

***Special Olympics***  
*Iowa*



# **2022 Mid-Winter Tournament Handbook**

**Team Basketball • Basketball Skills**

**Cheerleading • Gymnastics • Powerlifting**

**New Locations in 2022:**

- **Cheer and Dance will be held at the Hyatt Regency**
- **Basketball Skills will be held at GreenState Family Fieldhouse**
- **Iowa Heartlanders Hockey night at X-tream Arena**
- **Banquet Theme: Hockey Gear!**



On behalf of the volunteers of the Games Organizing Committee and state office staff, welcome to the 2022 Special Olympics Iowa Mid-Winter Tournament. We look forward to an exciting and memorable competition for the over 1,000 athletes and Unified partners, coaches, chaperones, family members and volunteers coming to Iowa City and Coralville 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 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 [sdemaris@soiowa.org](mailto:sdemaris@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.johnsoncountyiowa.gov/sites/default/files/2021-07/RoadMap2021\\_2022\\_CitiesSide.pdf](https://www.johnsoncountyiowa.gov/sites/default/files/2021-07/RoadMap2021_2022_CitiesSide.pdf)

Thank you for your assistance. We look forward to seeing you at the SOIA Mid-Winter Tournament.

Sincerely,

A handwritten signature in black ink, appearing to read "J. Demaris".

Director of Sports and Advanced Competitions  
Special Olympics Iowa



## 2022 Special Olympics Iowa Mid-Winter Tournament Event Schedule



<b>Friday, March 11</b>		
3:00 pm	Delegation Registration (Keys for the Hyatt may not be available until 4:00 pm)	Hyatt Exhibit Hall (hotel keys & delegation packets will be picked up here)
4:30 pm – 6:00 pm	Souvenir Sales	Hyatt Exhibit Hall
5:00 pm – 6:00 pm	Banquet and Opening Ceremony	Hyatt Exhibit Hall
7:00 pm – 9:30 pm	Iowa Heartlanders Hockey Game	Xtream Arena
<b>Saturday, March 12</b>		
6:30 am – 8:30 am	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 GreenState Family Fieldhouse Hyatt Exhibit Hall
8:30 am – 9:00 am 8:45 am – 9:30 am 9:30 am – 3:00 pm	Powerlifting Delegation Registration Powerlifting Warm-ups & Coaches' Meeting Competition; Bench Press then 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)	Hyatt Exhibit Hall
10:00 am – 3:00 pm	Souvenir Sales	U.I. Field House, GreenState Family Fieldhouse, Hyatt Exhibit Hall
9:00 am – 3:00 pm	Healthy Athletes – Healthy Special Smiles Healthy Athletes – Health Promotion	GreenState Family Fieldhouse
9:30 am – 3:30 pm	Basketball Skills & Developmental Speed Dribble	GreenState Family Fieldhouse
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 GreenState Family Fieldhouse Hyatt Exhibit Hall, Pro-Fit
12:00 pm 12:30 pm – 3:00 pm	Cheerleading Coaches' Meeting for Dance Cheer & Dance Competition (Dance - music)	Hyatt Exhibit Hall

# 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 Hyatt Regency Coralville Hotel and Conference Center on Friday, March 11, from 3:00 pm – 7:00 pm. Please note that room keys for the Hyatt 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 Hyatt on Friday between the hours of 3:00 pm and 7:00 pm to pick up your hotel keys, please contact Seann DeMaris at [sdemaris@soiowa.org](mailto:sdemaris@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.
- Hyatt Regency for delegations participating in Cheerleading. The delegation registration table is at the desk at the entrance.
- GreenState Family Fieldhouse for delegations participating in Basketball Skills. The delegation registration table is at the front desk of the entrance of the building.
- 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

## 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.

- Hyatt Regency Coralville Hotel and Conference Center, 300 E. 9<sup>th</sup> St., Coralville, IA 319-688-4000
- Heartland Inn, 87 2<sup>nd</sup> St., Coralville, IA 319-351-8132

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.

## 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 Hyatt Regency Coralville Hotel and Conference Center at 300 E 9<sup>th</sup> Street. Banquet tickets will be included in the delegation packets. Parking is available on the south side of the Hyatt Regency. The main entrance to the Hyatt Regency 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 “Hockey Night.”

