

***2018 Mid-Winter***

***Tournament Handbook***

***Team Basketball • Basketball Skills***

***Cheerleading • Gymnastics • Powerlifting (new location)***

*Banquet Theme: Marde Gras*



On behalf of the volunteers of the Games Organizing Committee and state office staff, welcome to the 2018 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.

Please review the Iowa City / Coralville electronic visitor guide to assist with your trip to the area:

<https://www.thinkiowacity.com/plan-your-trip/request-a-visitors-guide/>

Please go to the following link for a map of the Iowa City area:

<http://www.johnson-county.com/dept_gis.aspx?id=1035>

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

Sincerely,

**Rhonda Schwarzkopf**

Director of Sports and Advanced Competitions

Special Olympics Iowa

**2018 Special Olympics Iowa**

**Mid-Winter Tournament**

**Schedule of Events**

|  |  |  |
| --- | --- | --- |
| **Friday, March 9** |  |  |
| 8:00 am | Healthy Athletes:  MedFest  Healthy Hearing  Health Promotions | 8:00 am – 2:00 pm @ Marriott Hotel  3:00 pm – 8:30 pm @ Marriott Hotel  3:00 pm – 8:30 pm @ Marriott Hotel |
| 3:00 pm | Delegation Registration  (Keys for the Marriott may not be available until 4:00 pm) | Marriott Exhibit Hall (**all** 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 10** |  |  |
|  | Breakfast | Provided at each hotel |
| 8:00 am – Throughout Event | Delegation Registration | U.I. Field House Main Deck  Iowa City West HS Main Gym  Iowa City High Gym Lobby |
| 8:00 am – 8:30 am | Powerlifting Check-In | Pro-Fit Gym (new location) |
| 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 | Pro-Fit Gym (new location) |
| 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 | Pro-Fit Gym (new location) |
| 9:00 am – 10:30 am | Cheer and Dance Competition (Yell – no music) | Iowa City West HS – Main Gym |
| 9:30 am – 2:00 pm  (warm-ups: 9:00 am – 9:30 am) | Gymnastics | U.I. Fieldhouse |
| 9:00 am– 2:30 pm | Basketball Skills & Developmental Speed Dribble | Iowa City City High– Main Gym |
| 11:00 am – 12:45 pm | Lunch | U.I. Field House – Main Deck  Iowa City HS – Student Commons  Iowa City West HS Cafeteria  Pro-Fit Gym |
| 12:30 pm – 3:00 pm | Cheer and Dance Competition (Dance – music) | 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 atthe Exhibit Hall at the Marriott Coralville Hotel and Conference Center on Friday, March 9, from 3:00 pm – 7:00 pm. Please note that room keys for the Marriott may not be available until 4:00 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 banquet 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 and Gymnastics. 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 main gym.
* Iowa City City HS for delegations participating in Basketball Skills. The delegation registration table is in the lobby near the main gym.
* Pro-Fit Gym for delegation participating in Powerlifting. The delegation registration table will be inside the entrance.

**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
* Banquet tickets
* Hotel room keys

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. 9th St., Coralville, IA 319-688-4000
* Heartland Inn, 87 2nd St., Coralville, IA 319-351-8132
* Baymont Inn & Suites, 200 6th 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 the Friday evening banquet and Saturday lunch for registered athletes, coaches and chaperones. The banquet will be held in the Exhibit Hall of the Marriott Coralville Hotel and Conference Center at

300 E 9th Street. Banquet tickets will be included in the delegation packets. 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. Extra lunches might be available at the venues on Saturday. If available the cost is $5.00 each.

**Banquet Theme –** The theme for this year’s banquet is “Marti Gras.”

**Tentative Banquet Menu** **Tentative Lunch Menu**

Chicken Turkey Sandwich

White Cheddar Macaroni and Cheese Chips

Fiesta Corn Granola Bar

Roll with butter Apple

Punch Juice Box

Mini cupcake

**Concessions**

Concessions and vending machines are not available. Please bring water bottles to the events for athletes, coaches, chaperones and spectators. Family members and spectators may want to bring snacks and water with them. These items can be brought to the lunch area at the venue.

