

2020 VIRTUAL SUMMER GAMES



Although the 2020 Summer Games at Iowa State University has been canceled due to COVID-19, its spirit lives on through our amazing athletes, Unified partners, coaches, and fans.

This year, please join us for our **Virtual Summer Games!** This event is open to everyone and is a safe way to compete against your friends and peers from across the state. Train and compete from home and come together virtually to celebrate your accomplishments with the 2020 Virtual Summer Games Video on Thursday, **May 21**. The video will be available for streaming on [Facebook](#), [YouTube](#), and [soiowa.org](#).

COMPETE FROM HOME

This competition is a safe way for athletes, young athletes, Unified partners, coaches, and fans to keep the spirit of Special Olympics Iowa alive by competing against each other from home!

Here's how it works:

1. **CHOOSE YOUR EVENTS!** Check out all the events you can do from home. You can choose to do all the events or just your favorites.
2. **PRACTICE!** After reviewing the list of events, begin practicing those events you want to compete in. As you practice, be sure to keep track of your times/scores because you will need to submit your best times/scores by May 17.
3. **SUBMIT YOUR RESULTS!** Submit your best times/scores for all the events you practiced. You can also submit a video of yourself practicing or a recording of an encouraging message to share! **All results are due by Sunday, May 17.**

Note: In order to follow social distancing rules, you should practice and compete in these activities on your own at home; however, virtual interactions with your team through social media, texts, or emails are allowed and encouraged! Coaches can still help virtually with explaining practice activities, collecting and submitting scores, and cheering you on.

If you need help or don't have access to a computer ask your parent, staff person, or coach to help.

Have other questions or need help submitting your results? Contact us at info@soiowa.org.

CELEBRATE YOUR SUCCESS

Thursday, May 21 | 7 p.m. | SOIA social media

Once you've practiced, competed, and submitted your results, join the Special Olympics Iowa community from across the state to celebrate! All athletes, young athletes, Unified partners, coaches, family members, and fans are invited to come together virtually to celebrate everyone's successes and wins in the Virtual Summer Games video.

Hear encouraging messages from some familiar faces, see highlights from the virtual season, and even see some footage from past Summer Games! Tune in to this celebration on Thursday, May 21, at 7 p.m. on Special Olympics Iowa's [Facebook](#) and [YouTube](#) accounts as well as soiowa.org.

CHOOSE YOUR EVENTS

Dribbling

Layups

Free Throws

3-Pointers

Dunk, Layup or Trick Contest

25 Meter Dash

50 Meter Dash

100 Meter Dash

200 Meter Dash

Standing Long Jump

Tennis Ball Throw

Sit-ups

Push-ups

Safety Information

Regular physical activity is vital for good physical, social, and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- Wearing the right shoes
- Using the correct equipment
- Drinking lots of water – stay hydrated
- Warming up and stretching properly
- Be aware of your surroundings - exercise in a safe and level area clear of any obstacles or items

Stop exercising immediately and seek medical help if you experience symptoms such as:

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm, or pain between the shoulder blades
- Extreme breathlessness
- A very rapid or irregular heartbeat during exercise

***Be sure to practice social distancing while exercising.**