Wilson**

3 on 3 or Half-Court team basketball will be conducted on the courts of the Main Deck of the University of Iowa Field House. **Schedule is subject to change.** The games will be conducted under the Special Olympics rules.

### **Basketball Skills**    **Venue Directors: Cindy Becker and Shannon Daniel-Holm**

**New location:**

Basketball skills will be conducted in the Main Gym of Iowa City High School located at 1900 Morningside Drive.

Please make sure your athletes are in the staging area, in the old gym at Iowa City High, at the appropriate time for their competition with their name tags on the front of their shirts.

There will be one station for target pass, two stations for the 10 meter dribble and three stations for the spot shot.

#### **Basketball Skills & Developmental Speed Dribble Schedule**

<u>Time</u>	<u>Age Group</u>	<u>Basket Height</u>
9:15 am	8 – 11	8 Foot
10:15 am	8 – 11	10 Foot
10:45 am	12 – 15	10 Foot
11:30 am	16 – 21	10 Foot
12:00 pm	Lunch	
12:45 pm	22 – 29	10 Foot
1:30 pm	30 – 50	10 Foot
2:15 pm	51 +	10 Foot

Athletes are asked to report to the staging area based on the schedule.

Special Olympics Iowa followed the Special Olympics Inc. guidelines for divisioning competition at the Mid-Winter Tournament. In order to provide meaningful, quality competition opportunities for the athletes, gender may have been combined. Special Olympics Inc. guidelines for divisioning state that ability should be the primary consideration for divisioning. Our goal, in keeping with Special Olympics guidelines was to have divisions of between 3 and 8 athletes whenever possible. Lunch will be served in the Student Commons room.



## **Gymnastics**

**Venue Director: Erin Birkenholtz**

The Gymnastics competition will be conducted in the Gymnastics room at the University of Iowa Fieldhouse.

### **General Gymnastics Rules:**

- It is recommended that each competitor wear gymnastics apparel. Females should wear leotards, slippers, or socks. Colored tights are permitted. Males should wear gymnastics pants, jersey, and slippers or socks. T-shirts and shorts are acceptable if gymnastics apparel is not available.
- Hair – each competitor should have hair arranged in a manner that is free from the face.
- Jewelry should not be worn during competition.
- Time limit pertains to beam and floor exercise. The maximum time allotted is 1 minute 15 seconds. The minimum time allotted is 45 seconds.
- The goal of the Special Olympics Iowa Gymnastics program is to have all competitors participate in competition without having the coach spotting them verbally or physically.
- At the start for beam or floor exercise, the athlete should Acknowledge Judge Number 1 while standing outside the taped area on the mat, or on the floor at the end of the beam. To acknowledge the judge, the athlete raises their hand. The Judge will wave flag or signal when the competitor is to begin their routine. The competitor should acknowledge the judge at the completion of their routine.
- Please check the schedule on page 3 for warm-up and competition times.

## **Cheer and Dance**

**Venue Director: Donna Jondle**

The Cheer and Dance competition will begin at 9:00 am in the North Gym of Iowa City West High School. Competition for Yell teams will start at 9:00 am Competition for Dance teams will start at 12:30 pm Please review the lists below for your team's section and competition start time.

Each team is asked to bring a spirit banner (banner with team name). Each cheerleading team will be required to perform two cheers with a total performance time of three (3) minutes. Each dance team will have a maximum performance time of 2 minutes and 30 seconds. The time will begin once the music starts.

Please note: Teams still performing after the maximum time limit will be stopped.

The auxiliary gym, south of the main gym, will be available for teams to practice in.

## **Healthy Athletes Information**

### **What is Special Olympics Healthy Athletes?**

Special Olympics Healthy Athletes is a program designed to help Special Olympics athletes improve their health and fitness. This can lead to a better sports experience and improved wellbeing. Athletes receive a variety of health services through clinics conducted in welcoming environments at Special Olympics competitions.

Special Olympics Iowa has offered the Healthy Athletes programs for more than ten years. Clinics have been set up to conduct Special Smiles (dental), Opening Eyes (vision), FUNFitness (general fitness and nutrition), Fit Feet and other programs for Special Olympics Iowa athletes at no charge.

### Healthy Hearing at the Mid-Winter Tournament

Clinical Director: Ruth Bentler

Healthy Hearing offers athletes free hearing screening as well as hearing aids and battery replacement for existing hearing aids.

### Special Smiles at the Mid-Winter Tournament

Clinical Director: Kathy Thorsteinson

Special Smiles offers oral screening, oral health education, personal preventative products, free giveaways and information concerning needed follow-up care by community-based dental professionals and educational institutions.

Healthy Hearing and Special Smiles will be offered from 9:00 am – 2:00 pm in the North Commons of Iowa City West High School.

## Special Olympics Iowa Emergency Management Plan

In the event of an emergency situation (bus accident, hotel fire, athlete/coach/volunteer death, etc.) we must be ready to act. Specific assignments, in order to acquire and disseminate information and data, will be necessary in order for us to make necessary decisions. Communication amongst ourselves is vital in order for us to manage the situation, rather than just be reactionary. With that as a preface, the following is our initial plan for managing an emergency situation:

**Step One** - Whoever receives the phone call or message or witnesses an emergency or potential emergency, should determine whether or not the proper authorities (e.g. police, rescue squad, fire department, etc.) have been notified. Our first objective is to prevent further injury and give the necessary treatment to those who are injured.

**Step Two** - If an emergency should occur at a venue, the Event Director should be located and directed to the scene. The Event Director should notify Rhonda Schwarzkopf at 515-418-2283.

#### Event Directors:

**Basketball:** Chuck Finnegan & Rob Wagner    **Gymnastics:** Erin Birkenholtz    **Powerlifting:** Ray Strekal  
**Cheer and Dance:** Donna Jondle    **Basketball Skills:** Cindy Becker & Shannon Daniel-Holm  
**Banquet:** Joyce Rossie

If an emergency should occur on the way to or from an event, please notify Rhonda Schwarzkopf at 515-418-2283.

We ask that you direct all media inquiries and representatives to Rich Fellingham, Special Olympics Iowa President and CEO, or his designee. Beyond that, we ask that you simply say, “We are in the process of gathering information about the situation. A statement will be released by Special Olympics Iowa after the situation has been reviewed.”

## Mid-Winter Tournament Souvenir Sales

#### Souvenir Sale Hours

Friday, March 10	5:30 pm to 8:00 pm	Marriott Coralville Exhibit Hall
Saturday, March 11	8:30 am to 3:00 pm	University of Iowa Field House
Saturday, March 11	8:30 am to 3:00 pm	Iowa City West HS North Lobby

We accept cash, check or credit cards are accepted.  
Checks should be made out to Special Olympics Iowa.