### Banquet Menu

Vegetable Lasagna  
Herb Roasted Chicken Breast  
Green Beans  
Garden Salad  
Roll with butter  
Brownies  
Punch

### Lunch Menu

Turkey and Cheddar Sandwich  
Chips  
Granola Bar  
Apple  
Bottle of water

## Iowa Heartlanders Hockey Night

Join us on Friday, March 11<sup>th</sup> for a night of hockey at the Xstream Arena. All athletes, coaches and chaperones will have the free tickets for the event. The game starts at 7:00pm and it is near the Hyatt Regency hotel.

The link for family to purchase tickets for \$14.00 per person is <https://fevo.me/ihspecialolympics>

## Concessions

Concessions and vending machines may not be 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 GreenState Family Fieldhouse will be open for spectators.

## 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

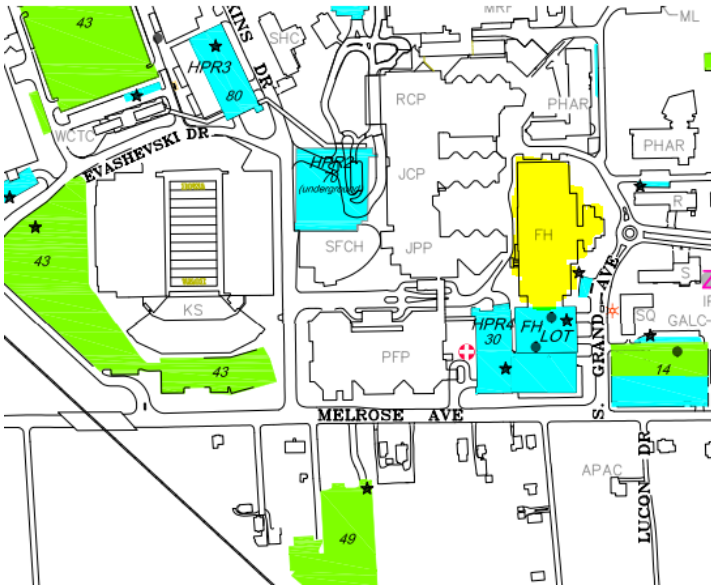
**Competition Sites** (please go to [https://www.johnsoncountyiowa.gov/sites/default/files/2021-07/RoadMap2021\\_2022\\_CitiesSide.pdf](https://www.johnsoncountyiowa.gov/sites/default/files/2021-07/RoadMap2021_2022_CitiesSide.pdf) for an Iowa City area map)

**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.



**GreenState Family Fieldhouse; 811 E 2<sup>nd</sup> Ave, Coralville, IA**

**Basketball Skills**

Parking is available in the south parking lot. Please be prepared for additional walking. Parking is free. Concessions will be available at the venue. Shuttle stop at the south end of the parking lot. Additional parking at the Hyatt South Lot \$1.00/hour or \$8.00/day

**Hyatt Regency Exhibit Hall; 300 E. 9<sup>th</sup> St., Coralville, IA**

**Cheerleading**

Parking is available on the south side of the Hyatt Regency. The main entrance to the Hyatt Regency is available on the south side as well. There is a parking fee \$1.00/hour or \$8.00/day

**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).

**Bus Shuttle Service in 2022**

Special Olympics Iowa will provide a shuttle bus service between the Hyatt Regency and the GreenState Family Fieldhouse on Saturday March 12<sup>th</sup> 7:30am-4:30pm. Stops are on the south side of the Hyatt, the GreenState Family Fieldhouse loop and the south lot of the GreenState Family Fieldhouse. The bus will run on a continuous 15-minute loop.

# Competition Information

## Basketball Skills & Developmental Speed Dribble

Venue Directors: Cindy Becker and Shannon Daniel-Holm

Basketball skills will be conducted in the GreenState Family Fieldhouse located at 811 E 2<sup>nd</sup> Ave, Coralville, IA.

Please make sure your athletes are in the staging area, on Court One 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>
9:30 am	8 – 11
10:00 am	12 – 15
10:30 am	16 – 21
11:00 am	22 – 29
Lunch	
12:00 pm	30 – 50
12:30 pm	51 +

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 room next to Court 5.

