

**Special Olympics**  
Iowa



## Mid-Winter Tournament Highlights

Special Olympics Iowa would like to give a huge thank you to everyone who participated in and volunteered with the 2017 Mid-Winter Tournament. We had a great time and we hope you did, too! A special thank you to **Fareway Food Stores** for being the venue sponsor of this year's tournament. With their help, SOIA athletes, staff, volunteers and families enjoyed competition and continued to create an atmosphere with inclusion for all!

[Check out our Facebook page for photos from Mid-Winter Tournament!](#)

---

## *FREE Iowa State Football Game on April 8*

On Saturday, April 8 Iowa State University will hold its annual free spring football game. SOIA athletes and family and friends are invited to attend the game and be a part of a Special Olympics section! The athlete section is being sponsored by Learfield Sports and SOIA Statewide Sponsor **UnitedHealthcare**.

SOIA will be seated in [section 25](#). There will be signage to find the Special Olympics section in the stands. Guests are encouraged to park on the south side of the stadium (S2/S3) and can take the general public elevator up to the East Concourse. [Continue Reading](#)

**UnitedHealthCare and Special Olympics**  
invite you to the  
**Iowa State Spring Football Game**  
on April 8th at 1pm  
**Free Parking and Free Admission**

 **UnitedHealthcare**

**Special Olympics**  
Iowa



---

**Congratulations Tabitha!**



Special Olympics Iowa would like to congratulate its very own Iowa athlete Tabitha Darnell on receiving two silver medals at the Special Olympics World Winter Games in Austria.



The World Games are an international competition where Special Olympic athletes from more than 170 countries participate. The Winter Games included skiing, skating, snowboarding, snowshoeing, floor hockey, floorball and stick shooting. This year's events took place in three locations in Austria: Graz, Schladming and Ramsau. The Games began with Host Town events on March 14 and concluded on March 25.

Darnell, who is from Davenport, Iowa, competed in two events and earned two silver medals. In the Alpine Skiing Novice Slalom she had an official time of 1:50.86. In the Alpine Skiing Novice Giant Slalom she had an official time of 1:50.19 placing second to a fellow USA athlete from Colorado.

Great job, Tabitha!

---

## Join SOIA at the 2017 Summer Games!

*By: Chelsey Kimmel-Kendrick*

Special Olympics Iowa's 33rd annual Summer Games is a three-day event with more than 2,600 athletes and over 2,000 volunteers. The event consists of several sports including swimming, track and field, bocce, tennis, cycling, soccer and skills games. However, athletes can only participate in one sport per day.



Summer Games will take place on May 25-27. Registration is due by April 1 for the bocce, cycling, soccer and tennis competitions, and April 24 for swimming and athletics (track and field).

**The Summer Games** will be kicked off with the Law Enforcement Torch Run Final Leg, which brings the symbolic Flame of Hope Torch from downtown Des Moines to Iowa State University's Hilton Coliseum for the Opening Ceremonies, presented by **Hy-Vee**. More than 500 law enforcement officers from all around Iowa have participated in the past by running, walking and biking routes, as they head to the big event in Ames. The officers hand the torch to an athlete who lights the flame, which begins the biggest SOIA competition of the year! [Continue Reading](#)

### EVENT DETAILS

**Who:** Special Olympics Iowa  
**What:** 2017 State Summer Games  
**When:** May 25-27, 2017  
**Where:** Iowa State University, Ames

[More Information](#)

[Participation Forms](#)

[Register to Volunteer](#)

---

## MACC Foundation's Annual 5K Fun Run to Benefit SOIA

[Martial Artists for Children and Community](#) will host their annual 5k Fun Run on Saturday, May 13 in Grimes. Proceeds from the event will be donated to Special Olympics Iowa.



MACC is a 501c3 non-profit organization closely affiliated with [Martial Arts America Tae Kwon Do](#) school in Ankeny, Iowa. This organization is designed to provide assistance to the children and community through charity and donation of resources, people and time. [Continue Reading](#)

[REGISTER](#)

---

# SAVE THE DATE



## Texas Roadhouse Luncheon

Thursday, April 13th  
11:00 a.m. - 2:00 p.m.

Come join us for a **"FREE"** lunch  
served by local law enforcement!

Simply leave a donation at your table and 100% of  
your donation goes to Special Olympics Iowa!

**Participating locations: Ames, Urbandale, Cedar Rapids, Cedar Falls, Coralville, Davenport, Sioux City, Council Bluffs, Dubuque**

**Farm Bureau Becomes SOIA Statewide Partner**



We are happy to announce that the [Iowa Farm Bureau](#) has become a Premier Statewide Partner with Special Olympics Iowa (SOIA)!

Farm Bureau has always supported SOIA — not only through generous gifts, but also through committed volunteer efforts from employees volunteering at SOIA events. For many years, team members from Farm Bureau have created relationships with athletes and managed events during Summer Games, participated in Unified volleyball, and joined us in many other volunteer opportunities. [Continue Reading](#)

---

## FIT Focus

Check out this FIT Tip for April!



## Spring Cleaning for your Health

- With the weather getting nicer, aim to spend time outdoors every day! This can improve your overall mood and health, too.
- Snack on nutritional and seasonal fruits and veggies. Avocados, bananas, spinach, apples, mushrooms, asparagus and pineapples are all coming into season this spring!
- Try a new exercise regimen or location. Yoga in the park, a run by the lake, and biking on the bike trails are all great ways to get moving in a new setting this spring!
- Set aside 5 minutes each day to destress and relax without any distractions.

