

Special Olympics
Iowa



2019 Mid-Winter Tournament Handbook

***Team Basketball • Basketball Skills
Cheerleading • Gymnastics • Powerlifting***

Banquet Theme: Luau



Special Olympics ***Iowa***



On behalf of the volunteers of the Games Organizing Committee and state office staff, welcome to the 2019 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 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



2019 Special Olympics Iowa Mid-Winter Tournament Tentative Schedule of Events



Friday, March 15		
8:00 am	Healthy Athletes: Special Smiles Health Promotions	1:00pm – 6:00 pm @ Marriott Hotel 4:00pm – 8:00 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 & 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 16		
	Breakfast	Provided at each SOIA designated hotel
8:00 am – Throughout Tournament	Delegation Registration for Gymnastics, Team Basketball, Cheerleading & Basketball Skills	U.I. Field House Main Deck Iowa City West HS Main Gym Iowa City High Gym Lobby
8:00 am – 8:30 am 8:15 am – 9:00 am 9:00 am – 3:00 pm	Powerlifting Delegation Registration & Check-in Powerlifting Warm-ups & Coaches' Meeting Competition; Bench Press followed by Dead Lift	Pro-Fit Gym
8:30 am 9:00 am – 11:00 am	Coaches' Meeting for Cheer Cheer (Yell – no music)	Iowa City West HS – Main Gym
8:30 am – 3:00 pm	Souvenir Sales	U.I. Field House, Iowa City West HS & Iowa City HS
9:00 am – 1:00 pm	Healthy Athletes – Healthy Hearing	Iowa City West HS
9:00 am. – 4:00 pm	Basketball Skills & Developmental Speed Dribble	Iowa City High – Main Gym
9:00 am – 4:30 pm	3 on 3 Team Basketball Tournament	U.I. Field House – Main Deck
9:00 am – 4:30 pm	5 on 5 Team Basketball Tournament	U.I. Fieldhouse – South Gym
9:00 am – 9:30 am 9:30 am – 1:00 pm	Gymnastics Warm-ups Gymnastics Competition	U.I. Field House – Gymnastics Gym
11:00 am – 1:00 pm	Lunch	U.I. Field House – Main Deck Iowa City HS – Student Commons Iowa City West HS Cafeteria Pro-Fit Gym
11:45 am 12:00 pm – 4:00 pm	Coaches' Meeting for Dance 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 at the Exhibit Hall at the Marriott Coralville Hotel and Conference Center on Friday, March 15, 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 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 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:

- Bib numbers, pins and nametags for gymnastics athletes
- Schedule of events
- 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

Special Olympics Iowa will only pay for rooms for delegations that completed the appropriate housing registration form. 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.

Banquet Theme – The theme for this year’s banquet is “Luau.”

Tentative Banquet Menu

Split chicken breast in gravy
White Cheddar Macaroni and Cheese
Pineapple garlic mashed potatoes
Green bean casserole
Roll with butter
Punch
Mini cupcake

Tentative Lunch Menu

Turkey Sandwich
Chips
* Granola Bar
Apple
Juice Box or bottle of water

*Granola bars do not have nuts but are made in facilities that do have nuts.

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.

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

Field House: There are locker rooms available for your use on the ground floor, on the northeast end. You will need to bring your own towels, soap, shampoo and locks.

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_qis.aspx?id=1035 for an Iowa City area map)