**Banquet Photo Booth**

A photo booth will be setup at the banquet for athletes, coaches and chaperones. What a great way to start the

Mid-Winter Tournament and have keepsakes that will last a lifetime.

**Medical Coverage**

Emergency Information: Each Special Olympics coach needs to bring pertinent medical information for each athlete. This should include the coaches’ copy of medical release/parent/guardian consent forms.

First Aid volunteers will provide on-site medical coverage at the venue sites on Saturday. University Hospital should be used for emergencies. They have been notified about the event.

The Field House Training room will be the base first-aid station for Saturday’s competition at the University of Iowa. It is located on the main level of the Field House adjacent to the information desk. Volunteers will be based in the Main Gym at Iowa City West High School and in the Main Gym at Iowa City High.

Important Medical Number: University of Iowa Emergency Room – 319-356-2233. Emergency entrance is adjacent to the Field House.

**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 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** (please go to <http://www.johnson-county.com/dept_gis.aspx?id=1035> for an Iowa City area map)

**University of Iowa Field House;** 225 S Grand Avenue, Iowa City: 319-335-9847 **Basketball Team and Gymnastics**

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 the Field House Lot 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.

**Parking Map and Weekend Rates – University of Iowa Field House**

Parking Rates: Ramp 4 - $1.20 / hour Field House Lot - $1.20 / hour Lot 14 - $1.20 / hour

Lot 43 – Bus parking is available in this lot. Also free parking on weekends. Please park in marked stalls only.

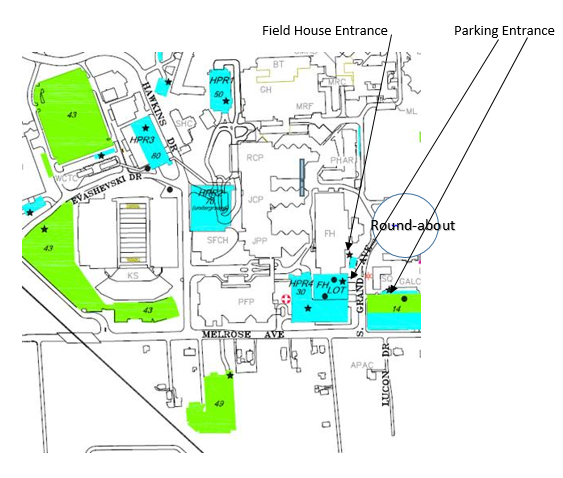
Lot 49 – Open for public use on the weekends.

Field House Entrance

Parking Entrance

Round-about

Grand Avenue



**Iowa City West High School;** 2901 Melrose Avenue, Iowa City **Cheerleading**

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.

**Iowa City City High;** 1900Morningside Drive, Iowa City **Basketball Skills**

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

**Pro-Fit Gym;** 770 Quarry Road, Coralville **Powerlifting**

Parking is available on the south side of the gym near the entrance or on the north side. Delegations staying at the Marriot can walk to the gym (approximately 5 – 10 minutes from the south side of the hotel).

**Bus Shuttle Service**

Shuttle service is provided between the University of Iowa Field House, Iowa City High & Iowa City West HS. The bus will NOT stop at Pro-Fit Gym for powerlifting. 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 approximately 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.

**Stops: Times: Location:**

Stop #1 Top of the Hour University of Iowa, near the Main Entrance

Stop #2 20 minutes after the U of I stop Iowa City West HS, near the North Entrance

Stop #3 20 minutes after the ICWHS stop Iowa City City High, near the Tennis Courts

Start Time: 9:00 am at the University of Iowa Field House (first pickup)

End Time: 3:00 pm at the University of Iowa Field House (last drop off)

* The last pickup is at Iowa City City High at approximately 2:40 pm

Schedule Example:

9:00 am University of Iowa Field House

9:20 am Iowa City West HS

9:40 am Iowa City City High

**Competition Information**

**Powerlifting Venue Director: Ray Strekal**

New Location: The powerlifting competition will be held at Pro-Fit Gym in Coralville. 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 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. See game schedule on page 13. **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. See game schedule on page 11 and 12. **Schedule is subject to change**.