---

## Coaches Corner

### Coaches' Guide Available Online!

It can be found under the "Competitions" tab on the homepage or at this [link](#).

### Trainings

Getting involved as a coach and re-certification is now easier than ever!



Check out our new "Become a Coach" page:

<http://www.soioawa.org/get-involved/become-a-coach/>

You can now become certified/re-certified ONLINE in the following sports:

Athletics (Track & Field)  
Basketball Skills & Team Basketball  
Bocce  
Bowling  
Cheerleading & Dance  
Cycling  
Swimming  
Volleyball

\*More sports to be offered soon.

### **Annual Awards Nomination Form Now Available**

**The Distinguished Service Awards** provide a unique and important opportunity to recognize outstanding members of the SOIA community. These individuals embody the dedication, enthusiasm and ambition Special Olympics is known for.

If you'd like to nominate someone for any of the award categories you can fill out a nomination form. Please submit the completed nomination form by **April 3** to: [registrations@soiowa.org](mailto:registrations@soiowa.org) or to Rhonda Schwarzkopf at Special Olympics Iowa, PO Box 620, Grimes, IA 50111. One additional page of supporting documentation may be included.

Check out our [Annual Awards](#) webpage for more details.

### **National Anthem at Summer Games**

SOIA is looking for an athlete to sing the National Anthem during the Opening Ceremonies at Summer Games. Athletes who are interested are asked to send a short, 15 second video clip of their singing to Rhonda Schwarzkopf at [rschwarzkopf@soiowa.org](mailto:rschwarzkopf@soiowa.org).

## **Annual Crappie Tournament Coming Soon!**

### **Event Schedule:**

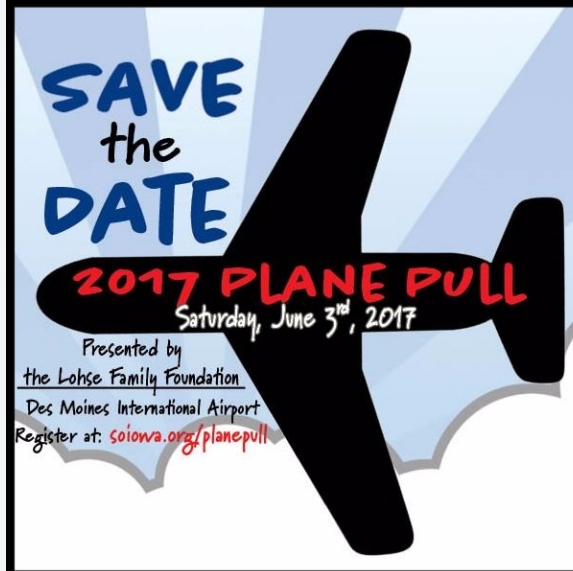
#### **Wednesday, May 3rd:**

**Includes:** Practice day (Twelve Mile Lake) with steak fry and raffle at 6 p.m. at The Lodge (Three Mile Lake)

**Thursday, May 4th:** Tournament  
(fishing will be at Twelve Mile Lake)

please read rules & registration for full details

REGISTRATION  
FORM



REGISTER TODAY!

## Upcoming Events at SOIA



### Cedar Falls/Waterloo

Date: April 8

Location: George Wyth State Park

### Fairfield

Date: April 22

Location: Waterworks Park Beach

### Ottumwa

Date: April 29

Location: Jimmy Jones Shelter

### Northwest Iowa

Date: April 29

Location: Scharnberg Park

### Register for the Iowa Law Enforcement Half Marathon/5k



Whether you're running for fun or running towards a goal, everyone who participates in the Iowa Law Enforcement Half Marathon & 5k event is running for a dream - the dream of a Special Olympics Iowa athlete. This is a great opportunity for individuals and organizations to raise money and support SOIA athletes.

### Event Details

Date: Saturday, April 22

Location: Banner Lakes at Sunset Park, Carlisle



A special thanks to our statewide  
Polar Plunge sponsor:



[More Information](#)

[REGISTER TODAY!](#)

[REGISTER TODAY!](#)

## April

- 1- Cedar Falls Challenge Day
- 1- Ames Greek Polar Plunge
- 1- East Central Area Spring Games
- 6- North Area Spring Games
- 8- Southeast Area Spring Games
- 8- East Area Spring Games
- 8- Central Area Spring Games
- 8- South Central Area Spring Games
- 8- Cedar Falls/ Waterloo Plunge
- 8- Free ISU Football Game
- 11- Southwest Area Spring Games
- 12- Cedar Rapids Play Day
- 13- Texas Roadhouse Free Luncheon
- 18- West Central Area Spring Games
- 18- West Central Area Swimming
- 20- North Central Area Spring Games
- 20- Ankeny Play Day
- 22- Cornell University Unified Day
- 22- LETR Half Marathon
- 22- Northwest Area Spring Games
- 22- Fairfield Polar Plunge
- 27- River Hills Play Day
- 29- Ottumwa Polar Plunge
- 29- Northwest Iowa Polar Plunge

## May

- 4- Drake Unified Sports Day
- 8- Camp Courageous Event Day 1
- 9- Camp Courageous Event Day 2
- 20- Run with the Police
- 25-27- 2017 Summer Games

## June

- 3- Plane Pull
- 10- Lake City/Opportunity Challenge Day

Thank You to Our Partners!

Champion Statewide Partners



Premier Statewide Partners



Special Olympics Iowa

<http://www.soiowa.org/>

