



SPECIAL OLYMPICS IOWA  
**SPRING CLASSIC**  
2023

# HANDBOOK



On behalf of the volunteers of the Games Committee and state office staff, welcome to the 2023 Special Olympics Iowa Spring Classic. 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 Spring Classic. 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.

Thank you for your assistance. We look forward to seeing you at the SOIA Spring Classic.

Sincerely,

A handwritten signature in black ink, appearing to read "J. Demaris", is written over a light blue horizontal line.

Director of Sports and Advanced Competitions  
Special Olympics Iowa



## 2023 Special Olympics Iowa Spring Classic Event Schedule



<b>Friday, March 10</b>		
3:00 pm	Hotel Registration	Hotel keys are located at the front desk at your assigned hotel
5:00 pm – 6:30 pm	Meal, Opening Ceremony, and Iowa Heartlanders Pre-game activities	Xtream Arena
7:00 pm – 9:30 pm	Iowa Heartlanders Hockey Game	Xtream Arena
<b>Saturday, March 11</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 Iowa City West High School
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	Iowa City West High School
8:30 am 9:00 am – 10:00 am	Cheerleading Coaches' Meeting for Cheer Cheer & Dance Competition (Yell – no music)	Iowa City West High School
9:00 am – 3:00 pm	Souvenir Sales	U.I. Field House, GreenState Family Fieldhouse, Iowa City West High School
9:00 am – 3:00 pm	Healthy Athletes – Healthy Special Smiles Healthy Athletes – Health Promotion Healthy Athletes – Healthy Hearing	Iowa City West High School
9:30 am – 3:30 pm	Basketball Skills & Developmental Speed Dribble	GreenState Family Fieldhouse
9:00 am – 3:30 pm	3 on 3 Team Basketball Tournament	U.I. Field House – Main Deck
9:00 am – 4:00 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
9:55 am 10:00 am – 2:00 pm	Cheerleading Coaches' Meeting for Dance Cheer & Dance Competition (Dance - music)	Iowa City West High School
11:00 am – 1:00 pm	Lunch	U.I. Field House – Main Deck GreenState Family Fieldhouse, Iowa City West High School

# General Information

## Delegation Packets and Room Key Pick-Up

Room keys for all hotels will be distributed at your designated hotel on Friday, March 10, from 3:00 pm – 7:00 pm. Delegation packets should be pick up on Saturday, March 11 at the event venue. Please pick up room keys at the front desk. Delegations are asked to designate one individual to pick up the hotel keys on Friday and same for 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.

Please contact Seann DeMaris at [sdemaris@soiowa.org](mailto:sdemaris@soiowa.org) or (515) 290-7073 to make alternate arrangements.

Delegation packets will be located at the following registration tables:

- 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.
- Iowa City West High School for delegations participating in Cheerleading and Powerlifting. The delegation registration table will be inside 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.

### Delegation registration packets include:

- Bib numbers, pins, and nametags for gymnastics athletes
- Nametags for basketball skills athletes and powerlifting athletes
- Schedule of events

## Housing

Delegations that requested housing have been assigned to stay at one of the Special Olympics Iowa Spring Classic 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.

- |  |                |
|--|----------------|
| • Comfort Suites I-80, 2431 James St, Coralville, IA 52241                           | (319) 337-8382 |
| • Courtyard by Marriott, 901 Melrose Ave, Iowa City, IA 52246                        | (319) 569-6777 |
| • Drury Inn & Suites, 815 1 <sup>st</sup> Ave, Coralville, IA 52241                  | (319) 688-4000 |
| • Hampton Inn, 1200 1 <sup>st</sup> Ave, Coralville, IA 52241                        | (319) 351-6600 |
| • Heartland Inn, 87 2 <sup>nd</sup> St., Coralville, IA 52241                        | (319) 351-8132 |
| • Radisson Hotel & Conference Center, 1220 1 <sup>st</sup> Ave, Coralville, IA 52241 | (319) 351-5049 |
| • Staybridge Suites, 801 E 2 <sup>nd</sup> Ave, Coralville, IA 52241                 | (319) 259-1500 |

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 meal and Saturday lunch for registered athletes, coaches, and chaperones. The Friday meal will be held at the Xstream Arena at 200 E 9<sup>th</sup> St Ste 100, Coralville, IA.