The games will be conducted under the Special Olympics rules.

* A game consists of 20 minutes running time or first team to 20 points with stop time during the final minute of play.
* Teams are allowed 2 time outs per game.
* 3 minute overtime if teams are tied after 20 minutes.

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.

**Basketball Skills & Developmental Speed Dribble**

**Venue Directors: Cindy Becker and Shannon Daniel-Holm**

Basketball skills will be conducted in the Main Gym of Iowa City 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 City High, 15 minutes prior to their start time of their competition with their name tags on the front of their shirts.

**Basketball Skills & Developmental Speed Dribble Schedule**

Time Age Group Basket Height

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.

**2018 Mid-Winter Tournament 3 on 3 Basketball Schedule**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Game Time** | **Court #** | **Game #** | **Division** | **Home Team** | **Visiting Team** |
| **9:00 AM** | 1 | 1 | Jr.Dev1 | Challenger League Bulldogs | DeWitt Central Sabers |
| **9:30 AM** | 1 | 5 | Jr.Dev2 | Des Moines Roughriders | VSU Vikes |
| **10:00 AM** | 1 | 9 | Sr. Comp1 | Oelwein Huskies | Rock Valley #1 |
| **10:30 AM** | 1 | 13 | Jr.Dev1 | Winner Game 1 | Winner Game 2 |
| **11:00 AM** | 1 | 17 | Jr.Dev2 | Winner Game 5 | Winner Game 6 |
| **11:30 AM** | 1 | 21 | Sr. Comp1 | Winner Game 9 | Winner Game 10 |
| **12:30 PM** | 1 | 25 | Jr.Comp1 | Clinton HS | Jefferson J-Hawks Blue |
| **1:00 PM** | 1 | 29 | Sr.Comp2 | Midwest Magic Ballers | IC Timberwolves |
| **1:30 PM** | 1 | 33 | Jr.Comp1 | Winner Game 25 | Winner Game 26 |
| **2:00 PM** | 1 | 37 | Sr.Comp2 | Winner Game 29 | Winner Game 30 |
| **2:30 PM** | 1 | 41 |  |  |  |
|  |  |  |  |  |  |
| **Game Time** | **Court #** | **Game #** | **Division** | **Home Team** | **Visiting Team** |
| **9:00 AM** | 2 | 2 | Jr.Dev1 | Dubuque Senior Rams Red | Cherokee Black |
| **9:30 AM** | 2 | 6 | Jr.Dev2 | Cherokee Gold | East High Scarlets |
| **10:00 AM** | 2 | 10 | Sr. Comp1 | Brad's Backer Packers | WRC Wildcats Black |
| **10:30 AM** | 2 | 14 | Jr.Dev1 | Non-Winner Game 1 | Non-Winner Game 2 |
| **11:00 AM** | 2 | 18 | Jr.Dev2 | Non-Winner Game 5 | Non-Winner Game 6 |
| **11:30 AM** | 2 | 22 | Sr. Comp1 | Non-Winner Game 9 | Non-Winner Game 10 |
| **12:30 PM** | 2 | 26 | Jr.Comp1 | Mason City Mohawks Black | Harlan Cyclone Ballers |
| **1:00 PM** | 2 | 30 | Sr.Comp2 | Bettendorf Team Blue | North Scott Grads Comp |
| **1:30 PM** | 2 | 34 | Jr.Comp1 | Non-Winner Game 25 | Non-Winner Game 26 |
| **2:00 PM** | 2 | 38 | Sr.Comp2 | Non-Winner Game 29 | Non-Winner Game 30 |
| **2:30 PM** | 2 | 42 |  |  |  |

