



Lincoln Savings Bank Presents 2nd Annual West Des Moines Polar Plunge

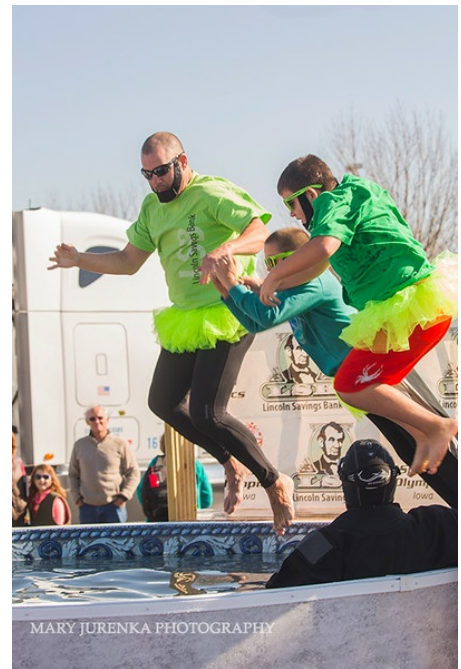


Curious about this famous Special Olympics fundraiser? The Polar Plunge® is a signature fundraiser for Special Olympics that offers a unique opportunity for individuals and organizations to raise money and support Special Olympics Iowa athletes by jumping into frigid waters.

Polar Plunges are held across the state of Iowa in the fall and spring. The West Des Moines Polar Plunge will be held **Saturday, November 5** at the Jordan Creek Town Center.

Premier Statewide Partner Lincoln Savings Bank is presenting the event for the second year in a row. Volunteers from LSB will be on hand all day to help the Plunge run smoothly and to provide guests with giveaways and fun activities.

Immediately following the Plunge, participants and guests can stay warm and enjoy fun, food, drink, music, a silent auction and drawings at the post-party. Lunch can be purchased for spectators at registration for \$10 (ages 5 and under free). [Continue Reading](#)



Upcoming Polar Plunge Dates!



**POLAR
PLUNGE**

Brrrrrring on the cold! Whether you plunge solo or with coworkers, friends or family - for the ultimate bonding experience - we'll help you take "cool" up a degree or two. Being a Plunger means cooling your body while warming hearts. The Polar Plunge® is a signature fundraiser for Special Olympics and offers a unique opportunity for individuals and organizations to raise money and support Special Olympics Iowa athletes by jumping into frigid waters.

You can join a Polar Plunge this fall in the following areas:

[-November 5, West Des Moines](#)

[-November 6, Fort Dodge](#)

[-November 19, Dubuque](#)

[More Information](#)

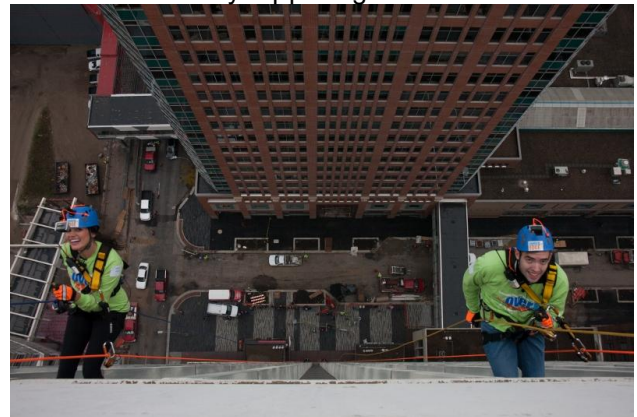
Thank You Over the Edge Participants!



Thank you to everyone who participated in this year's Over the Edge event!

Over the Edge is a unique opportunity for individuals and organizations to raise money and support SOIA athletes by rappelling off the 345-ft Financial Center in downtown Des Moines.

This year we had over 50 rappellers raise money for SOIA to go Over the Edge! The event raised about \$75,000 in total.



A special thank you to our Champion Statewide Partner and Over the Edge sponsor, [Sammons Financial Group](#), for making the event a success. We appreciate all of your support!



Casey's Cup Campaign raises over \$39,000 for

Special Olympics Iowa



Casey's General Stores throughout Iowa helped raise funds for Special Olympics Iowa this summer with the Casey's Cup Campaign. Starting May 19 just in time for the SOIA Summer Games and running through Labor Day, they showcased athletes and law enforcement officials on their 44 ounce cups, with a portion of the proceeds from the cups sold going toward Special Olympics Iowa.