Due to meal count guarantee requirements, we are unable to sell meal tickets on the day of the meal.

### Meal Menu

BBQ Chicken  
Cole Slaw  
Potato Salad  
Green Beans  
Roll with butter  
Brownies  
Bottled water

### Lunch Menu

Turkey and Cheddar Sandwich  
Chips  
Granola Bar  
Apple/Banana  
Bottled water

## Iowa Heartlanders Hockey Night

Join us on Friday, March 10<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 Drury hotel. This night will be Marvel night feel free to come dressed as your favorite Marvel character [Note that there will be no weapons allowed – even fake, nor full face masks into the arena.]

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

The deadline for family members is Wednesday, March 1, 2023.

## Concessions

Concessions will 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.

## 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 Spring Classic. 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 Spring Classic 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

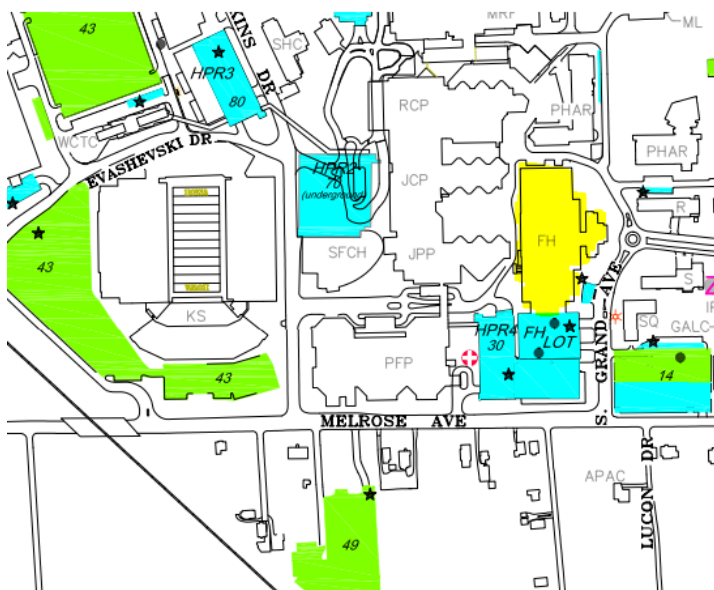
**Competition Sites** (please go to [https://www.johnsoncountyiowa.gov/sites/default/files/2021-07/RoadMap2021\\_2022\\_CitiesSide.pdf](https://www.johnsoncountyiowa.gov/sites/default/files/2021-07/RoadMap2021_2022_CitiesSide.pdf) for an Iowa City area map)

**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.

**Iowa City West High School; 2901 Melrose Ave, Iowa City, IA**

**Cheerleading and Powerlifting**

Parking is available on the south side of the gym near the entrance.

## 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
10:15 am	12 – 15
11:30 am	16 – 21
Lunch	
12:30 pm	22 – 29
1:15 pm	30 – 50
1:45 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 Spring Classic. In order to provide meaningful, quality competition opportunities for the athletes, genders 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 Director: Dylan Sloan**

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.

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.

2023 Spring Classic 3 on 3 Basketball Schedule				
Game Time	Court #	Division	Home Team	Visiting Team
9:00 AM	1	J	Mason City Black	Spencer Tigers Purple
9:30 AM	1	J	Spencer Tigers Purple	Burlington Grayhounds Gray
10:00 AM	1	J	Burlington Grayhounds Gray	Mason City Black
10:30 AM	1	E	Clinton Rolling Thunder 2	Magic Hot Shots
11:00 AM	1	E	Magic Hot Shots	Mason City Posse
11:30 AM	1	E	Mason City Posse	Clinton Rolling Thunder 2
12:00 PM	1	I	ISD Bobcats	VSU 2
12:30 PM	1	I	Winner Game 1	Winner Game 2
5v5				
1:00 PM	1	i	Sioux City Lady Knights	CR Shooting Stars
2:00 PM	1	i	CR Shooting Stars	Sioux City Lady Knights