University of Iowa Field House

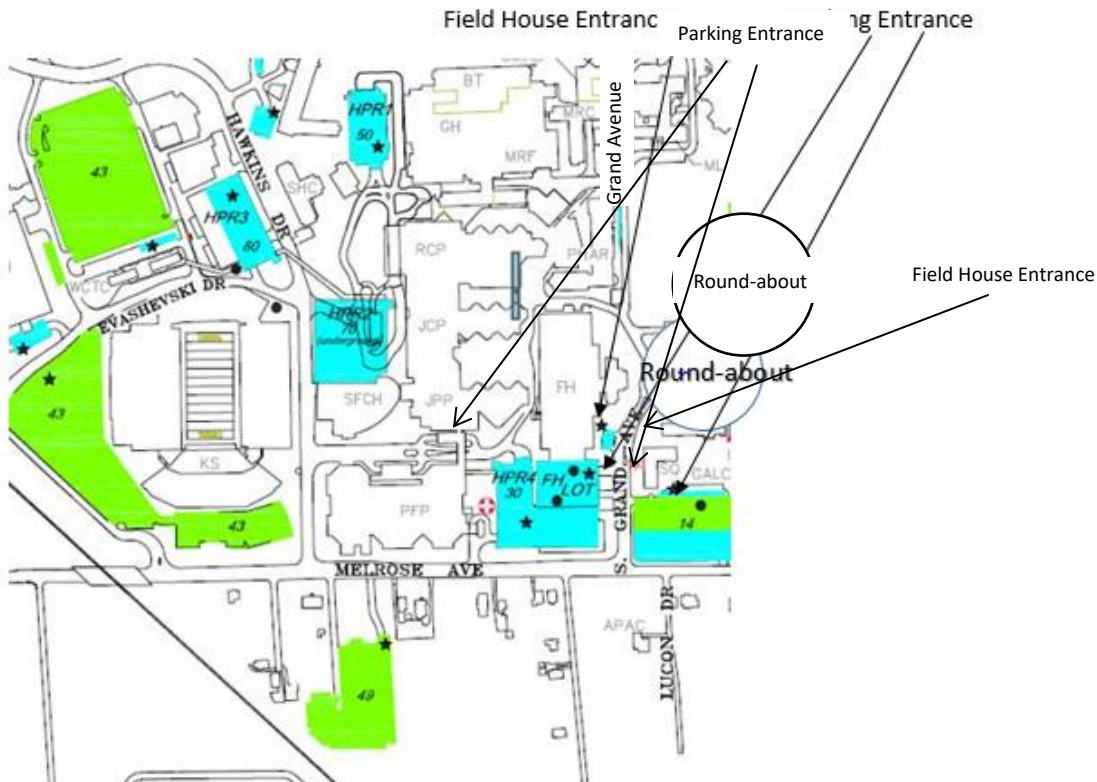
225 S Grand Avenue, Iowa City: 319-335-9847

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.

Basketball Team and Gymnastics

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.



Iowa City West High School

2901 Melrose Avenue, Iowa City

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.

Cheerleading

Iowa City High

1900 Morningside Drive, Iowa City

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

Basketball Skills

Pro-Fit Gym

770 Quarry Road, Coralville

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).

Powerlifting

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 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 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 High

Competition Information

5 on 5 Basketball Team Competition

Venue Directors: Chuck Finnegan & Rob Wagner

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.

New in 2019: At the conclusion of each game, the head coach is to report to the scorer table and sign off on the score sheet.

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 pages 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.

New in 2019: At the conclusion of each game, the head coach is to report to the scorer table and sign off on the score sheet.

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 High School located at 1900 Morningside Drive.

Please make sure your athletes are in the staging area, in the old gym at Iowa 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

<u>Time</u>	<u>Age Group</u>	<u>Basket Height</u>
9:15 am	8 – 11	8 Foot
10:15 am	8 – 11	10 Foot
11:30 am	12 – 15	10 Foot
1:00 pm	16 – 21	10 Foot
2:00 pm	22 – 29	10 Foot
2:45 pm	30 – 50	10 Foot
3:15 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.