**3 on 3 Basketball Schedule continued on next page…**

**2018 Mid-Winter Tournament 3 on 3 Basketball Schedule**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Game Time** | **Court #** | **Game #** | **Division** | **Home Team** | **Visiting Team** |
| **9:00 AM** | 3 | 3 | Sr.Dev4 | EBF Rockets B | Goodwill Wolverines |
| **9:30 AM** | 3 | 7 | Sr.Dev1 | Jones Co. Raptors | GRC Rams |
| **10:00 AM** | 3 | 11 | Sr.Dev2 | Goodwill Spartans | GRC Hot Shots |
| **10:30 AM** | 3 | 15 | Sr.Dev4 | Adair Co Aces | EBF Rockets B |
| **11:00 AM** | 3 | 19 | Sr.Dev1 | Winner Game 7 | Winner Game 8 |
| **11:30 AM** | 3 | 23 | Sr.Dev2 | Winner Game 11 | Winner Game 12 |
| **12:30 PM** | 3 | 27 | Sr.Dev4 | Goodwill Wolverines | Adair Co Aces |
| **1:00 PM** | 3 | 31 | Sr.Dev3 | CR Orange | Cass Co Eagles Red |
| **1:30 PM** | 3 | 35 | Sr.Dev5 | Muscatine D | Ames Basket Hounds |
| **2:00 PM** | 3 | 39 | Sr.Dev3 | Winner Game 31 | Winner Game 32 |
| **2:30 PM** | 3 | 43 | Sr.Dev5 | Winner Game 35 | Winner Game 36 |
|  |  |  |  |  |  |
| **Game Time** | **Court #** | **Game #** | **Division** | **Home Team** | **Visiting Team** |
| **9:00 AM** | 4 | 4 | Sr.Dev6 | Davenport Devils | IC Dynasty |
| **9:30 AM** | 4 | 8 | Sr.Dev1 | Sharpshooters 3 | WRC Wildcats Red |
| **10:00 AM** | 4 | 12 | Sr.Dev2 | Bettendorf Team Gold | Link Clippers |
| **10:30 AM** | 4 | 16 | Sr.Dev6 | CR Purple | Davenport Devils |
| **11:00 AM** | 4 | 20 | Sr.Dev1 | Non-Winner Game 7 | Non-Winner Game 8 |
| **11:30 AM** | 4 | 24 | Sr.Dev2 | Non-Winner Game 11 | Non-Winner Game 12 |
| **12:30 PM** | 4 | 28 | Sr.Dev6 | IC Dynasty | CR Purple |
| **1:00 PM** | 4 | 32 | Sr.Dev3 | Packers Key | Team Abilities Comets |
| **1:30 PM** | 4 | 36 | Sr.Dev5 | CR Red | Midwest Magic Kobe's |
| **2:00 PM** | 4 | 40 | Sr.Dev3 | Non-Winner Game 31 | Non-Winner Game 32 |
| **2:30 PM** | 4 | 44 | Sr.Dev5 | Non-Winner Game 35 | Non-Winner Game 36 |