## 3 vs 3 Basketball Team Competition Venue Directors: Katie Wiese and Dallas Hinkhouse

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: **Katie Wiese & 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.

**2022 Mid-Winter Tournament 3 vs 3 Basketball Schedule**

<b>2022 Mid-Winter Tournament 3 on 3 Basketball Schedule</b>
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<b>Game Time</b>	<b>Court #</b>	<b>Division</b>	<b>Home Team</b>	<b>Visiting Team</b>
9:00 AM	1	Sr_Lilac	WDM Link Magic	Waterloo Trojans
9:30 AM	1	Jr_White	Burlington Hounds	Harlan High School
10:00 AM	1	Sr_Lilac	Waterloo Trojans	Muscatine Warriors
10:30 AM	1	Jr_White	Winner Game	Winner Game
11:00 AM	1	Jr_Cyan	Des Moines EH Scarlets	Cherokee Gold
11:30 AM	1	Sr_Lilac	Muscatine Warriors	WDM Link Magic
12:00 PM	1	Jr_Cyan	Winner Game	Winner Game
12:30 PM			LUNCH	LUNCH
1:00 PM	1	Sr_Rose	ARC Bulldogs	Cedar Rapids Black
1:30 PM	1	Sr_Coral	WRC Black Wildcats	Cedar Rapids Silver
2:00 PM	1	Sr_Rose	Winner Game	Winner Game
2:30 PM	1	Sr_Coral	Winner Game	Winner Game

<b>Game Time</b>	<b>Court #</b>	<b>Division</b>	<b>Home Team</b>	<b>Visiting Team</b>
9:00 AM	2	Sr_Purple	WRC Red Wildcats	Johnston Outlaws Red
9:30 AM	2	Jr_White	Grandwood Hawks	Sioux County Rockets
10:00 AM	2	Sr_Purple	Johnston Outlaws Red	Cedar Rapids Orange
10:30 AM	2	Jr_White	Consolation Game	Consolation Game
11:00 AM	2	Jr_Cyan	Mason City High School	Burlington Pups
11:30 AM	2	Sr_Purple	Cedar Rapids Orange	WRC Red Wildcats
12:00 PM	2	Jr_Cyan	Consolation Game	Consolation Game
12:30 PM			LUNCH	LUNCH
1:00 PM	2	Sr_Rose	Muscatine Reavers	WRC Blue Wildcats
1:30 PM	2	Sr_Coral	Burlington Magic Hotshots	Emmet County Wildcats
2:00 PM	2	Sr_Rose	Consolation Game	Consolation Game
2:30 PM	2	Sr_Coral	Consolation Game	Consolation Game

<b>Game Time</b>	<b>Court #</b>	<b>Division</b>	<b>Home Team</b>	<b>Visiting Team</b>
9:00 AM	3	Jr_ Blue	Clinton High Kings	Burlington Net Rippers
9:30 AM	3	Sr_ Brown	Muscatine Marauders	VSU
10:00 AM	3	Jr_ Blue	Winner Game	Winner Game
10:30 AM	3	Sr_ Brown	Winner Game	Winner Game
11:00 AM	3	Sr_ Lime	ARC Scorpions	Cedar Rapids Green
11:30 AM			LUNCH	LUNCH
12:00 PM	3	Sr_ Lime	Winner Game	Winner Game
12:30 PM	3	Sr_ Maroon	Cedar Rapids Star	WDM Link Racers
1:00 PM	3	Sr_ Aqua	Jones County Bulls	WDM Link Heat
1:30 PM	3	Sr_ Gray	Waterloo Packers	Burlington Magic Rimshots
2:00 PM	3	Sr_ Maroon	Winner Game	Winner Game
2:30 PM	3	Sr_ Aqua	Winner Game	Winner Game
3:00 PM	3	Sr_ Gray	Winner Game	Winner Game

