



2020 Mid-Winter Tournament Handbook

Team Basketball • Basketball Skills

Cheerleading • Gymnastics • Powerlifting

New Location in 2020: Cheerleading will be held at Liberty HS in North Liberty

SOIA will not provide a bus shuttle between sport venues

Dance will offer DJ entertainment

Banquet Theme: St. Patrick's Day

Special Olympics ***Iowa***



On behalf of the volunteers of the Games Organizing Committee and state office staff, welcome to the 2020 Special Olympics Iowa Mid-Winter Tournament. We look forward to an exciting and memorable competition for the over 1000 athletes and Unified partners, coaches, chaperones, family members and volunteers coming to Iowa City, Coralville and North Liberty 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:

https://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

2020 Special Olympics Iowa Mid-Winter Tournament Event Schedule

Friday, March 13		
9:00 am – 6:00 pm 1:00 pm – 6:00 pm 3:00 pm – 8:00 pm	Healthy Athletes – MedFest Healthy Athletes – Special Smiles Healthy Athletes – Health Promotion	Marriott Hotel Marriott Hotel 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 and Opening Ceremony	Marriott Exhibit Hall
7:00 pm – 8:30 pm	Dance (with DJ service)	Marriott Exhibit Hall
Saturday, March 14		
	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 Liberty High School 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)	Liberty HS – Main Gym
10:00 am – 3:00 pm	Souvenir Sales	U.I. Field House, Liberty High School & Iowa City High School
9:00 am – 1:00 pm 9:00 am – 2:00 pm 9:00 am – 2:00 pm 9:00 am – 2:00 pm	Healthy Athletes – Healthy Hearing Healthy Athletes – Health Promotion Healthy Athletes – MedFest Healthy Athletes – Health Promotion	Liberty High School Liberty High School Liberty High School U.I. Field House – Near registration
9:30 am – 1:30 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 – 9:45 am 9:45 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 Liberty HS Cafeteria Pro-Fit Gym
12:00 pm 12:30 pm – 3:00 pm	Cheerleading Coaches' Meeting for Dance Cheer & Dance Competition (Dance – music)	Liberty High School – 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 13, 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.
- Liberty High School for delegations participating in Cheerleading. The delegation registration table is in the main gym.
- Iowa City High School for delegations participating in Basketball Skills. The delegation registration table is in the gym foyer.
- Pro-Fit Gym for delegations participating in Powerlifting. The delegation registration table will be inside the entrance.

Delegation registration packets include:

- Bib numbers, pins and nametags for gymnastics athletes
- Nametags for basketball skills athletes and powerlifting athletes
- Schedule of events
- Banquet tickets
- Hotel room keys for delegations that requested housing

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 the 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. 9 th St., Coralville, IA | 319-688-4000 |
| • Heartland Inn, 87 2 nd St., Coralville, IA | 319-351-8132 |
| • SureStay Plus Hotel, 200 6 th 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 the hotels on Saturday morning.

New in 2020: DJ entertainment for the March 13 dance at the Marriott.

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 “St. Patrick’s Day.”

Banquet Menu

Salisbury steak
White Cheddar Macaroni and Cheese
Melan salad
Roll with butter
Mini cupcake
Punch

Lunch Menu

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

Concessions

Concessions and vending machines may not available at the venue locations. 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 venues.

The concession area at Iowa City High School will be open for spectators.

Tentative Banquet Photo Booth

A photo booth may 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.

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, hotel breakfast 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

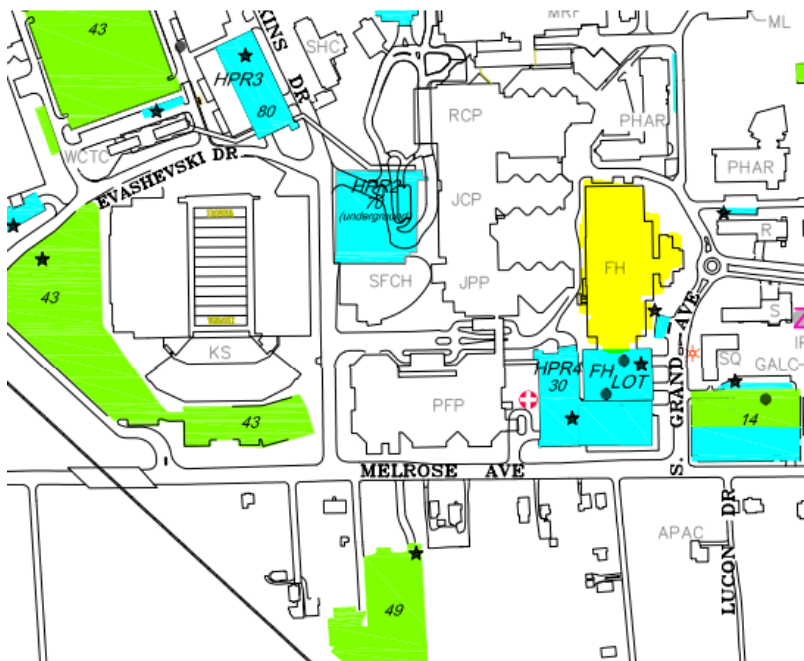
Competition Sites (please go to http://www.johnson-county.com/dept_gis.aspx?id=1035 for an Iowa City area map)

