



2017 Special Olympics Iowa Winter Games Info



Cold weather, snow, ice, mountains...nothing can stop our athletes from speeding down the slope, running through the snowshoe course or skating around the rink!

Dubuque plays host to more than 350 athletes and 150 volunteers for the two-day Winter Games. With accommodations at the Grand Harbor Resort and Waterpark, athletes, coaches and families have plenty of choices for winding down after competitions.

An athlete may compete in one winter sport, competing in two events. Sports offered at the 2017 Winter Games include: alpine skiing, cross country skiing, snowshoeing, speed skating and figure

skating.

Event Details

Date: January 9-10, 2017

Registration Deadline: December 2, 2016

Location: Dubuque (Sundown Mountain, Albrecht Acres, Mystique Community Ice Center)

[More Information](#)

Rich Fellingham Named President and CEO of Special Olympics Iowa

Rich Fellingham has been named the President and CEO of Special Olympics Iowa. He will lead the organization and help manage donor relationships, finances and administration as well as being a liaison to the SOIA Board of Directors and Iowa's representative with Special Olympics North America and Special Olympics International.

Fellingham has a long history with SOIA, as he served in the CEO position for 12 years in the past. The SOIA staff looks forward to working with him once again.

Welcome back, Rich!



Nachos Navidad Fundraiser for SOIA

TACO JOHN'S®

Taco John's® is holding its annual Nachos Navidad® fundraiser benefiting Special Olympics Iowa from November 28 through December 25.

This is the seventh consecutive year Taco John's has partnered with SOIA in its Nachos Navidad® holiday fundraiser and awareness campaign, which has generated more than \$12,800 to provide training and competition for more than 800 SOIA athletes in northwest Iowa.

Participating Taco John's restaurants from northwest Iowa will donate a portion of each Nachos Navidad sold and may also collect change with proceeds to benefit SOIA.

Event Details

What: Taco John's® Nachos Navidad fundraiser for Special Olympics Iowa

Where: Taco John's locations in Sioux City, North Sioux City, South Sioux City, Spencer, Storm Lake, Sheldon, Cherokee and Le Mars

When: November 28, 2016-December 25, 2016

SOIA's Bruce Wilson Receives Simpson College Coaches Hall of Fame Honor

West Region Director of Field Services, Bruce Wilson, was inducted into the Simpson College Coaches Hall of Fame in October. Before joining the Special Olympics Iowa staff, Wilson served as the head coach of Simpson's men's basketball team for 25 years.

Membership in the Coaches Hall of Fame at Simpson is reserved for coaches who have made significant contributions to the college, athletic program, his or her sport, and the students of the college. Wilson is the winningest coach in the school's history. He went 341-305 in his 25 years as head coach, won three Iowa Conference Championships, and made three trips to the NCAA Tournament. He's been named the Iowa Coach of the Year three times and was named the Division III West Region Coach of the Year in 1992.

Wilson was also instrumental in helping his players achieve greatness. Under his coaching, Simpson student-athletes earned All-Iowa Conference honors 32 times. Nine of Simpson's 18 career 1,000-point scorers played under Wilson. [Continue Reading](#)

2017 Iowa Miss Amazing Pageant February 17-18



The 5th annual Iowa Miss Amazing Pageant will take place February 17-18, 2017 at Iowa Western Community College in Council Bluffs. This year's pageant will feature a two-day show with full areas of competition both days.

Rising Stars, Preteens, Jr. Teens and Teens will participate on Friday, February 17 while Jr. Miss, Miss, Sr. Miss and Shooting Stars will participate on Saturday, February 18. Girls ages 5 and older can participate.

Girls will learn valuable skills such as public speaking, poise and sportsmanship through aspects of pageantry. Each girl will be paired with a volunteer buddy who will be a mentor and a friend to them throughout the day and help prepare them for the pageant. [Continue Reading](#)

Shoot for the Stars

Join us for a Pistol Shoot Tournament benefiting Special Olympics Iowa!

Event Details

What: First Annual Pistol Shoot Tournament, "Shoot for the Stars"

When: Saturday, December 17th from 10 a.m. - 4 p.m.

Where: CrossRoads Shooting Sports (5550 Johnston Dr, Johnston, IA 50131)

**SHOOT
FOR THE STARS**



[Register Today](#)

LETR Extravaganza

Join us on Saturday, January 21, 2017 for the Law Enforcement Torch Run Extravaganza hosted by the Des Moines Police Department in support of Special Olympics Iowa!

The event includes a DJ and Dance, silent and live auctions, appetizers, drinks, photo booth, drawing and more.

You can buy tickets the night of the dance or visit the SOIA website to register and get more information at soiowa.org/torch-run-dance-and-auction.