Game Time	Court #	Division	Home Team	Visiting Team
9:00 AM	2	D	Leon Twisters	Sioux County Blackhawks
9:30 AM	2	D	Sioux County Blackhawks	Johnston Outlaws
10:00 AM	2	D	Johnston Outlaws	Leon Twisters
10:30 AM	2	A	Harlan Cyclones	Grandwood Hawks
11:00 AM	2	A	Grandwood Hawks	Sioux County NW High School
11:30 AM	2	A	Sioux County NW High School	Harlan Cyclones
12:00 PM	2	I	Grandwood Hawks 2	Burlington Grayhounds
12:30 PM	2	I	Consolation Game 1	Consolation Game 2
5v5				
1:00 PM	1	i	Sioux City Lady Knights	CR Shooting Stars
2:00 PM	1	i	CR Shooting Stars	Sioux City Lady Knights

### 2023 Spring Classic 3 on 3 Basketball Schedule

Game Time	Court #	Division	Home Team	Visiting Team
9:00 AM	3	H	Harlan MS Cyclones A	Baxter Bolts
9:30 AM	3	H	Baxter Bolts	Emmet County Dragons
10:00 AM	3	H	Emmet County Dragons	Harlan MS Cyclones A
10:30 AM	3	M	CR Red	Burlington Grayhounds Purple
11:00 AM	3	M	Mason City Red	CR Yellow
11:30 AM	3	M	Consolation Game 1	Consolation Game 2
12:00 PM	3	M	Winner Game 1	Winner Game 2
12:30 PM	3	F	Magic Shooters	Mason City Outlaws
1:00 PM	3	F	Mason City Outlaws	Goodwill Hawkeyes
1:30 PM	3	F	Goodwill Hawkeyes	Magic Shooters

Game Time	Court #	Division	Home Team	Visiting Team
9:00 AM	4	G	Goodwill Gophers	Sioux City Knights
9:30 AM	4	G	Muscatine Warriors	Jones County Bulls
10:00 AM	4	G	Consolation Game 1	Consolation Game 2
10:30 AM	4	G	Winner Game 1	Winner Game 2
11:00 AM	4	B	Link Clippers	Emmet County Wildcats
11:30 AM	4	B	Sioux County Blue Nighthawks	VSU 1
12:00 PM	4	B	Consolation Game 1	Consolation Game 2
12:30 PM	4	B	Winner Game 1	Winner Game 2
1:00 PM	4	C	Griswold Blue 92	Spencer Tigers Gold
1:30 PM	4	C	Spencer Tigers Gold	WRC Black Wildcats
2:00 PM	4	C	WRC Black Wildcats	Griswold Blue 92

2023 Spring Classic 5 on 5 Basketball Schedule				
Game Time	Court #	Division	Home Team	Visiting Team
9:00 AM	1	B	CR Scorpions	Johnston Outlaws Black
10:00 AM	1	A	Central DeWitt Sabers	ISD Bobcats
11:00 AM	1	C	Boone Bulls	Muscatine Marauders
12:00 PM	1	B	Winner Game 1	Winner Game 2
1:00 PM	1	A	ISD Bobcats	Central DeWitt Sabers
2:00 PM	1	C	Winner Game 1	Winner Game 2

Game Time	Court #	Division	Home Team	Visiting Team
9:00 AM	2	B	Link Bulls	Oelwein Huskies
10:00 AM	2	H	Johnston Outlaws White	Iowa City CIC Gold
11:00 AM	2	C	Sioux City Knights Green	HOPE Twisters
12:00 PM	2	B	Consolation Game 1	Consolation Game 2
1:00 PM	2	H	Iowa City CIC Black	Johnston Outlaws White
2:00 PM	2	C	Consolation Game 1	Consolation Game 2
3:00 PM	2	H	Iowa City CIC Gold	Iowa City CIC Black

Game Time	Court #	Division	Home Team	Visiting Team
9:00 AM	5	D	Atlantic Thunder	CR Hot Shots
10:00 AM	5	E	Challenger Bulldogs	Clinton Rolling Thunder
11:00 AM	5	D	CR Hot Shots	ARC Warrior Panthers
12:00 PM	5	G	SCA Jets	CR Running Rebels
1:00 PM	5	E	Winner Game 1	Winner Game 2
2:00 PM	5	D	ARC Warrior Panthers	Atlantic Thunder
3:00 PM	5	G	Winner Game 1	Winner Game 2

