

Special Olympics
Iowa



Tentative
2019 Mid-Winter Tournament
Event Schedules

Team Basketball • Basketball Skills

Cheerleading • Gymnastics • Powerlifting





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



Friday, March 15		
8:00 am	Healthy Athletes: Special Smiles Health Promotions	1:00 pm – 6:00 pm @ Marriott Hotel 4:00 pm – 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 – 10:30 am	Cheerleading Coaches' Meeting for Cheer Cheer & Dance Competition (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. – 2:30 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 – 12:45 pm	Lunch	U.I. Field House – Main Deck Iowa City HS – Student Commons Iowa City West HS Cafeteria Pro-Fit Gym
12:00 pm 12:30 pm – 3:00 pm	Cheerleading Coaches' Meeting for Dance Cheer and Dance Competition (Dance – music)	Iowa City West HS – Main Gym

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.

Competition Sites (please go to http://www.johnson-county.com/dept_gis.aspx?id=1035 for an Iowa City area map)

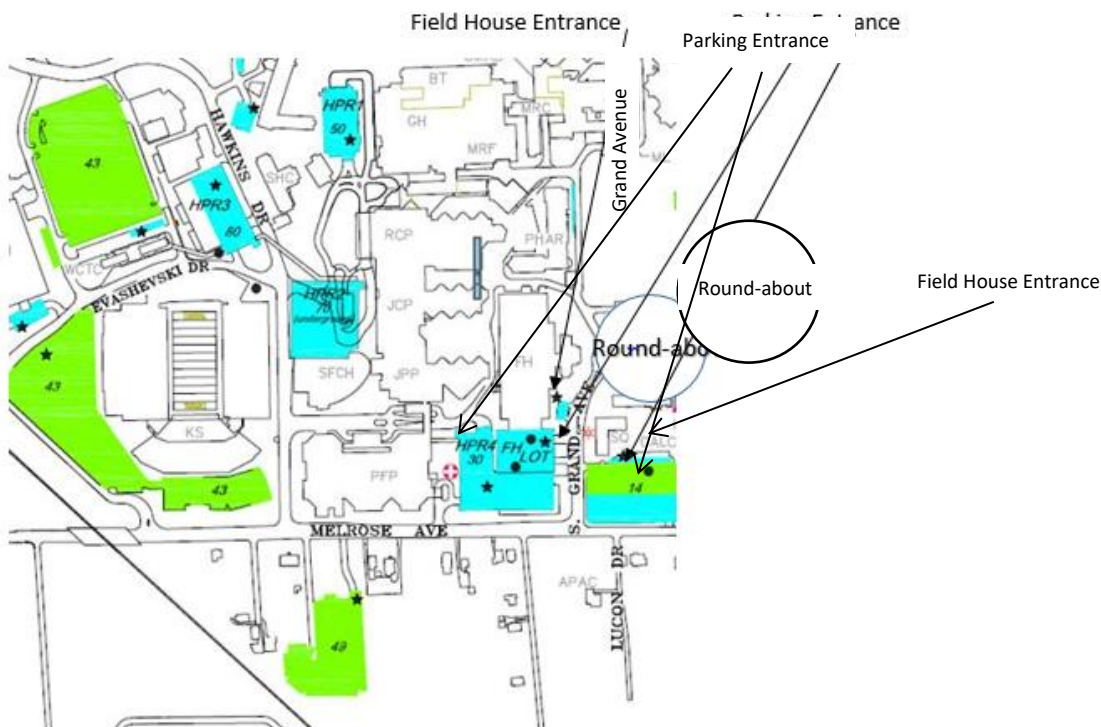
University of Iowa Field House; 225 S Grand Avenue, Iowa City: 319-335-9847

Basketball Team and Gymnastics

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.

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

Cheerleading

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.

Iowa City High; 1900 Morningside Drive, Iowa City

Basketball Skills

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

Pro-Fit Gym; 770 Quarry Road, Coralville

Powerlifting

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).

Competition Information

Powerlifting

The powerlifting competition will be held at Pro-Fit Gym in Coralville. Please review the Tentative Event Schedule for warm-up, coaches' meeting and competition times.

5 on 5 Basketball Team Competition

5 on 5 team basketball competition will be conducted on the courts of the South Gym of the University of Iowa Field House. The Mid-Winter Tournament schedule will be available after the 02/18/2019 registration deadline. Schedule will be subject to change.

3 on 3 Basketball Team Competition

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. The Mid-Winter Tournament schedule will be available after the 02/18/2019 registration deadline. Schedule will be subject to change.

Basketball Skills & Developmental Speed Dribble

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.

Tentative 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
10:45 am	12 – 15	10 Foot
11:30 am	16 – 21	10 Foot
12:00 pm	Lunch	
12:45 pm	22 – 29	10 Foot
1:30 pm	30 – 50	10 Foot
2:15 pm	51 +	10 Foot

Athletes are asked to report to the staging area based on the schedule.

Special Olympics Iowa will follow 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 be 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.

Gymnastics

The Gymnastics competition will be conducted in the Gymnastics room at the University of Iowa Fieldhouse. Please review the following tentative general schedule:

9:00 am	Warm-ups
9:30 am	Gymnastics Opening Ceremony
9:40 am	Competition
12:00 pm	Lunch
12:30 pm	Competition Resumes & Awards

Cheer and Dance

The Cheer and Dance competition will begin at 9:00 am in the North Gym of Iowa City West High School. Competition for Yell teams will tentatively start at 9:00 am. Competition for Dance teams will tentatively start at 12:30 pm. The Mid-Winter Tournament schedule will be available after the 02/18/2019 registration deadline. Teams are to be ready 30 minutes ahead of their scheduled time in case the competition is running ahead of schedule. Divisions and times will be set. There will be no switching or changing. The auxiliary gym, south of the main gym, will be available for teams to practice in.

Healthy Athletes Information (Tentative)

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

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.

Tentative Mid-Winter Tournament Souvenir Sales

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