<b>Game Time</b>	<b>Court #</b>	<b>Division</b>	<b>Home Team</b>	<b>Visiting Team</b>
9:00 AM	4	Jr_ Blue	Harlan Middle School	Clinton High Shooters
9:30 AM	4	Sr_ Brown	Sioux County Blackhawks	Cedar Rapids Moon
10:00 AM	4	Jr_ Blue	Consolation Game	Consolation Game
10:30 AM	4	Sr_ Brown	Consolation Game	Consolation Game
11:00 AM	4	Sr_ Lime	Sioux City Knights 3 on 3	WDM Link Nets
11:30 AM			LUNCH	LUNCH
12:00 PM	4	Sr_ Lime	Consolation Game	Consolation Game
12:30 PM	4	Sr_ Maroon	Davenport West Devils	WDM Link Spirit
1:00 PM	4	Sr_ Aqua	Sioux County Nighthawks	Burlington Magic Stars
1:30 PM	4	Sr_ Gray	WDM Link Clippers	Jones County Jaguars
2:00 PM	4	Sr_ Maroon	Consolation Game	Consolation Game
2:30 PM	4	Sr_ Aqua	Consolation Game	Consolation Game
3:00 PM	4	Sr_ Gray	Consolation Game	Consolation Game

## 2022 Mid-Winter Tournament 5 on 5 Basketball Schedule

Game Time	Court #	Division	Home Team	Visiting Team
9:00 AM	1	Male_Yellow	Oelwein Huskies	SCA Thunder
10:00 AM	1	Male_Emerald	Central DeWitt Sabers	Hope Twisters
11:00 AM	1	Male_Yellow	SCA Thunder	Sheldon VNU Panthers
12:00 PM			LUNCH	LUNCH
12:30 PM	1	Male_Orange	Winner Game	Winner Game
1:30 PM	1	Male_Yellow	Sheldon VNU Panthers	Oelwein Huskies

Game Time	Court #	Division	Home Team	Visiting Team
9:00 AM	2	Male_Orange	Hope Thunder	Grizlantic Grizzlies
10:00 AM	2	Male_Orange	Johnston Outlaws White	Sioux City Knights Senior
11:00 AM	2	Male_Emerald	Cedar Rapids Eagles	ARC Sting Rays
12:00 PM			LUNCH	LUNCH
12:30 PM	2	Male_Orange	Consolation Game	Consolation Game
1:30 PM	2	Male_Emerald	Winner Game	Winner Game

Game Time	Court #	Division	Home Team	Visiting Team
9:00 AM	5	Coed_Red	ISD Bobcats	Des Moines East Scarlets
10:00 AM	5	Male_Violet	Johnston Outlaws Black	Griswold Tigers
11:00 AM	5	Coed_Red	Winner Game	Winner Game
12:00 PM			LUNCH	LUNCH
12:30 PM	5	Male_Violet	Winner Game	Winner Game
1:30 PM	5	Male_Emerald	Consolation Game	Consolation Game

Game Time	Court #	Division	Home Team	Visiting Team
9:00 AM	6	Coed_Red	Waterloo Blue Devils	Sioux City Knights Co-Ed
10:00 AM	6	Male_Violet	WDM Link Bulls	Cedar Rapids Scorpions
11:00 AM	6	Coed_Red	Consolation Game	Consolation Game
12:00 PM			LUNCH	LUNCH
12:30 PM	6	Male_Violet	Consolation Game	Consolation Game

## Cheer and Dance

**Venue Director: Donna Jondle and Kirsten Selsor**

The Cheer and Dance competition will begin at 9:00 am in the Exhibit Hall of the Hyatt Regency. 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 Oakdale Meeting room 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 Selsor know the day of competition.

Lunch will be served in the exhibit hall

Cheerleading (cheer and dance) Schedule:

Time:	Competition Category	Team Name	Division
<b>Cheer (Yell) - Beginner (Non-Mount &amp; Non-Tumble):</b>			
9:00 AM	Special Performance	USA Games - Team Iowa	Team IA
9:05 AM	Junior, Small Group	Harlan Cyclones	Jr.TCB.01
9:10 AM	Senior, Small Group	Midwest Magic Dynamite Divas	Sr.TCB.01
9:15 AM	Senior, Small Group	Jones County Cheer Squad	Sr.TCB.01
<b>Cheer (Yell) - Advanced (Mount &amp; Tumble):</b>			
9:20 AM	Junior, Small Group	Cherokee Braves	Jr.TCA.01
<b>Cheer Unified (Yell) - Advanced (Mount &amp; Tumble)</b>			
9:25 AM	Senior Unified, Large Group	Hope Agency DSM Tigers	Sr.UCA.01
9:30 AM 10:00 AM	<b>Cheer (Yell)- Beginner (Non-Mount &amp; Non-Tumble) &amp; Advanced (Mount &amp; Tumble) Awards Cheer Unified (Yell) - Advanced (Mount &amp; Tumble) Awards</b>		
Time:	Competition Category	Team Name	Division
<b>Dance (Music) - Beginner (Non-Mount &amp; Non-Tumble)</b>			
10:05 AM	Junior, Individual	Stacia Mason	Jr.TDB.Single1
10:10 AM	Senior Individual	Butterfly Wishes	Sr.TDB.Single1
10:15 AM	Senior, Individual	One Shining Star	Sr.TDB.Single1
10:20 AM	Senior, Small Group	Link Sweet Disasters	Sr.TDB.01
10:25 AM	Senior, Small Group	Dancing Divas	Sr.TDB.01
10:30 AM	Senior, Small Group	Rainy Rainbow Trolls	Sr.TDB.01
10:35 AM	Senior, Small Group	Boot Scootin', Get Down	Sr.TDB.02
10:40 AM	Senior, Small Group	Link Illusion	Sr.TDB.02
10:45 AM	Senior, Small Group	Dangerous Divas	Sr.TDB.02
10:50 AM	Senior, Large Group	Sioux City Knights	Sr.TDB.03
10:55 AM	Senior, Large Group	Party in the USA, Born in the USA	Sr.TDB.03
11:00 AM	Senior, Large Group	Scott County Rockers	Sr.TDB.04
11:05 AM	Senior, Large Group	IC Rec Stars	Sr.TDB.04
11:10 AM	<b>LUNCH</b>		
<b>Dance (Music) - Advanced (Mount &amp; Tumble)</b>			
1:05 PM	Senior, Small Group	Marion Co Special Olympics	Sr.TDA.01
1:10 PM - 1:50 PM	<b>Dance (Music) - Beginner (Non-Mount &amp; Non-Tumble) Awards Dance (Music) - Advanced (Mount &amp; Tumble) Awards</b>		
<b>Dance (Music) - Unified Beginner (Non-Mount &amp; Non-Tumble)</b>			
1:55 PM	Junior Unified, Small Group	West Fork Warhawks	Jr.UDB.01
2:00 PM	Senior Unified, Small Group	Sioux City Dancing Dewey's	Sr.UDB.01
2:05 PM	Junior Unified, Large Group	Mason City High School	Jr.UDB.02
2:10 PM	Junior Unified, Large Group	Spencer Tiger Ring Leaders	Jr.UDB.02
2:15 PM	Junior Unified, Large Group	Flower Power	Sr.UDB.02
2:20 PM	Junior Unified, Large Group	Silver Spurs	Sr.UDB.02
<b>Dance (Music) - Unified Advanced (Mount &amp; Tumble)</b>			
2:25 PM	Junior Unified, Large Group	Central DeWitt Sabers	Jr.UDA.01
2:30 PM - 3:15 PM	<b>Dance Unified (Music) - Beginner (Non-Mount &amp; Non-Tumble) Awards Dance Unified (Music) - Advanced (Mount &amp; Tumble) Awards</b>		

## **Gymnastics**

## **Venue Director: Krista Smith**

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 ensure 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 two 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

Healthy Athletes® is a Special Olympics program that provides free health screenings and health education in a fun, welcoming environment with a focus on removing the anxiety people with intellectual disabilities often experience when faced with a visit to a medical professional. The impact of Healthy Athletes on the health and wellness of Special Olympics athletes around the world is significant! Since 1997, Healthy Athletes has discovered undetected health problems, alleviated pain, provided health services that otherwise would not be available, and referred athletes on to receive follow up care with providers in their communities. Healthy Athletes is not only a program for athletes but, through training and hands-on experience at screenings, it is a program for health care students and professionals to increase knowledge of best practices in caring for people with intellectual disabilities.