Game Time	Court #	Division	Home Team	Visiting Team
9:00 AM	6	F	Ankeny Angels	Link Magic
10:00 AM	6	E	VNU Panthers	Link Heat
11:00 AM	6	F	Link Magic	HOPE Thunder
12:00 PM	6	G	ARC Tornado Leopards	Goodwill Blue Devils
1:00 PM	6	E	Consolation Game 1	Consolation Game 2
2:00 PM	6	F	HOPE Thunder	Ankeny Angels
3:00 PM	6	G	Consolation Game 1	Consolation Game 2

## Cheer and Dance

## Venue Director: Kirsten Selsor

The Cheer and Dance competition will begin at 9:00 am at Iowa City West High School. Competition for Cheer teams will start at 9:00 am. Competition for Dance teams will start at 10:00 am. 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. **The schedule is subject to change.** Divisions and times are tentative. There will be no switching or changing. Room 178 Performance PE Dance will be available for teams to practice in.

### Cheerleading and Dance Competition Reminders:

1. **(Dance) Music:** It is recommended for all coaches to have a flash drive or mobile option 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. 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. A total of 2 coaches will be allowed in the coaches box.
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 watch the schedule for when Cheer ends, and Dance begins. The meetings will start 5 minutes before competition.
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 by locating your cheer or dance team name and the tentative 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 lunchroom.

**Special Olympics Iowa 2023 Spring Classic  
Cheer & Dance Competition Tentative Schedule**

Time:	Competition Category	Team Name	Division
Cheer (Yell) - Beginner (Non-Mount & Non-Tumble):			
9:00 AM	Senior, Small Group	Golden Stars	Sr.TCB.01
9:05 AM	Senior, Small Group	Dynomite Divas	Sr.TCB.01
9:10 AM	Senior, Small Group	HOPE Tigers	Sr.TCB.01
9:15 AM	Senior, Small Group	Muscatine Warriors	Sr.TCB.01
9:20 AM	Senior, Small Group	Ankeny Angels	Sr.TCB.03
9:25 AM	Junior, Small Group	Mormon Trail Saints	Jr.TCB.01
9:30 AM	Senior, Large Group	CR Rec Spirits	Sr.TCB.02
Cheer Unified (Yell) - Beginner (Non-Mount & Non-Tumble)			
9:35 AM	Junior Unified, Small Group	Harlan Cyclones	Jr.UCB.01
9:40 AM	Cheer (Yell)- Beginner (Non-Mount & Non-Tumble) Awards		
9:55 AM	Cheer Unified (Yell) - Beginner (Non-Mount & Non-Tumble) Awards		
Time:	Competition Category	Team Name	Division
Dance (Music) - Beginner (Non-Mount & Non-Tumble)			
10:00 AM	Junior, Individual	Stacia Mason	Jr.TDB.Single1
10:05 AM	Senior, Individual	Marissa Christensen	Sr.TDB.F1
10:10 AM	Senior, Individual	Let it Shine	Sr.TDB.F1
10:15 AM	Senior, Individual	Patrick Gulbranson	Sr.TDB.M1
10:20 AM	Senior, Individual	Cody Reineke	Sr.TDB.M1
10:25 AM	Senior, Small Group	Link Sweet Disasters	Sr.TDB.01
10:30 AM	Senior, Small Group	Spencer Tigers Bengals	Sr.TDB.01
10:35 AM	Senior, Small Group	Groovy Greasers	Sr.TDB.01
10:40 AM	Senior, Small Group	Despicable Bobcats	Sr.TDB.02
10:45 AM	Senior, Small Group	Rainbows & Lolipops	Sr.TDB.02
10:50 AM	Senior, Small Group	Dangerous Divas	Sr.TDB.02
10:55 AM	Senior, Small Group	CR Rec Belivin'	Sr.TDB.03
11:00 AM	Senior, Small Group	Link Illusion	Sr.TDB.03
11:05 AM	Senior, Small Group	Scott County Adults	Sr.TDB.03
11:10 AM	Senior, Large Group	CR Rec Country	Sr.TDB.04
11:15 AM	Senior, Large Group	Scott County Rockers	Sr.TDB.04
Dance (Music) - Advanced (Mount & Tumble)			
11:20 AM	Senior, Small Group	Marion County Special Olympics	Sr.TDA.01
11:25 AM	Senior, Large Group	Liberty Landing	Sr.TDA.02
11:30 AM - 11:50 AM	Dance (Music) - Beginner (Non-Mount & Non-Tumble) Awards Dance (Music) - Advanced (Mount & Tumble) Awards		
11:50 AM - 12:40 PM	LUNCH		
Dance (Music) - Unified Beginner (Non-Mount & Non-Tumble)			
12:45 PM	Senior Unified, Small Group	Dancing Dewey	Sr.UDB.01
12:50 PM	Junior Unified, Small Group	Disco Tigers	Jr.UDB.01
12:55 PM	Junior Unified, Small Group	Central DeWitt Sabers	Jr.UDB.01
1:00 PM	Junior Unified, Small Group	Mason City High School	Jr.UDB.01
1:05 PM	Junior Unified, Large Group	West Fork Warhawks	Jr.UDB.02
1:10 PM	Senior Unified, Large Group	Spencer Tigers Ambush	Sr.UDB.02
1:15 PM	Senior Unified, Large Group	Dazzling Dancers	Sr.UDB.02
1:25 PM - 1:45 PM	Dance Unified (Music) - Beginner (Non-Mount & Non-Tumble) Awards (Music) - Advanced (Mount & Tumble) Awards		Dance Unified

