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## Over the Edge

### Go Over the Edge for Special Olympics Iowa October 26!

The fear of heights is one of the most common phobias in the world...but why let that stop you? 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!



### [Register Online](#)

Participants must raise a minimum of \$1,000 to guarantee a rappel spot. Space is limited so fundraise early!

### [More Information](#)

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## Staff Column: Over the Edge

**345 feet. One rappel. One cause.** If you've ever wondered what it would be like to face the fear of heights, now is your chance! Special Olympics Iowa's annual fundraiser Over the Edge will literally take you over the edge of the Financial Center in downtown Des Moines to raise money and awareness for SOIA athletes.

How does Over the Edge exactly work? You must fundraise a minimum of \$1,000 to secure your rappelling spot for Wednesday, October 26. You'll then be assigned a rappel time for that day. You'll report to the Financial Center the day of the event and will be given instruction on where to go and how to scale down the side of the building. And don't worry, you'll be wearing a harness and safety gear!

Of course, if going Over the Edge sounds a little scary to you, there are other ways you can get involved in the event. We're always looking for more volunteers to help out the day of the event. We even encourage you to help recruit rappellers for the event.



And even if you're not going Over the Edge yourself, you can help sponsor an athlete wanting to take part in the event by donating online to help them reach their fundraising goal. Every year we also give you a

chance to "Toss Your Boss," where you and coworkers raise a minimum of \$1,000 to get your boss to go over the edge. Of course, your boss has the option to respectfully decline participation if they or the company match the donations raised by the employees. The participation spot will then be drawn from all willing individuals who contributed funds. [Continue Reading](#)

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## **SOIA Receives \$15,000 Grant from Variety- the Children's Charity to Fund Play Days and Unified Sports®**



Special Olympics Iowa (SOIA) has received a \$15,000 grant from Variety- the Children's Charity to fund Young Athletes Play Days and Unified Sports®.

Young Athletes Play Days are designed to provide play activities and socialization opportunities for children with intellectual disabilities between the ages of two and seven. Play Days were created to serve children too young to participate in formal Special Olympics events (athletes can begin competing at age eight).

"Variety- the Children's Charity and Special Olympics Iowa have been great partners for many years. Our desire to serve is identical; our rewards are the smiles that we receive and the passion that is shown on the faces of those who we are privileged to walk beside," says SOIA President and CEO Gary Harms. "Our Young Athlete Play Days are the first introduction of that which Special Olympics Iowa has to share with our wonderful participants and young people, as well as their families and fans."

Unified Sports® creates an opportunity for people without intellectual disabilities to join in the sports experience by playing on a team with athletes with intellectual disabilities. It was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding.

[Continue Reading](#)

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## **Living Unified - Tiffany and Robin**

*By: Lori Emery, Delegation Manager- Sioux City Knights*

Many of those reading this may already be familiar with the term Unified Partner as it applies to Special Olympics. However, there are some that do not know about this opportunity to be involved with our athletes. Special Olympics Unified Sports® is an inclusive program that combines individuals with intellectual disabilities (athletes) and individuals without intellectual disabilities (Unified Partners) on sports teams for training and competition.

Meet Robin Hair and Tiffany Bauerly of the Sioux City Knights Special Olympics Iowa delegation. This dynamic duo has lived the unified lifestyle for more than 12 years and is proud to be part of the Special Olympics Unified Sports® movement.

Tiffany first met Robin through Best Buddies, a college program that matched a college student



with an individual in the community that had special needs. Tiffany and Robin would go bowling weekly through this program, but quickly saw that their friendship was growing outside the program.

After Tiffany's graduation, which Robin attended, the couple made a promise to each other to stay connected by meeting several times a month. With Tiffany freshly out of college and not able to afford weekly bowling, she started inviting Robin over to her family's house for meals and movie nights.

As time went by, their friendship maintained numerous adventures with the pair sharing both the ups and downs of their lives. Robin was the

ring bearer at Tiffany's wedding. Tiffany was there for Robin's 50th birthday, throwing him a 'not-surprise' party because she knew he would not like that. Just this past June, Robin retired after working at the Goodwill for 25 years and Tiffany was right there with him at the retirement party. [Continue Reading](#)

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## Upcoming State Competitions

### Volleyball State Tournament Date and Location:

Date: October 8, 2016

Location: Forker Building, Iowa State University in Ames, IA

[More Information](#)



### Flag Football State Tournament Date and Location:

Date: October 15, 2016

Location: Metro Youth Football Complex, Cedar Rapids, IA

[More Information](#)



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## Athlete Ben Bradshaw Bowls 300

Special Olympics Iowa (SOIA) would like to congratulate athlete Ben Bradshaw of the Cedar Rapids Parks

and Recreation Delegation for bowling a 300 game at a recent practice.

