

**SPECIAL OLYMPICS IOWA  
NORTHWEST UNIFIED SPORTS TRAINING DAY REGISTRATION FORM  
THURSDAY, NOVEMBER 14<sup>th</sup> 2019**

**Please complete the registration form below and submit to the State Office no later than: Friday, November 1<sup>st</sup> 2019**

**PLEASE NOTE: All athletes must have a participant release form on file at the State Office in order to participate.**

GROUP/FACILITY/INDIVIDUAL: \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY/STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

		Choose <b>one</b> of these three tracks			
ATHLETE NAME	DOB	BASKETBALL SKILLS	DEVELOPMENTAL DRIBBLING	CHEERLEADING	WILL EAT SCHOOL LUNCH

**Number of coaches who will attend training:**

**Basketball Skills \_\_\_\_\_ Cheerleading \_\_\_\_\_**

Please send registration materials to the State Office at [registrations@soiowa.org](mailto:registrations@soiowa.org) or  
Special Olympics Iowa, 551 SE Dovetail Rd, PO Box 620, Grimes, IA 50111

# Special Olympics Unified Sport Training Day

Washington High School, Cherokee, Iowa

Thursday, November 14, 2019

## Tentative Schedule:

**9:30** Check-in begins

**10:00** Opening ceremonies

**10:15** Basketball skills

- Speed dribble
- Wall pass
- Shooting

**Cheerleading Skills**

- Fundamental cheers
- Practice Routines

**11:15** Divide into 4-on-4 teams

**Cheerleaders cheer at games**

**11:25** 4-on-4 games – rounds 1 & 2

**12:40** Lunch and Dismiss

## 4-on-4 Game Rules

- Each team will play 3 games
- Games will be 10 minutes in length (running clock and we can shorten these if needed)
- Scoring is the same as a regular game (2s and 3s)
- Normal basketball rules apply, except a Special Olympics player may take an additional two steps before traveling is called
- Double dribbles are a point of emphasis and should be called
- A ball that goes out-of-bounds will be thrown in
- Possession changes after a made field goal
- On any change of possession, the team which just gained possession of the ball must take the ball back behind the foul line extended before shooting
- Substitutions may be made on a dead ball
- One 30-second timeout is allowed per team per game (but the clock will not stop)
- Individual and team fouls will not be kept, but encourage the athletes not to foul

## Notes to Washington High School players:

1. The more interaction, the better the experience.
2. Encourage the Special Olympics athletes; coach them.
3. The Unified Athlete should give the assist most of the time.
4. Do NOT interact with the officials. Model good sportsmanship.
5. Shake hands with all the athletes after each game.
6. Stay with your team during lunch and in between games.