Throughout each year, Special Olympics Iowa provides Special Smiles, Opening Eyes, FUNFitness, Fit Feet, Healthy Hearing, Healthy Promotion, and Medfest screenings at no charge to Special Olympics athletes. Join us at Mid Winter Tournament for the opportunity to earn giveaways and receive screenings in the following disciplines:

### **Special Smiles at the Mid-Winter Tournament**

**Clinical Directors: Mary Kelly and Kathy Thorsteinson**

Special Smiles is the dental health discipline of Special Olympics Healthy Athletes® that provides athletes the opportunity to take charge of their oral health. Special Smiles provides comprehensive oral health care information, offers free dental screenings and instructions on correct brushing and flossing techniques to athletes. This also includes issuing preventative supplies, like toothpaste, toothbrushes and fluoride varnish.

**Special Smiles will be offered on Saturday, March 12<sup>th</sup> from 9:00 AM to 3:00 PM at the GreenState Family Fieldhouse.**

### **Health Promotion at the Mid-Winter Tournament**

**Clinical Director: Judy Fitzgibbons**

Health Promotion aims to raise the awareness of Special Olympics athletes about the need to improve and maintain an enhanced level of wellness and self-care. Health Promotion interviews athletes to assess their health habits, and conducts health screenings in four key areas: BMI– body mass index based on height and weight, Waist to Height Ratio, BP – blood pressure, and BMD – bone mineral density. Health Promotion is by design fun, interactive, positive, and engaging. In this environment, we help athletes learn how small changes in their behavior can help them improve and maintain good health and sports performance.

**Health Promotion will be offered on Saturday, March 12<sup>th</sup> from 9:00 AM to 3:00 PM at the GreenState Family Fieldhouse.**

## 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 Seann DeMaris at 515-290-7073.

### Event Directors / SOIA Staff:

**Banquet:** Seann DeMaris

**Basketball Skills:** Cindy Becker, Shannon Daniel-Holm

**Basketball Team:** Katie Wiese & Rob Wagner

**Cheer & Dance:** Donna Jondle

**Gymnastics:** Krista Smith

**Powerlifting:** Ray Strekal

If an emergency should occur on the way to or from an event, please notify Seann DeMaris at 515-290-7073.

We ask that you direct all media inquiries and representatives to John Kliegl, Special Olympics Iowa President and CEO.

## Mid-Winter Tournament Souvenir Sales

### Souvenir Sale Hours

Friday, March 11	4:30 pm - 6:00 pm	Hyatt Regency Exhibit Hall
Saturday, March 12	9:00 am - 2:00 pm	University of Iowa Field House
Saturday, March 12	9:00 am - 2:00 pm	GreenState Family Fieldhouse
Saturday, March 12	9:00 am - 2:00 pm	Hyatt Regency Exhibit Hall

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.

Checks should be made out to Special Olympics Iowa.

Special Olympics Iowa thanks the following individuals, groups, and organizations for their contributions to the success of the 2022 Special Olympics Iowa Mid-Winter Tournament, and for their support of more than 14,500 Athlete and Unified 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**

<b>Brian Bates</b>	Athlete Representative	<b>Cindy Becker</b>	Basketball Skills
<b>Shannon Daniels-Holm</b>	Basketball Skills	<b>Judy Fitzgibbons</b>	Health Promotion
<b>John Green</b>	Registration and Set-up	<b>RaQuishia Harrington</b>	Banquet and Dance
<b>Mark Johnson</b>	University of Iowa Facilities	<b>Donna Jondle</b>	Cheer and Dance
<b>Mary Kelly</b>	Special Smiles	<b>Pat Kutcher</b>	University of Iowa Facilities
<b>Aaron Larmore</b>	Pro-Fit Gym	<b>Damian Simcox</b>	Facilities
<b>Ray Strekal</b>	Powerlifting	<b>Chuck Thomas</b>	U of I Recreational Services
<b>Kathy Thorsteinson</b>	Special Smiles	<b>Derek Timmerman</b>	U of I Parking
<b>Mike Valentine</b>	University of Iowa Facilities	<b>Rob Wagner</b>	Team Basketball
<b>Paul Kaefring</b>	Lunch		

**2022 Mid-Winter Tournament Sponsors and Venue Hosts**

<b>Coralville Heartland Inn</b>	<b>Green State Credit Union</b>	<b>LL Pelling Co.</b>
<b>Green State Family Fieldhouse</b>	<b>Hyatt Regency &amp; Conference Center</b>	<b>Pro-Fit Gym</b>
<b>University of Iowa</b>	<b>Think Iowa City</b>	

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