2019 Mid-Winter Tournament 3 on 3 Basketball Schedule

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	1	1	JrDev_02	Burlington Pups	MC Mohawks Black
9:30 AM	1	5	JrDev_01	MC Mohawks Red	Dubuque Senior
10:00 AM	1	9	JrDev_02	Burlington Pups	Sioux Co Blackhawks
10:30 AM	1	13	JrDev_01	Winner Game 5	Winner Game 6
11:00 AM	1	17	JrDev_02	MC Mohawks Black	Sioux Co Blackhawks
11:30 AM	1	21	SrDev_02	Goodwill Hawkeyes	FRC Cass Co Eagles Blue
12:30 PM	1	25	SrDev_03	WRC White Wildcats	Griswold Blue
1:00 PM	1	29	SrDev_02	Winner Game 21	Winner Game 22
1:30 PM	1	33	SrDev_03	Winner Game 25	Winner Game 26
2:00 PM	1	37	SrDev_05	FRC Cass Co Eagles Red	Johnston Outlaws 3
2:30 PM	1	41	SrDev_04	Winner Game 35	Winner Game 36
3:00 PM	1	45	SrDev_05	Winner Game 37	Winner Game 38

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	2	2	SrDev_01	Goodwill Spartans	Genesis A
9:30 AM	2	6	JrDev_01	Sioux Co Whitehawks	Clinton HS Black
10:00 AM	2	10	SrDev_01	Goodwill Spartans	Oskaloosa Shooting Stars
10:30 AM	2	14	JrDev_01	Loser Game 5	Loser Game 6
11:00 AM	2	18	SrDev_01	Genesis A	Oskaloosa Shooting Stars
11:30 AM	2	22	SrDev_02	Eddyville Rocket Power	Packers White
12:30 PM	2	26	SrDev_03	CR Red	Davenport Devils
1:00 PM	2	30	SrDev_02	Loser Game 21	Loser Game 22
1:30 PM	2	34	SrDev_03	Loser Game 25	Loser Game 26
2:00 PM	2	38	SrDev_05	CVR Superstars	Muscatine Fighting Warriors
2:30 PM	2	42	SrDev_04	Loser Game 35	Loser Game 36
3:00 PM	2	46	SrDev_05	Loser Game 37	Loser Game 38

3 on 3 Basketball Schedule continued on next page...

2019 Mid-Winter Tournament 3 on 3 Basketball Schedule

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	3	3	JrComp_01	Clinton HS Red	DeWitt Central Sabers
9:30 AM	3	7	SrComp_01	Sioux Co Nighthawks	Bettendorf New Choices 2
10:00 AM	3	11	JrComp_01	Clinton HS Red	VSU
10:30 AM	3	15	SrComp_01	Winner Game 7	Winner Game 8
11:00 AM	3	19	JrComp_01	VSU	DeWitt Central Sabers
11:30 AM	3	23	JrComp_02	Cherokee Braves	East High Scarlets Black
12:30 PM	3	27	JrComp_02	Cherokee Braves	East High Scarlets Black
1:00 PM	3	31	SrComp_02	Winner Game 24	Winner Game 28
1:30 PM	3	35	SrDev_04	CR Purple	Ames Cyclones
2:00 PM	3	39	SrDev_06	Goodwill Rookies	Magic Stompers
2:30 PM	3	43	SrDev_06	Winner Game 39	Winner Game 40

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	4	4	Unified_01	Jefferson J-Hawks White	Jefferson J-Hawks Blue
9:30 AM	4	8	SrComp_01	CVR Hoopsters	Emmet Co Wildcats
10:00 AM	4	12	Unified_01	Jefferson J-Hawks White	Challenger League Bulldogs
10:30 AM	4	16	SrComp_01	Loser Game 7	Loser Game 8
11:00 AM	4	20	Unified_01	Jefferson J-Hawks Blue	Challenger League Bulldogs
11:30 AM	4	24	SrComp_02	Link Clippers	Magic Ballers
12:30 PM	4	28	SrComp_02	WRC Black Wildcats	Independence Wolfpack
1:00 PM	4	32	SrComp_02	Loser Game 24	Loser Game 28
1:30 PM	4	36	SrDev_04	North Scott Grads	Jones Co Magic
2:00 PM	4	40	SrDev_06	Ames Basket Hounds	Clinton Co Sharpshooters 3
2:30 PM	4	44	SrDev_06	Loser Game 39	Loser Game 40