Casey's General Store also supports Special Olympics Iowa athletes by providing financial support through Law Enforcement Torch Run® signature fundraisers, including the annual Truck Convoy, a golf tournament and much more. As a Premier Statewide Partner, Casey's General Store has provided approximately \$87,000 over the years to directly benefit Special Olympics Iowa athletes across the state.

The company's values are rooted in a sense of belonging to the communities in which it operates, which aligns with Special Olympics Iowa's vision of inclusion for all athletes. Together throughout Iowa, the Casey's Cup Campaign raises awareness about different abilities and helps foster growth for our programs.

At the wrap-up ceremony on Monday, October 17, Casey's presented Special Olympics Iowa with a check for more than \$39,000 from the cup campaign.

Special Olympics Iowa would like to give their sincerest appreciation for Casey's and their generous donation!

State Bowling Championship November 19

Although Bowling does not belong to the Olympic sports, it is among the most popular sports in Special Olympics! Athletes can participate in one of the bowling events including Singles, Doubles, Team (four-person), Unified Doubles (one SOIA athletes with one Unified partner) or Unified Team (two SOIA athletes with two Unified partners).

Date: November 19, 2016

Locations:

- Westdale Bowl in Cedar Rapids (state qualifiers from the East, East Central, Northeast and Southeast areas)
- Bowlerama in Des Moines (state qualifiers from the Central, North Central, South Central and West Central areas)
- Plaza Lanes in Sioux City (state qualifiers from the North, Northwest and Southwest areas)



[More Information](#)

SOIA Play Days Help Young Athletes Discover the Joy of Sports

By: Julie Berns, SOIA athlete parent

When I first heard about Special Olympics Play Day for Young Athletes my daughter, Claire, was only three. I was skeptical. Claire was just a baby. She hung out with me at home and running errands, she wasn't involved in any structured sport. She has always been small for her age, even compared to other children with Down Syndrome, how would she compete?

Being tiny has never slowed Claire down for a moment; she has always been a bundle of energy. So I let down my protective walls that I had been keeping her in, and I signed her up.

The building seemed to be a hive of activity when we first stepped in. People everywhere, yet it was an organized chaos. We got our T-shirts on and found Kathy, Director of Athlete Initiatives for Special Olympics Iowa (SOIA), and introduced her to Claire. Kathy scooped her up, chatted with her, and asked for a picture with Claire. This had become our tradition every year, find Kathy and take a picture!



Awesome is such an over-used word, but that was how it was for me walking in there; I was in awe. All of these people, laughter, cheers, smiles. No one was telling me that, "Down Syndrome people are always so happy." The only looks we got were smiles, we were totally accepted, and that is such a peaceful feeling. [Continue Reading](#)

SOIA Athlete to Open Restaurant in Conrad, IA

By: Kandy Fisher

Blaine Fisher of Conrad, IA is a Special Olympics Iowa athlete and Global Messenger and is in the

process of opening his own restaurant in his hometown. His restaurant will be called "Blaine's on Main."

Blaine will be naming his daily lunch specials after those who have made an impact in his life; his former high school football coaches will have a sandwich called "The Locker Room Slider" and the men in the high school bus barn, who he helped when volunteering, will have "The Bus Barn Burger," just to name a few.

Eventually, Blaine will hire others with intellectual disabilities and give them a place to learn work and social skills. He will also be selling goods made by those with disabilities in his gift shop. Blaine will be sole owner and proprietor and is selling T-shirts and accepting donations to help with unexpected remodeling costs. The shirts come in sizes Youth L-Adult XL for \$15 and 2-3X for \$17.

You can choose to have your T-shirt signed by Blaine for an additional \$5, which will be will be donated to Special Olympics Iowa. Shirts can be mailed for an additional \$2 per shirt and must be paid for when ordering. [Continue Reading](#)



LETR Dodgeball Tournament



You may have hated it in fourth grade, but you'll love playing dodgeball now at the LETR Dodgeball Tournament! Get on the court and put yourself on the line for the Law Enforcement Torch Run® and Special Olympics Iowa.

Event Details

Iowa City Dodgeball Tournament

Date: November 6, 2016

Location: North Liberty Recreation Center

Cost: \$200 per team

[Registration](#)

[More Information](#)

2nd Annual Norse Unity Bowl to be Held December 3

Luther College SAAC presents...

2ND ANNUAL NORSE UNITY BOWL

DECEMBER 3RD, 2016



When: December 3rd, 2016

What: Special Olympics Bowling event and introduction of athletes at halftime of the Luther Men's Basketball Game

Schedule:

2:00pm Start of Luther Women's Basketball game
2:30pm Halftime introductions of Special Olympics Athletes
3:00pm Special Olympics athletes are transported by Luther bus to bowling event
3:30pm Bowling begins
5:00pm Pizza

Where: Basketball game will take place at the Luther College Regents Center
Bowling will be at Oneota Lanes in Decorah.