## **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	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 Iowa City West High School. 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 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.

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

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 the Spring Classic for the opportunity to earn giveaways and receive screenings in the following disciplines:

### Special Smiles

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

This program offers athletes the services of oral screening, oral health education, preventative products & information about follow-up care. Dentists & dental hygienists have been recruited to conduct exams who have received specialized training to work with this population.

**Special Smiles will be offered on Saturday, March 11<sup>th</sup> from 9:00 AM to 3:00 PM at Iowa City West High School.**

### Health Promotion

**Clinical Director: Judy Fitzgibbons and Logan Anderson**

Offers athletes' tips on nutrition, adequate hydration, maintaining personal hygiene, safety, fitness, danger of tobacco use, sun safety & other health concerns. Athletes will have an opportunity to receive a simple health check that includes height, weight, blood pressure and a review of healthy lifestyle habits. Handouts & giveaways will be available to athletes who participate.

**Health Promotion will be offered on Saturday, March 11<sup>th</sup> from 9:00 AM to 3:00 PM at Iowa City West High School.**

### Healthy Hearing

**Clinical Director: Elizabeth Stangl and Jaqueline Carder**

This program offers athletes the services of hearing examinations and follow-up recommendations.

**Healthy Hearing will be offered on Saturday, March 11<sup>th</sup> from 9:00 AM to 3:00 PM at Iowa City West High School.**



## 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:

**Event Director:** Seann DeMaris

**Basketball Skills:** Sydney Dommer

**Basketball Team:** Katie Wiese and Dallas Hinkhouse

**Cheer & Dance:** Kirsten Selsor

**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.

## Spring Classic Souvenir Sales

### Souvenir Sale Hours

Saturday, March 11	9:00 am - 2:00 pm	University of Iowa Field House
Saturday, March 11	9:00 am - 2:00 pm	GreenState Family Fieldhouse
Saturday, March 11	9:00 am - 2:00 pm	Iowa City West High School

We accept cash, check, Venmo 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 2023 Special Olympics Iowa Spring Classic, 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.

### Spring Classic Games Committee

<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>Gene Nissley</b>	Registration & Set-up	<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>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>Paul Kaeffring</b>	Lunch

### 2023 Spring Classic Sponsors

**ACT, Inc.**  
Think Iowa City

**Green State Credit Union**  
University of Iowa

**LL Pelling Co.**

### Thank You to Our Partners!

#### Champion Statewide Partners



**Knights of Columbus**  
Iowa  
State Council



#### Premier Statewide Partners