2019 Mid-Winter Tournament 5 on 5 Basketball Schedule

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	1	1	Coed_01	Ames Savages	CR Hot Shots
10:00 AM	1	5	Male_02A	Hope Twisters	Link Bulls
11:00 AM	1	9	Male_01	Mason City All Stars A	CR Scorpions
12:30 PM	1	13	Coed_01	Ames Savages	SCA #1
1:30 PM	1	17	Male_02A	Winner Game 5	Winner Game 6
2:30 PM	1	21	Male_01	Mason City All Stars A	CR Scorpions
3:30 PM	1	25	Coed_01	CR Hot Shots	SCA #1

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	2	2	Coed_02	Link Hornets	Boone Bulls
10:00 AM	2	6	Male_02A	Packers Maroon	Griswold Tigers
11:00 AM	2	10	Female_01	CR Shooting Stars	Clinton Co Sharpshooters 2
12:30 PM	2	14	Coed_02	Link Hornets	Goodwill Blue Devils
1:30 PM	2	18	Male_02A	Loser Game 5	Loser Game 6
2:30 PM	2	22	Female_01	CR Shooting Stars	Clinton Co Sharpshooters 2
3:30 PM	2	26	Coed_02	Boone Bulls	Goodwill Blue Devils

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	3	3	Junior_01	CR Running Rebels	Grandwood Hawks
10:00 AM	3	7	Junior_02	Iowa Deaf Bobcats	Courage League Lions
11:00 AM	3	11	Junior_01	Winner Game 3	Winner Game 4
12:30 PM	3	15	Junior_02	Iowa Deaf Bobcats	Courage League Lions
1:30 PM	3	19	Male_02C	Johnston Outlaws White	Sheldon VNU Panthers
2:30 PM	3	23	Male_02B	Winner Game 8	Winner Game 16
3:30 PM	3	27	Male_02C	Winner Game 19	Winner Game 20

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	4	4	Junior_01	Burlington Hounds	Cyclone Warriors
10:00 AM	4	8	Male_02B	Mason City All Stars B	Clinton Co Sharpshooters 1
11:00 AM	4	12	Junior_01	Loser Game 3	Loser Game 4
12:30 PM	4	16	Male_02B	SC Knights Green	Johnston Outlaws Red
1:30 PM	4	20	Male_02C	Hope Thunder	Oelwein Huskies
2:30 PM	4	24	Male_02B	Loser Game 8	Loser Game 16
3:30 PM	4	28	Male_02C	Loser Game 19	Loser Game 20

Cheer and Dance

Venue Directors: Donna Jondle & Erin Birkenholtz

The Cheer and Dance competition will begin at 9:00 am in the North Gym of Iowa City West High School a Coaches Meeting for Cheer will be held at 8:30 am. Competition for Cheer (Yell) teams will start at 9:00 am. Competition for Dance teams will start at 12:00 pm with a Coaches Meeting prior at 11:45 am. 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. Team sizes are determined by the original rosters submitted for registration and divisioning will not be changed on the day of competition due to scratches. The auxiliary gym, south of the main gym, will be available for teams to practice in.

Cheer and Dance Competition Reminders:

1. **(Dance) Music:** It is **REQUIRED** for all coaches to have a CD with your music on it.
 - a. 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.
 - i. Music **must** be handed to volunteer while your team is on deck.
 - ii. 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.
 - iii. 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.
 - b. **Dance Time Limit:** 2 minutes and 30 seconds (2:30)
 - i. 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)
 - a. If you exceed this time there will be a total of a 5 point deduction and we will ask you to stop.
 - b. 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:
 - a. **Cheer:** 2 coaches
 - b. **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.
 - a. ***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:
 - a. **8:30 AM: Cheerleading**
 - i. Competition will begin promptly at 9:00 AM.
 - b. **11:45 AM: Dance**
 - i. Competition will begin promptly at 12:00 PM.