Event Details**Date:** Saturday, January 21, 2017**Time:** 7-11 p.m.**Location:** Hy-Vee Hall**Cost:** \$20 per person

Congratulations to our 2016 Holiday Card Design Contest Winner!

Thank you to all of our amazing athletes who submitted designs for our 2016 holiday card! We had a record number of entries and we loved them all so much.

The artist's design we selected this year was done by Sam Gathercole, a 5th grade athlete from Spirit Lake Middle School. He was so excited his artwork was chosen!

Thanks again to everyone who entered!

[SEE THE DESIGN!](#)

Fit Focus

The FIT Program introduces "FIT Tips," a monthly tip about living a healthy life!



Portion Control

- Don't skip meals
- Know "rules of thumb"
 - Clenched fist = 8 fluid ounces
 - Two hands, cupped = 1 cup
 - Palm of hand = 3 ounces
 - Two thumbs together = 1 tablespoon
- Know that serving size \neq portion size
- Use portion control plates
- Plan meals ahead of time
- Avoid overwhelming portion sizes when eating out – take leftovers home!



Courage to Run

Poem written by Bobbi Rico, grandma of athlete Alex Alder.

Bright noonday sun shines high above,
like the sea of yellow shirts down on the track.
A lone figure in a pair of old sneakers,
an award- winning smile
etched on his face,
stands at the starting line,
patiently waiting
for his race to begin.
His right hand firmly grasps
a milk jug handle,
strung on a rope,
stretching to the end.
He listens to hear...
Ready! Set! Go!
A starter gun fires
The cheers of the crowd,
along with his constant companion,
the darkness.
He runs!
A pair of welcoming arms
embrace him to let him
know his race is done.
He won!

Coaches Corner

Updated Coaches' Guide Available Online!

SOIA's updated **2016-2017 Coaches' Guide** is now available on our website. It can be found under the "Competitions" tab on the homepage or at this [link](#).

Updated Class A Application

We've updated our Class A Application on our website. If you need to renew your credentials or would like to become a Class A Volunteer, you can find the updated application [here](#).

New Cheer and Dance Manual Available

We've updated our Cheer and Dance Manual! You can find it online [here](#). For questions, contact [Katie Rasmussen](#).

Creston Coaches Sports Training Certification Clinic

Creston Middle School
805 Academic Ave, Creston, IA 50801
December 3, 9:00 AM - 4:00 PM
Sport certifications offered: bowling, basketball, athletics, bocce, cheer/dance, cycling/swimming

Harlan Coaches Sports Training Certification Clinic

Harlan High School
2102 Durant, Harlan, IA 51537
January 16, 8:00 AM - 4:00 PM
Sport certifications offered: bocce, bowling, basketball, athletics, cheer/dance, softball, cycling

Reminders!

Special Olympics Iowa Physical and Consent Form

Formerly called our "Application for Participation," the process of sending physicals to the state office is the same, it just has a new name now!

[More Information](#)

Physicals to Practice

Athletes must be 8 years of age or older to compete with Special Olympics. However, children 6 or 7 years of age are allowed to practice with teams, but cannot compete in competitions. If a child does practice with a team they still need to turn in a physical to the state office. Contact [Rhonda Schwarzkopf](#) at 515-986-5520 with questions.

SOIA Logos

Guidelines and downloadable versions of the SOIA logo are available on our [website](#). Contact [Stephanie Kocer](#) with questions.

Calendar Highlights

For a full listing of events, visit [our online calendar!](#)



December

- 2- Global Messenger Workshop
- 3- Global Messenger Workshop
- 3- University of Iowa Unified Day
- 3- Creston Coaches Sports Training Certification Clinic
- 7- South Central Area Unified Sports Training Day
- 17- SOIA Holiday Classic Basketball Tournament
- 17- Shoot for the Stars Fundraising Event

January

- 9-10- Winter Games
- 16- Harlan Coaches Sports Training Certification Clinic
- 19- Southwest Area Basketball Skills
- 21- East Conference Basketball Tournament
- 21- Northwest Area Basketball Skills
- 21- South Central Area Basketball Skills
- 21- LETR Extravaganza
- 26- North Area Basketball Skills
- 28- West Central Area Basketball Skills
- 28- East Central Area Basketball Skills

February

- 4- West Conference Basketball Tournament
- 4- Grinnell Unified Day
- 4- Northeast Basketball Skills
- 9- Oskaloosa Play Day
- 9- Central Area Basketball Skills
- 9- North Central Area Basketball
- 9- Southwest Area Open Bocce Tournament
- 11- Wartburg Unified Day
- 11- Southeast Area Basketball
- 16- Des Moines Area Play Day
- 18- Upper Iowa Unified Day
- 25- East Central Conference Basketball
- 25- East Area Aquatics
- 25- Conference Team Basketball Competition

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Special Olympics Iowa | 515-986-5520 | www.soiowa.org
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