Ben has been in Special Olympics for four years and participates in bowling, basketball, softball and soccer. He started bowling at the age of three and started bowling for SOIA in 2013.

He says in his younger years he bowled on several leagues and he has a dream of going pro. His highest game before his recent 300 score was a 279 when he was 12 years old. Ben admits that he was getting a little nervous in the 8th frame, but it all worked out in the end.

From all of us at SOIA, congratulations again, Ben. Keep making us proud!



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## 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](mailto:jkliegl@soiowa.org) or 515-418-7339.

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## Red Robin Tip a Cop® October 20

Come out to Red Robin locations across the state of Iowa on Thursday, October 20 for SOIA's annual Tip a Cop® event.

Tip a Cop® turns law enforcement officers into "celebrity" servers for a lunch and/or dinner meal at a restaurant. Law enforcement officers bus tables, refill beverages, and solicit donations from restaurant patrons.

### Event Details

Date: Thursday, October 20

Time: 11 a.m.-3 p.m., 4-8 p.m.

For questions, contact:

[Jeanette Steinfeldt](#)

515-986-5520

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## World's Largest Truck Convoy for SOIA



The World's Largest Truck Convoy® is a national one-day celebration of the trucking industry, allied partners and law enforcement all working together to help raise money for Special Olympics Iowa.

Iowa's law enforcement officers escort the Convoy from Veterans Parkway (exit 101 off Highway 5) and travel 20 miles to the Iowa State Fairgrounds. SOIA athletes and families, community organizations, companies and law enforcement agencies welcome the truckers as they enter the fairgrounds for lunch and a celebration with awards to recognize participating truckers for the support they give to Special Olympics.

### Event Details

Date: Saturday, October 8, 2016

Location: Veterans Parkway to Iowa State Fairgrounds (celebration at Jalapeno Pete's) - Des Moines

Cost: \$100 per participant

Registration: [Register online](#) or mail/fax the [Registration form](#)

[More Information](#)

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## 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](mailto:skocer@soiowa.org)

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

**-Deadline for artwork submissions is October 31.**

-SOIA staff will announce the winner in November.

Good luck SOIA artists!

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## Fit Focus

As a part of the FIT program, "Fall Into Fitness" is back for a second year! Fall Into Fitness is a 10-week walking program aimed at helping Special Olympic athletes stay active and lead healthy lifestyles.

The program began on September 12 and will end on November 18. The program includes a grand total of 175 participants, including Special Olympic athletes and Unified Partners. The participants are members of 12 separate delegations that compose the walking clubs. The goal of the walking clubs is to meet at least once a week to walk together to build healthy habits, stay active and maintain motivation. Along with the walking program, each athlete will complete the FIT Program pre- and post-assessments in order to monitor their fitness improvements. [Continue Reading](#)



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## 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](#).

### Date Change: Buena Vista University Unified Day Moved to Wednesday, October 12

### 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](#).

### Flag Football Tournament Location Change

Due to the recent flooding in Cedar Rapids, the 2016 SOIA Flag Football Tournament location has been changed to the Metro Youth Football Complex in Cedar Rapids located at 1100 Ahearn Drive NE.

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## 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.

## Upcoming Polar Plunge Dates!



Brrrrrrring 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:

[-October 15, Davenport](#)

[-October 29, Siouxland](#)

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

[-November 6, Fort Dodge](#)

[-November 19, Dubuque](#)

[More Information](#)

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## Calendar Highlights

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

### October

- 1- Northwest Area Coaches Sports Training Clinic
- 4- Southwest Area Bowling: Ages 8-21
- 7- East Area Bowling
- 7- South Central Area Bowling: Ages 8-29

- 8- Volleyball State Tournament
- 8- South Central Area Bowling: Ages 30+
- 8- Truck Convoy
- 11- Southwest Area Bowling: Ages 22+
- 12- Buena Vista University Unified Day
- 13- North Area Soccer Skills Competition
- 13- Central Area Bowling
- 14- MedFest for Ruby Van Meter and Smouse
- 14- Northwest Area Bowling
- 15- Flag Football State Tournament
- 15- Upper Iowa University Unified Day
- 15- Northwest Area Bowling
- 15- Northeast Area Bowling
- 15- East Central Area Adult Bowling
- 15- Davenport Polar Plunge
- 16- Northwest Area Bowling
- 18- West Central Bowling: RVM and Smouse
- 19- North Area Bowling
- 20- North Central Area Bowling
- 20- West Central Bowling: Ages 8-21
- 21- West Central Bowling: Ages 22+
- 21- East Central Area Youth Bowling
- 22- Southeast Area Bowling (Adult)
- 24- Southeast Area Bowling (Youth)
- 26- Over the Edge
- 29- Siouxland Polar Plunge



### 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
- 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

## Thank You to Our Partners!

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