6. Awards:

- a. Cheerleading will be handed out once the Cheerleading competition is complete.
- b. Dance will have three separate times that awards will be handed out due to the volume of teams.
 - i. 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.
 - ii. If you are not able to stay for awards please let Erin Birkenholtz know the day of competition.

Cheerleading Schedule

Time:	Competition Category	Team Name
Cheer (Yell) - Beginner (Non-Mount & Non-Tumble):		
9:00 AM	Junior, Small Group	Clarion Cowgirls
9:05 AM	Junior, Small Group	Creston Panthers
9:10 AM	Junior, Small Group	Harlan Whirlwinds
9:15 AM	Senior, Small Group	Jones County Cheer Squad
9:20 AM	Senior, Small Group	Cedar Rapids Dugouts
9:25 AM	Senior, Small Group	Sioux City Knights Cheer
9:30 AM	Senior, Large Group	Magic Divas
9:35 AM	Senior, Large Group	Clinton Co Cheetahs
9:40 AM	Senior, Large Group	Vodec Vikings
Cheer (Yell) - Advanced (Mount & Tumble):		
9:50 AM	Junior, Small Group	Cherokee Braves
9:55 AM	Senior, Small Group	Adair Co Aces
10:00 AM	Junior, Large Group	Cyclone Spirit
10:10 AM -11:00 AM	Cheer (Yell) - Beginner (Non-Mount & Non-Tumble) Awards Cheer (Yell) - Advanced (Mount & Tumble) Awards	

Dance Schedule

Time:	Competition Category	Team Name
Dance (Music) - Beginner (Non-Mount & Non-Tumble)		
12:00 PM	Junior, Small Group	Dubuque Senior Rams
12:05 PM	Junior, Individual	Clear Creek Amana HS
12:10 PM	Senior, Individual	Estherville North Stars
12:15 PM	Senior, Individual	Team Mary-Kate
12:20 PM	Senior, Small Group	Easter Seals Elites
12:25 PM	Senior, Small Group	Link Illusion
12:30 PM	Senior, Small Group	Dangerous Divas
12:35 PM	Senior, Small Group	Team Roar
12:40 PM	Senior, Small Group	Ames Sunshine Squad
12:45 PM	Senior, Small Group	Independence Peanuts
12:50 PM	Senior, Small Group	Iowa City Girl Power
1:00 PM - 1:45 PM	Dance (Music) - Beginner (Non-Mount & Non-Tumble) Awards Small Group & Individual	
Dance (Music) - Unified Beginner (Non-Mount & Non-Tumble)		
1:45 PM	Junior Unified, Large Group	Central DeWitt Sabers
1:50 PM	Junior Unified, Large Group	Mason City Mohawks
1:55 PM	Junior Unified, Large Group	Spencer Unified Dance Team
2:00 PM	Junior Unified, Large Group	Western Dubuque Dance Party
2:05 PM	Senior Unified, Small Group	Bettendorf New Choices
2:10 PM	Senior Unified, Large Group	Combined Efforts Dance Team
2:15 PM	Senior Unified, Large Group	The Tiger Ladies
2:25 PM - 2:55 PM	Dance (Music) - Beginner (Non-Mount & Non-Tumble) Awards Unified Groups	
Dance (Music) - Beginner (Non-Mount & Non-Tumble)		
2:55 PM	Senior, Large Group	Chariton Guys & Dolls
3:00 PM	Senior, Large Group	Iowa City All Stars
3:05 PM	Senior, Large Group	Sioux City Knights Dance
3:10 PM	Senior, Large Group	Ames Joyful Jammers
3:15 PM	Senior, Large Group	Cedar Rapids Ring Masters
3:20 PM	Senior, Large Group	Scott Co Rockers
Dance (Music) - Advanced (Mount & Tumble)		
3:25 PM	Senior, Small Group	Marion Co Special Olympics
3:30 PM	Senior, Small Group	Mod Squad
3:40 PM - 4:00 PM	Dance (Music) - Beginner (Non-Mount & Non-Tumble) Large Group Awards Dance (Music) - Advanced (Mount & Tumble) All Group Awards	