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 High; 1900 Morningside Drive, Iowa City

Basketball Skills

Parking is available in front of the school. Due to construction, follow the signs to direct you to the entrance. Please be prepared for additional walking. Parking is free. Concessions will be available at the school.

New in 2020: Liberty High School; 1400 Dubuque Street NE, North Liberty

Cheerleading

Parking is available on the southwest side of the school. Delegations should use the main entrance doors. 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).

No Bus Shuttle Service in 2020

Special Olympics Iowa will not provide a shuttle bus service between sport venues in 2020.

Competition Information

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 auxiliary gym at Iowa City HS, 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>
9:30 am	8 – 11	8 Foot & 10 Foot
10:00 am	12 – 15	10 Foot
10:30 am	16 – 21	10 Foot
11:00 am	22 – 29	10 Foot
	Lunch	
12:00 pm	30 – 50	10 Foot
12:30 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.

3 vs 3 Basketball Team Competition

Venue Directors: **Chuck Finnegan & Seth Finnegan**

3 vs 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 10 & 11. **Schedule is subject to change.**

The games will be conducted under the Special Olympics rules.

- A game consists of 20 minutes running time or the 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.

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.

At the conclusion of each game, the head coach is to go to the court scorer table and sign off on the scoresheets.

Lunch will be served on the Main Deck.

5 vs 5 Basketball Team Competition

Venue Directors: **Chuck Finnegan & Rob Wagner**

5 vs 5 team basketball competition will be conducted on the courts of the University of Iowa Field House South Gym. See game schedule on page 12. **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 vs 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.

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.

At the conclusion of each game, the head coach is to go to the court scorer table and sign off on the scoresheets.

Lunch will be served on the Main Deck.

2020 Mid-Winter Tournament 3 vs 3 Basketball Schedule

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	1	1	JrDev_02	Burlington Pups	Sioux Center Warriors
9:30 AM	1	5	JrDev_01	Cherokee Gold	Clinton King Rudies
10:00 AM	1	9	JrDev_02	Sioux Center Warriors	Burlington Pups
10:30 AM	1	13	JrDev_01	Cherokee Gold	Mason City Mohawks Black
11:00 AM	1	17	Unified_01	CR J-Hawks Unified	GRC Rams
11:30 AM	1	21	JrDev_01	Clinton King Rudies	Mason City Mohawks Black
12:30 PM	1	25	SrDev_01	Goodwill Hawkeyes	Jones County Bucks
1:00 PM	1	29	SrDev_05	CR Purple	WRC Red Wildcats
1:30 PM	1	33	SrDev_01	Winner Game 25	Winner Game 26
2:00 PM	1	37	SrDev_02	North Scott Grads	Waukee Hoops I Did It Again
2:30 PM	1	41	SrDev_05	Winner Game 29	Winner Game 30
3:00 PM	1	45	SrDev_02	Winner Game 37	Winner Game 38

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	2	2	SrDev_06	CR Red	IC Shooters
9:30 AM	2	6	Unified_01	GRC Rams	CR J-Hawks Unified
10:00 AM	2	10	SrDev_06	CR Red	Burlington Lord of Rims
10:30 AM	2	14	Unified_02	Sioux City Knights White	RBF Rocket Power Boys
11:00 AM	2	18	SrDev_06	IC Shooters	Burlington Lord of Rims
11:30 AM	2	22	Unified_02	EBF Rocket Power Boys	Sioux City Knights White
12:30 PM	2	26	SrDev_01	Anita Eagles Purple	Ames Basket Hounds
1:00 PM	2	30	SrDev_05	Anita Eagles Red	Clinton Sharpshooters 4
1:30 PM	2	34	SrDev_01	Loser Game 25	Loser Game 26
2:00 PM	2	38	SrDev_02	Oskaloosa Shooting Stars	West Ender Devils
2:30 PM	2	42	SrDev_05	Loser Game 29	Loser Game 30
3:00 PM	2	46	SrDev_02	Loser Game 37	Loser Game 38