Admission: FREE! All Special Olympics athletes will bowl free, will receive a t-shirt, and will have pizza provided for them at the end of the event.

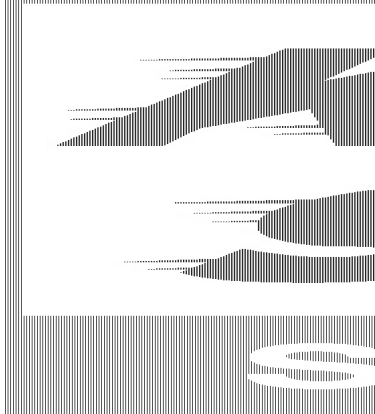
RSVP: Visit <https://www.luther.edu/sports/athletics/staff/saac/registration/> to RSVP for the event.
Email larspa06@luther.edu for more information or questions.



Kwik Star to Sell Polar Plunge Icons

Starting November 11th and running through November 24th, Kwik Star stores across Iowa will sell Polar Plunge icons in support of Special Olympics Iowa.

Customers can purchase a paper icon for just \$1 each, sign their names on the icon and display them in their local Kwik Star to show support of our athletes during Plunge season.



Kwik Star has been a longtime supporter of Special Olympics Iowa. They are a Premier Statewide Partner and each year for two weeks, every Kwik Star in the state of Iowa sells Polar Plunge icons. Kwik Star employees also support our local programs and employ our athletes. Statewide campaigns such as this, increase the awareness of the Special Olympics movement.

[More Information](#)

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

Notre Dame Football Raffle

You could win tickets to the November 19 Notre Dame football game against Virginia Tech at Notre Dame Stadium! Iowa Knights of Columbus councils are selling raffle tickets (\$10 each) now.



For more information, call your local Knights of Columbus Council or contact John Kliegl at

jkliegl@soiowa.org or 515-418-7339.

SOIA Holiday Card Design Contest

Attention athletes! Our holiday card art contest is happening NOW! This is your chance to have your artwork featured on the holiday card sent out by the state office. Here's what you need to do:

-Create your art! The artwork should be appropriate for a holiday card and needs to measure 5x7 (portrait or landscape).

-Send your creation to the state office by mail or email:

-Stephanie Kocer- skocer@soiowa.org

-Special Olympics Iowa
551 SE Dovetail Rd., PO Box 620
Grimes, IA 50111

-Deadline for artwork submissions is Friday, November 4.

-SOIA staff will announce the winner in November.

Good luck SOIA artists!

Fit Focus

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



Proper Hydration

- Signs of Dehydration: dry mouth, thirst, fatigue, headaches, dizziness
- Aim to drink 64 oz. of water every day to avoid dehydration
- Drink water before, during and after a workout
- Eat plenty of fruits and vegetables
- Replace sugary soft drinks with herbal tea, green tea or seltzer for better hydration without compromising all the flavor



2017 SOIA 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



Community Ice Center)

[More Information](#)

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

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](#).

Southwest Area Unified Sports Training Day

November 15

9:30 a.m.

Treynor Community Middle/High School, Treynor, IA

Northwest Area Unified Sports Training Day

November 17

9:30 a.m.

Washington High School, Cherokee, IA

Southeast Area Unified Sports Training Day

November 29

9:30 a.m.

Mt. Pleasant High School, Mt. Pleasant, IA

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!](#)



November

- 4- Council Bluffs Play Day
- 5- West Des Moines Polar Plunge
- 6- Fort Dodge Polar Plunge
- 9- Davenport Play Day
- 10- Muscatine Play Day
- 11- Northeast Area Roller Skating
- 15- Southwest Area Unified Sports Training Day
- 17- Northwest Area Unified Sports Training Day
- 19- Bowling State Tournament
- 19- Dubuque Polar Plunge
- 28- NAIA Volleyball Tournament Special Olympics Clinic
- 29- Southeast Area Unified Sports Training Day

December

- 2- Global Messenger Workshop
- 3- Global Messenger Workshop
- 3- University of Iowa Unified Day
- 7- South Central Area Unified Sports Training Day
- 17- SOIA Holiday Classic Basketball Tournament

January

- 9-11- Winter Games
 - 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
-

Thank You to Our Partners!

Champion Statewide Partners



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OF COLUMBUS
IN SERVICE TO ONE. IN SERVICE TO ALL.



Premier Statewide Partners



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