Gymnastics

Venue Director: Lexxi O'Brien

The Gymnastics competition will be conducted in the Gymnastics room at the University of Iowa Fieldhouse. An Entrant Competition Order will be given to coaches on the day of competition. Please review the following general schedule:

9:00 am	Warm-ups
9:30 am	Gymnastics Opening Ceremony
9:45 am	Parallel Bars, Pommel Horse, Single Bar, Horizontal Bar, Rings
10:00 am	Vault
10:45 am	Uneven Bars
11:00 am	Awards
11:30 am	Balance Beam
12:00 pm	Floor Exercise
12:30 pm	Awards
1:00 pm	Competition Ends - Lunch

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.

Powerlifting

Venue Director: Ray Strekal

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 remain the same or 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 have a brief coaches/judges meeting before we start the bench press to make sure we all agree on the commands and what the judges are looking for.

We will use three stages for bench press and two for the deadlift and will call the athletes by flights. 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 flight 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. A detailed competition order will be distributed to coaches on the day of 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.

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.

Special Smiles at the Mid-Winter Tournament

Clinical Director: Mary Kelly

Special Smiles offers oral screening, oral health education, personal preventative products, giveaways and information concerning needed follow-up care by community-based dentists and educational institution.

Special Smiles will be offered on Friday, March 15 from 1:00 pm – 6:00 pm at the Marriott Hotel.

Health Promotions at the Mid-Winter Tournament

Clinical Director: Judy Fitzgibbons

There's more to being a great athlete than going to practice. At Friday's Health Promotions you can get a simple health evaluation, learn how to be healthier at our activity stations and join us for a few rounds of Special-O (healthy lifestyles Bingo).

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 blood pressure taken. Handouts and giveaways will be available to athletes who participate.

Health Promotions will be offered on Friday, March 15 from 4:00 pm – 8:00 pm at the Marriott Hotel.

Healthy Hearing at the Mid-Winter Tournament

Clinical Director: Elizabeth Stangl

Healthy Hearing offers a free hearing screening.

Healthy Hearing will be offered on Saturday, March 16 from 9:00 am – 1:00 pm at Iowa City West High School.

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 among 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 / SOIA Staff:

Banquet: Joyce Rossie & Rhonda Schwarzkopf

Basketball Skills: Cindy Becker, Shannon Daniel-Holm & Sally Briggs

Basketball Team: Chuck Finnegan, Rob Wagner & Bruce Wilson

Cheer & Dance: Donna Jondle & Erin Birkenholtz

Gymnastics: Lexxi O'Brien

Powerlifting: Ray Strekal

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."

Tentative Mid-Winter Tournament Souvenir Sales

	Souvenir Sale Hours	
Friday, March 15	5:30 pm to 8:00 pm	Marriott Coralville Exhibit Hall
Saturday, March 16	9:00 am to 2:00 pm	University of Iowa Field House
Saturday, March 16	9:00 am – 2:00 pm	Iowa City High
Saturday, March 16	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.

We accept cash, check or credit cards are accepted.
Checks should be made out to Special Olympics Iowa.

Special Olympics Iowa thanks the following individuals, groups, and organizations for their contributions to the success of the 2019 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 & Venue Hosts

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
Mark Johnson	University of Iowa Facilities	Donna Jondle	Cheer and Dance
Pat Kutcher	University of Iowa Facilities	Aaron Larmore	Pro-Fit Gym
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		

2019 Mid-Winter Tournament Sponsors and Venue Hosts

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

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