**2018 Mid-Winter Tournament 5 on 5 Basketball Schedule**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Game Time** | **Court #** | **Game #** | **Division** | **Home Team** | **Visiting Team** |
| **9:00 AM** | 1 | 1 | Junior\_02 | Sioux City Knights Unified | Courage League Lions |
| **10:00 AM** | 1 | 5 | Junior\_01 | Burlington Hounds | Woodward Grandwood Hawks |
| **11:00 AM** | 1 | 9 | Junior\_02 | Iowa Deaf Bobcats | Sioux City Knights Unified |
| **12:30 PM** | 1 | 13 | Junior\_01 | Woodward Grandwood Hawks | Burlington Hounds |
| **1:30 PM** | 1 | 17 | Junior\_02 | Courage League Lions | Iowa Deaf Bobcats |
| **2:30 PM** | **1** | **21** | **Junior\_01** | **If Necessary - Burlington Hounds vs. Woodward Grandwood Hawks** | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Game Time** | **Court #** | **Game #** | **Division** | **Home Team** | **Visiting Team** |
| **9:00 AM** | 2 | 2 | Female\_01 | CR Shooting Stars | Sharpshooters 2 |
| **10:00 AM** | 2 | 6 | Sr.Coed\_01 | SCA Coed #1 | Goodwill Blue Devils |
| **11:00 AM** | 2 | 10 | Male\_02A | CR Eagles | Griswold Tigers |
| **12:30 PM** | 2 | 14 | Female\_01 | Sharpshooters 2 | CR Shooting Stars |
| **1:30 PM** | 2 | 18 | Sr.Coed\_01 | Winner Game 6 | Winner Game 7 |
| **2:30 PM** | 2 | 22 | Male\_02A | Winner Game 10 | Winner Game 11 |
| **3:30 PM** | **2** | **25** | **Female\_01** | **If Necessary - CR Shooting Stars vs. Sharpshooters 2** | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Game Time** | **Court #** | **Game #** | **Division** | **Home Team** | **Visiting Team** |
| **9:00 AM** | 3 | 3 | Male\_01 | CR Scorpions | Mason City All-Stars A |
| **10:00 AM** | 3 | 7 | Sr.Coed\_01 | CR Hot Shots | Ames Rangers |
| **11:00 AM** | 3 | 11 | Male\_02A | Hope Twisters | Mason City All-Stars B |
| **12:30 PM** | 3 | 15 | Male\_01 | Mason City All-Stars A | CR Scorpions |
| **1:30 PM** | 3 | 19 | Sr.Coed\_01 | Non-Winner Game 6 | Non-Winner Game 7 |
| **2:30 PM** | 3 | 23 | Male\_02A | Non-Winner Game 10 | Non-Winner Game 11 |
| **3:30 PM** | **3** | **26** | **Male\_01** | **If Necessary - CR Scorpions vs. Mason City All-Stars A** | |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| **Game Time** | **Court #** | **Game #** | **Division** | **Home Team** | **Visiting Team** |
| **9:00 AM** | 4 | 4 | Male\_02B | Sioux City Knights Seniors | Sharpshooters 4 |
| **10:00 AM** | 4 | 8 | Male\_02C | VNU Panthers | Johnston Outlaws White |
| **11:00 AM** | 4 | 12 | Male\_02B | Link Bulls | Sioux City Knights Seniors |
| **12:30 PM** | 4 | 16 | Male\_02C | Muscatine A | VNU Panthers |
| **1:30 PM** | 4 | 20 | Male\_02B | Sharpshooters 4 | Link Bulls |
| **2:30 PM** | 4 | 24 | Male\_02C | Johnston Outlaws White | Muscatine A |

**Gymnastics Venue Director: Erin Birkenholtz**

The Gymnastics competition will be conducted in the Gymnastics room at the University of Iowa Fieldhouse. Please review the following general schedule:

9:00 am Warm-ups

9:30 am Gymnastics Opening Ceremony

9:40 am Competition

12:00 pm Lunch

12:30 pm Competition Resumes & Awards

**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 Directors: Donna Jondle & Katie Rasmussen**

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. Teams are to be ready 30 minutes ahead of their scheduled time in case the competition is running ahead of schedule. Divisions and times are set. There will be no switching or changing. The auxiliary gym, south of the main gym, will be available for teams to practice in.

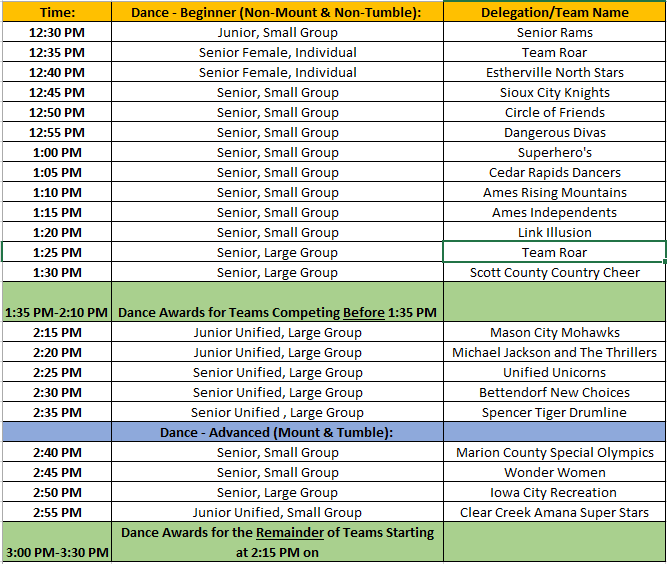
**Cheerleading and Dance Competition Reminders:**

