

2020 VIRTUAL SOFTBALL



Although the 2020 Special Olympics Iowa Softball Tournament presented by Sammons Financial Group 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 the **2020 Special Olympics Iowa Virtual Softball presented by Sammons Financial Group!** 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 Virtual Softball Series beginning with the dance on Wednesday, July 29, and ending with the 2020 Virtual Softball Awards video on Friday, July 31.

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 the softball events. You can choose to do all the events or just your favorites.
2. **PRACTICE!** After reviewing the list of events, begin practicing those events that you want to compete in. As you practice, be sure to keep track of your times and scores because you will need to submit your best times and scores by July 27.
3. **SUBMIT YOUR RESULTS!** Submit your distances, times and scores for all events you practiced. You can also submit a video of yourself practicing or a recording of an encouraging message to share! **All scores are due July 27.**

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.

CHOOSE YOUR EVENTS

Base Running
Throwing
Fielding
Hitting

CELEBRATE YOUR SUCCESS

Wednesday, July 29 through Friday, July 31 | 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 with the Virtual Softball Series.

Tune in Friday, July 31, at 5 p.m. on Special Olympics Iowa's [Facebook page](#) or [YouTube account](#) for the Virtual Softball Awards video.

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
- Being 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

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

FAQS

What's the timeline? Practice begins on Monday, July 6. Make sure to submit your best times and scores by Monday, July 27. The Virtual Softball Series will kick off with a virtual dance on July 29 and end July 31 with the Virtual Softball Awards video.

Who can compete? Anyone - athlete, young athlete, Unified partner, coach, or fans.

What if we normally don't participate in softball, can we still participate? YES! This is open to everyone.

Who am I competing against? You're competing against everyone in the state during the practice season. We'll division everyone based on their role as an athlete, young athlete, Unified partner coach, or fan as well as their age and results.

How do I practice? Our top priority is that everyone is safe and maintains social distancing rules while practicing. Practice at home or in a space that still allows you to follow social distancing rules (you must be six feet away from other individuals).

Do I need equipment to practice? Base Running will not require equipment. If you do not have a softball at home you can use any ball that would be a similar size. You may use a glove for fielding but it is not required. You will need a bat and ball for hitting. It is encouraged to use a tee or something similar but a ball can be tossed to a hitter if necessary. Please don't go out to the store and purchase equipment. Use what you have and don't be afraid to get creative!

Does my coach need to know I'm competing? No, but it would be great if you let them know—they might like to cheer you on virtually!

Do I need to fill out any paperwork to participate? No paperwork is required to participate.

What scores do I need to submit when I am done practicing? Please keep track of your practice times and scores and submit your best. You can participate in all events or just choose your favorites.

Will I be disqualified if I don't run the exact distance in a base running? Will I be disqualified if I use a tee for hitting? No, we understand that everyone is doing their best and everyone's at home event set up is different. We are more interested in everyone participating and giving their honest effort and attempt. The priority is participation and not disqualification.

How do I submit my results? You can submit your results online, [HERE](#).

What scores do I need to submit? Submit your events and best practice distances, times and scores in the registration link.

Will I get an award? Yes! Awards will be sent out the week after Virtual Softball.

How can I participate in the Virtual Softball Series? Virtual sessions will begin July 29 with a virtual dance and ending July 31 with the 2020 Virtual Softball Awards video. [HERE](#) is the list of sessions that will take place on the Special Olympics Facebook page or via Zoom session.

I need help or I have questions! Please contact us at info@soiowa.org.