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

2020 Mid-Winter Tournament 3 v 3 Basketball Schedule

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	3	3	JrComp_01	Cherokee Black	CHS Hoopsters
9:30 AM	3	7	SrComp_02	Adair County Aces	MC Three Musketeers
10:00 AM	3	11	JrComp_01	Winner Game 3	Winner Game 4
10:30 AM	3	15	SrComp_02	Winner of Game 7	Winner of Game 8
11:00 AM	3	19	SrDev_03	Goodwill Rookies	WRC Blue Wildcats
11:30 AM	3	23	SrComp_01	CR Slam Dunks	Emmet Co Wildcats
12:30 PM	3	27	SrDev_03	Winner of Game 19	Winner of Game 20
1:00 PM	3	31	SrComp_01	CR Slam Dunks	WRC Black Wildcats
1:30 PM	3	35	SrDev_04	Link Pacers	Jones County Bulls
2:00 PM	3	39	SrComp_01	Emmet Co Wildcats	WRC Black Wildcats
2:30 PM	3	43	SrDev_04	Winner Game 35	Winner Game 36

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	4	4	JrComp_01	Mason City Mohawks Red	Sioux Co Rockets
9:30 AM	4	8	SrComp_02	Griswold Tigers	Link Clippers
10:00 AM	4	12	JrComp_01	Loser Game 3	Loser Game 4
10:30 AM	4	16	SrComp_02	Loser of Game 7	Loser of Game 8
11:00 AM	4	20	SrDev_03	Anita Eagles Blue	Muscatine Warriors Blue
11:30 AM	4	24	SrComp_03	Cedar Valley Hoopsters	Independence Wolf Pack
12:30 PM	4	28	SrDev_03	Loser of Game 19	Loser of Game 20
1:00 PM	4	32	SrComp_03	Cedar Valley Hoopsters	SCA #3 Storm
1:30 PM	4	36	SrDev_04	Goodwill Spartans	Burlington Magic Hot Shotz
2:00 PM	4	40	SrComp_03	Independence Wolf Pack	SCA #3 Storm
2:30 PM	4	44	SrDev_04	Loser Game 35	Loser Game 36

2020 Mid-Winter Tournament 5 vs 5 Basketball Schedule

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	1	1	Coed_01	CR Hot Shots	Link Hornets
10:00 AM	1	5	Female_01	Clinton Sharpshooters 2	CR Shooting Stars
11:00 AM	1	9	Coed_01	Winner Game 1	Winner Game 2
12:30 PM	1	13	Female_01	Clinton Sharpshooters 2	Sioux City Knights Green
1:30 PM	1	17	Male_02	VNU Panthers	Johnston Outlaws White
2:30 PM	1	21	Female_01	CR Shooting Stars	Sioux City Knights Green
3:30 PM	1	25	Male_02	Winner Game 17	Winner Game 18

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	2	2	Coed_01	SCA #1 Wizards	Sioux Co Nighthawks
10:00 AM	2	6	Male_01A	Oelwein Huskies	Mason City All Stars A
11:00 AM	2	10	Coed_01	Loser Game 1	Loser Game 2
12:30 PM	2	14	Male_01A	Oelwein Huskies	CR Scorpions
1:30 PM	2	18	Male_02	CR Eagles	Grizlantic Tigers
2:30 PM	2	22	Male_01A	Mason City All Stars A	CR Scorpions
3:30 PM	2	26	Male_02	Loser Game 17	Loser Game 18

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	Male_03	Hope Thunder	Muscatine Warriors
11:00 AM	3	11	Junior_01	CR Running Rebels	Harlan Cyclones
12:30 PM	3	15	Male_03	Hope Thunder	Clinton Sharpshooters 1
1:30 PM	3	19	Unified_01	Ames Greyhounds	Challenger League Bulldogs
2:30 PM	3	23	Junior_01	Grandwood Hawks	Harlan Cyclones
3:30 PM	3	27	Unified_01	Winner Game 19	Winner Game 20
3:30 PM	3 & 4	31	Male_03	Muscatine Warriors	Clinton Sharpshooters 1

* 3:30 game will play on courts 3 & 4 in the 3 v 3 Tournament gym

Game Time	Court #	Game #	Division	Home Team	Visiting Team
9:00 AM	4	4	Junior_02	Burlington Hounds	ISD Bobcats
10:00 AM	4	8	Male_01B	Sioux City Knights Black	Link Bulls
11:00 AM	4	12	Junior_02	ISD Bobcats	Burlington Hounds
12:30 PM	4	16	Male_01B	Sioux City Knights Black	Hope Twisters
1:30 PM	4	20	Unified_01	DeWitt Central Sabers	GRC Swampdogs
2:30 PM	4	24	Male_01B	Link Bulls	Hope Twisters
3:30 PM	4	28	Unified_01	Loser Game 19	Loser Game 20