1. **(Dance) Music:** It is **REQUIRED** for all coaches to have a CD with your music on it.
   1. Music must be ready to start once the volunteer pushes the play button. There will be **no** tolerance for fast forwarding for the music and dance routine to begin.
      1. Music **must** be handed to volunteer while your team is on deck.
      2. The CD **must** have your teams name and/or Delegation name on the CD so the volunteer knows which one to play when your team is announced to perform.
      3. One coach from the coaches box **must** signal to the volunteer running the music by raising their hand to let them know when to start the music.
   2. **Dance Time Limit:** 2 minutes and 30 seconds (2:30)
      1. If you exceed this time there will be a total of a 5 point deduction and we will ask you to stop.
2. **Cheer Time Limit:** 3 minutes (3:00)
   1. If you exceed this time there will be a total of a 5 point deduction and we will ask you to stop.
   2. Judging and timing of your performance will start with the first word. For example, if you have an entrance cheer, it will count towards one of your cheers.
3. The number of coaches will be allowed in the coaches box for the following:
   1. **Cheer:** 2 coaches
   2. **Dance:** 2 coaches
4. Once again, there will be two ping pong paddles in the coaches’ box for Cheerleading this year. One paddle will say Cheer 1 and the other paddle will say Cheer 2. It is recommended that when you start Cheer 1 you hold up the paddle so the judges know which cheer you are doing. Same, as when you start Cheer 2. You would hold up the paddle that says Cheer 2 so the judges can again distinguish between the two cheers.
   1. **\*Please note this is not required for you to do. You will not receive any deductions should you choose not to use the paddles. The option will be available if you’d like to do it.**
5. **Coaches’ Meetings:** There will be one for Cheerleading and one for Dance. Please see times below for the meetings appropriate to your group:
   1. **8:30 AM: Cheerleading**
      1. Competition will begin promptly at 9:00 AM.
   2. **12:00 PM: Dance**
      1. Competition will begin promptly at 12:30 PM.
6. **Awards:** 
   1. Cheerleading will be handed out once the Cheerleading competition is complete.
   2. Dance will have two separate times that awards will be handed out due to the volume of teams this year.
      1. For these award times please refer to the Cheer and Dance schedule (separate) by locating your cheer or dance team name and the time you compete.
      2. If you are not able to stay for awards please let Katie Rasmussen know the day of competition.

**Cheerleading Schedule:**

|  |  |  |
| --- | --- | --- |
| **Time:** | **Cheer (Yell) - Beginner (Non-Mount & Non-Tumble):** | **Delegation/Team Name:** |
| **9:00 AM** | Junior, Small Group | Clarion Goldfield Dows: Cowgirls |
| **9:05 AM** | Junior, Small Group | Cyclone Spirits |
| **9:10 AM** | Senior, Small Group | Cedar Rapids Otters |
| **9:15 AM** | Senior, Small Group | Jones County Raiders |
| **9:20 AM** | Senior, Large Group | Cedar Rapids Boomers |
| **9:25 AM** | Senior, Large Group | Midwest Magic |
| **9:30 AM** | Senior, Large Group | VODEC Vikings |
| **9:35 AM** | Junior Unified, Small Group | Creston Schools |
| **9:40 AM** | Senior Unified, Small Group | Sioux City Knights |
| **9:45 AM-10:05 AM** | **Cheer (Yell) - Beginner (Non-Mount & Non-Tumble) Awards** |  |
| **10:10 AM** | **Cheer (Yell) - Advanced (Mount & Tumble):** |  |
| **10:15 AM** | Junior, Small Group | Cherokee Braves |
| **10:20 AM** | Junior, Small Group | Harlan Community High School |
| **10:25 AM** | Senior, Large Group | Iowa City Recreation Cheer |
| **10:30 AM** | Senior, Large Group | VODEC Vikings |
| **10:35 AM** | Junior Unified, Large Group | Western Dubuque High School Unified Bobcats |
| **10:40 AM** | Junior Unified, Large Group | Falcon Pride |
| **10:45 AM** | Junior Unified, Large Group | DeWitt Central Sabers |
| **10:50 AM** | Senior Unified, Small Group | Adair County Aces |
| **10:55 AM-11:15 AM** | **Cheer (Yell) - Advanced (Mount & Tumble) Awards** |  |

**Dance Schedule:**



**Healthy Athletes Information**

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.

