

2021 VIRTUAL SUMMER GAMES

We invite all athletes, Unified partners, coaches, and fans to compete in the Virtual Summer Games At-Home Competition. Sports will include athletics (track & field), cycling, bocce, tennis skills and swimming. This competition 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 Summer Games Series activities beginning May 24 and ending with the Virtual Summer Games Results Show on Friday, May 28.



COMPETE FROM HOME

This competition is a safe way for athletes, Unified partners, coaches, and fans to keep the spirit of Special Olympics Iowa alive while practicing social distancing.

Here's how it Works:

1. **CHOOSE YOUR EVENTS!** Individuals can participate in athletics (track & field), cycling, bocce, tennis skills and swimming events.
2. **PRACTICE!** After reviewing the list of competition events, begin practicing those events that you want to compete in. As you practice, be sure to keep track of your times/scores.
3. **SUBMIT YOUR RESULTS!** We encourage you to submit times and scores for all the events you practiced. **All scores are due May 24.**

Note: You may practice and compete in groups of 50 or less if your coach or delegation manager has completed and adheres to the protocols outlined in the Return to Play Plan. If your coach/delegation manager has not completed the Return to Play requirements or you do not wish to gather with others, you can still practice and compete in these events on your own at home. Virtual interactions with your team through social media, texts, or emails are allowed and encouraged!

If you need help or do not have access to a computer, ask a family member, friend, staff, or coach to help.

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

COMPETITION SPORTS

Athletics (Track & Field)

Cycling

Bocce

Tennis Skills

Swimming

CELEBRATE YOUR SUCCESS

May 24-28

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

On Friday, May 28, at 5:00 p.m. tune in on **Special Olympics Iowa's Facebook page** for the Virtual Summer Games Results Show.

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 during exercise