Cheer and Dance

Venue Director: Donna Jondle

The Cheer and Dance competition will begin at 9:00 am in the Main Gym of Liberty High School in North Liberty. Competition for Yell teams will start at 9:00 am. Competition for Dance teams will start at 12:30 pm. Please review the cheerleading & dance schedules 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. There will be no switching or changing. The auxiliary gym will be available for teams to practice in.

Cheerleading 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. **12:00 PM: Dance**
 - i. Competition will begin promptly at 12:30 PM.
6. **Awards:**
 - a. Cheerleading will be handed out once the Cheerleading competition is complete.
 - b. Dance will have two separate times that awards will be handed out due to the volume of teams this year.
 - 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 Kirsten DeVary know the day of competition.

Lunch will be served in the school lunch room.

Cheerleading Schedule:

Time:	Competition Category	Team Name	Division
Cheer (Yell) - Beginner (Non-Mount & Non-Tumble):			
9:00 AM	Senior, Small Group	Adair County Aces	Sr.TCB.02
9:05 AM	Senior, Small Group	Jones County Spirits	Sr.TCB.02
9:10 AM	Senior, Small Group	Cedar Rapids Spirits	Sr.TCB.02
9:15 AM	Senior, Small Group	Clinton County Cheetahs	Sr.TCB.02
9:20 AM	Senior, Small Group	Knights	Sr.TCB.02
9:25 AM	Senior, Individual	Crossroads of Western Iowa	Sr.TDB.Single1
9:30 AM	Junior, Small Group	Stride	Jr.TCB.03
9:35 AM	Senior, Large Group	IC Sonic Boom!	Sr.TCB.04
9:40 AM	Senior, Large Group	Dynomite Divas	Sr.TCB.04
9:45 AM	Senior, Large Group	Vodec Vikings	Sr.TCB.04
Cheer (Yell) - Advanced (Mount & Tumble):			
9:50 AM	Junior, Small Group	Cherokee Braves	Jr.TCA.01
10:10 AM	Cheer (Yell) - Beginner (Non-Mount & Non-Tumble) Awards		
-11:00 AM	Cheer (Yell) - Advanced (Mount & Tumble) Awards		
Cheer Unified (Yell) - Beginner (Non-Mount & Non-Tumble)			
12:00 PM	Junior Unified, Small Group	Creston Schools	Jr.UCB.01
12:05 PM	Junior Unified, Small Group	Cyclone Squad	Jr.UCB.01
Cheer Unified (Yell) - Advanced (Mount & Tumble)			
12:10 PM	Junior Unified, Small Group	HCHS	Jr.UCA.01
12:15 PM	Junior Unified, Large Group	Corydon Wayne Community	Jr.UCA.03
12:20 PM	Senior Unified, Large Group	Hope DSM Tigers	Sr.UCA.02
12:25 PM	Cheer Unified (Yell) - Beginner (Non-Mount & Non-Tumble) Awards		
1:00 PM	Cheer Unified (Yell) - Advanced (Mount & Tumble) Awards		

Dance Schedule:

Time:	Competition Category	Team Name	Division
Dance (Music) - Beginner (Non-Mount & Non-Tumble)			
1:10 PM	Senior, Small Group	The Hoppy Couple	Sr.TDB.01
1:15 PM	Senior, Small Group	Cedar Rapids Celebration in the USA	Sr.TDB.01
1:20 PM	Senior, Small Group	A few Clowns Short of a Circle	Sr.TDB.01
1:25 PM	Senior, Small Group	Dangerous Divas	Sr.TDB.01
1:30 PM	Junior, Individual	Maisy Murray	Jr.TDB.Single1
1:35 PM	Senior, Individual	One Shining Star	Sr.TDB.Single1
1:40 PM	Senior, Large Group	Team Roar	Sr.TDB.02
1:45 PM	Senior, Large Group	Knights	Sr.TDB.02
1:50 PM	Senior, Large Group	Scott County Adult/New Choices	Sr.TDB.02
1:55 PM	Senior, Large Group	Ames Troll Patrol	Sr.TDB.02
2:00 PM	Senior, Large Group	Cedar Rapids Boogie Nights	Sr.TDB.03
2:05 PM	Senior, Large Group	The Champions	Sr.TDB.03
2:10 PM	Senior, Large Group	Link Illusion	Sr.TDB.03
2:15 PM	Senior, Large Group	Scott County Rockers	Sr.TDB.03
Dance (Music) - Advanced (Mount & Tumble)			
2:20 PM	Senior, Small Group	Marion Co Special Olympics	Sr.TDA.01
2:25 PM	Senior, Large Group	The Illusionist	Sr.TDA.02
2:30 PM - 3:10 PM	Dance (Music) - Beginner (Non-Mount & Non-Tumble) Awards Dance (Music) - Advanced (Mount & Tumble) Awards		
Dance (Music) - Unified Beginner (Non-Mount & Non-Tumble)			
3:15 PM	Senior Unified, Small Group	Stardust	Sr.USB.01
3:20 PM	Senior Unified, Small Group	Spencer Tigers Lady Bosses	Sr.USB.02
3:25 PM	Junior Unified, Large Group	Central Sabers	Jr.USB.02
3:30 PM	Junior Unified, Large Group	Western Dubuque Cowgirls	Jr.USB.02
3:35 PM	Junior Unified, Large Group	Mason City Mohawks	Jr.USB.02
3:40 PM	Junior Unified, Large Group	Spencer Unified Cheer	Jr.USB.02
3:45 PM	Senior Unified, Large Group	Spencer Tigers Country Kickers	Sr.USB.03
3:50 PM - 4:15 PM	Dance Unified (Music) - Beginner (Non-Mount & Non-Tumble) Awards		

Gymnastics

Venue Director: Lexxi O'Brien

The Gymnastics competition will be conducted in the Gymnastics room at the University of Iowa Fieldhouse. 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, Rings
10:15 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.

Lunch will be served on the Main Deck.

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.

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. Throughout each year, screenings are provided for Special Smiles, Opening Eyes, FUNFitness, Fit Feet, Healthy Hearing, Health Promotion, and Medfest at no charge to Special Olympics Iowa athletes.

Special Smiles at the Mid-Winter Tournament

Clinical Directors: Mary Kelly and Kathy Thorsteinson

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 13 from 1:00 pm – 6:00 pm at the Marriott Hotel.

Health Promotions at the Mid-Winter Tournament

Clinical Director: Judy Fitzgibbons and Andrew Pritchford

There's more to being a great athlete than going to practice. At Health Promotions you can get a simple health evaluation, learn how to be healthier at our activity stations and receive a bone density screening.

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 13 from 3:00 pm – 8:00 pm at the Marriott Hotel and on Saturday, March 14 from 9:00 am – 2:00 pm at the University of Iowa Field House and Liberty High School in North Liberty.

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 14 from 9:00 am – 1:00 pm at North Liberty High School in North Liberty

MedFest at the Mid-Winter Tournament

Clinical Directors: Pixie Plummer and Meghan Connett

MedFest offers an opportunity for athletes to receive a free Special Olympics physical.

MedFest will be offered on Friday, March 13 from 9:00 am – 6:00 pm at the Marriott Hotel and on Saturday, March 14 from 9:00 am – 2:00 pm at Liberty High School in North Liberty.

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

Cheer & Dance: Donna Jondle

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 13	5:30 pm - 8:00 pm	Marriott Coralville Exhibit Hall
Saturday, March 14	10:00 am - 2:00 pm	University of Iowa Field House
Saturday, March 14	10:00 am - 2:00 pm	Iowa City High
Saturday, March 14	10:00 am - 2:00 pm	Liberty High School

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.



Thank You to Our Partners!



Special Olympics Iowa thanks the following individuals, groups, and organizations for their contributions to the success of the 2020 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	Meghan Connett	MedFest
Shannon Daniels-Holm	Basketball Skills	Chuck Finnegan	Team Basketball
Judy Fitzgibbons	Health Promotions	John Green	Registration and Set-up
Phil Hansen	Iowa City High School	RaQuishia Harrington	Banquet and Dance
Craig Huegel	Iowa City West High School	Mark Johnson	University of Iowa Facilities
Donna Jondle	Cheer and Dance	Mary Kelly	Special Smiles
Pat Kutcher	University of Iowa Facilities	Aaron Larmore	Pro-Fit Gym
Pixie Plummer	MedFest	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
Mike Valentine	University of Iowa Facilities	Rob Wagner	Team Basketball
David Wellendorf	Lunch		

2020 Mid-Winter Tournament Sponsors and Venue Hosts

Coralville Heartland Inn	Green State Credit Union	Iowa City High
LL Pelling Co.	Liberty High School	Marriott Hotel & Conference Center
Pro-Fit Gym	Scratch Cupcakery	University of Iowa

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