**MedFest at the Mid-Winter Tournament Clinical Director: Vincent Taeger**

MefFest offers an opportunity to receive free Special Olympics Iowa athlete physicals. MedFest will be offered on Friday, March 9 from 8:00 am – 2:00 pm at the Marriott Hotel. Space will be limited to those who need a physical in 2018. Delegation Managers will be notified of who is eligible to receive a physical during this MedFest.

**Healthy Hearing at the Mid-Winter Tournament Clinical Director: Elizabeth Stangl**

Healthy Hearing offers a free hearing screening as well as hearing aids and battery replacement for existing hearing aids. Healthy Hearing will be offered on Friday, March 9 from 3:00 pm – 8:30 pm at the Marriott Hotel.

**Health Promotions at the Mid-Winter Tournament Clinical Director: Judy Fitzgibbons**

Health Promotions offers athletes tips on nutrition, adequate hydration, maintaining personal hygiene, safety, fitness, danger of tobacco use, sun safety and other health concerns. Athletes will have a chance to get their height, weight and bone density scan. Handouts and giveaways will be available to athletes who participate. Health Promotions will be offered on Friday, March 9 from 3:00 pm – 8:30 pm at the Marriott Hotel.

**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 John Kliegl, 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 9 5:30 pm to 8:00 pm Marriott Coralville Exhibit Hall

Saturday, March 10 9:00 am to 2:00 pm University of Iowa Field House

Saturday, March 10 Iowa City High

Saturday, March 10 9:00 am to 2:00 pm Iowa City West HS North Lobby

Please note that there will not be any souvenir sales at the powerlifting competition at Pro-Fit Gym.

|  |  |
| --- | --- |
| **Mid-Winter T-shirts** | **$10** |
| **¼ Zip Pullover** | **$40** |
| **Special Olympics T-Shirts** | **$10** |
| **Lanyards** | **$2** |
| **Ink Pen** | **$1** |

We accept cash, check or credit cards are accepted.

Checks should be made out to Special Olympics Iowa.

** Thank You to Our Partners! **

Special Olympics Iowa thanks the following individuals, groups, and organizations for their contributions to the success of the 2018 Special Olympics Iowa Mid-Winter Tournament, and for their support of more than 14,000 Athlete and Unified Sports Partners across the state. Without the support of these generous individuals and organizations Special Olympics Iowa would not be able to offer the quantity and quality of events we do for our athletes, coaches, families and volunteers.

**Mid-Winter Tournament Games Organizing Committee**

**Julie Barnes** Banquet and Dance **Brian Bates** Athlete Representative

**Cindy Becker** Basketball Skills **Ruth Bentler** Healthy Hearing

**Jacqueline Carder** Healthy Hearing **Terry Coleman** Iowa City High

**Shannon Daniels-Holm** Basketball Skill **Chuck Finnegan** Team Basketball

**Judy Fitzgibbons** Health Promotions **John Green** Registration and Set-up

**RaQuishia Harrington** Banquet and Dance **Craig Huegel** Iowa City West High School

**Adrienne Johnson** Volunteer Coordinator **Mark Johnson** University of Iowa Facilities

**Donna Jondle** Cheer and Dance **Nikki Kastenholz** Volunteer Assistant

**Pat Kutcher** University of Iowa Facilities **Joyce Rossie** Banquet and Dance

**Damian Simcox** Facilities **Elizabeth Stangl** Healthy Hearing

**Ray Strekal** Powerlifting **Chuck Thomas** U of I Recreational Services

**Kathy Thorteinson** Special Smiles **Derek Timmerman** U of I Parking

**Rob Wagner** Team Basketball **David Wellendorf** Lunch

**2018 Mid-Winter Tournament Sponsors and Venue Hosts**

**Baymont Inn & Suites Coralville Heartland Inn Fareway Stores, Inc.**

**Iowa City City High Iowa City West High School LL Pelling Co.**

**Marriott Hotel & Conference Center Pro-Fit Gym Scratch Cupcakery**

**University of Iowa University of Iowa Community Credit Union**

