



HANDBOOK

Special Olympics
Iowa



We look forward to an exciting & memorable competition for the over 1,000 athletes, unified partners, coaches, chaperones, family members & volunteers coming to Iowa City & Coralville for the 2024 Special Olympics Iowa Spring Classic. Athletes from around the state will compete in Basketball, Cheer & Dance, Gymnastics, & Powerlifting competitions.

This handbook is designed to provide you with the information necessary to manage your participation in the Spring Classic. Please review the information in detail & share the handbook with members of your delegation as well as family members attending the event. Please contact Special Olympics Iowa at (515) 986-5520 or info@soiowa.org if you have any questions.

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





2024 Special Olympics Iowa Spring Classic Event Schedule



Friday, March 8th		
3:00 pm	Hotel Registration	Hotel keys are located at the front desk at your assigned hotel
4:45 pm – 6:00 pm	Pre Ceremony Festivities- Meal Included	Xtream Arena
6:00 pm – 7:15 pm	Opening Ceremony	Xtream Arena
Saturday, March 9th		
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; Squat, Bench Press, then Dead Lift	Iowa City West High School
9:00 am – 10:00 am	Cheer & Dance Competition (Yell – no music)	Iowa City West High School
9:00 am – 3:00 pm	Healthy Athletes – Health Promotion Healthy Athletes – Healthy Hearing Healthy Athletes – Special Smiles Healthy Athletes – Strong Minds	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
10:00 am – 2:00 pm	Souvenir Sales	U.I. Field House GreenState Family Fieldhouse Iowa City West High School
10:00 am – 2:00 pm	Cheer & Dance Competition (Dance - music)	Iowa City West High School
10:00 am– 10:30 am 10:30 am – 12:00 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 Iowa City West High School

General Information

Delegation Packets Pick-Up

Delegation packets can be picked up at the following registration tables day of competition:

- **University of Iowa Field House** for delegations participating in Basketball Team & 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 & 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, & nametags for gymnastics athletes
- Nametags for basketball skills athletes & powerlifting athletes
- Schedule of events

Housing/Room Key Pick-Up

Delegations that requested housing have been assigned to stay at one of the Special Olympics Iowa Spring Classic Hotels. Room keys for all hotels will be distributed at the front desk of your designated hotel on Friday, March 8th, from 3:00 pm – 7:00 pm.

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.

- | | |
|--|----------------|
| • Courtyard by Marriott, 901 Melrose Ave, Iowa City, IA 52246 | (319) 569-6777 |
| • Drury Inn & Suites, 815 1 st Ave, Coralville, IA 52241 | (319) 688-4000 |
| • Hampton Inn, 1200 1 st Ave, Coralville, IA 52241 | (319) 351-6600 |
| • Heartland Inn, 87 2 nd St., Coralville, IA 52241 | (319) 351-8132 |
| • Radisson Hotel & Conference Center, 1220 1 st Ave, Coralville, IA 52241 | (319) 351-5049 |
| • Staybridge Suites, 801 E 2 nd 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.

Please contact Special Olympics Iowa at info@soiowa.org or (515) 986-5520 to make alternate arrangements.

Opening Ceremony- Friday March 8th

Special Olympics Iowa invites all athletes, parents, fans, & volunteers to the 2024 Spring Classic Opening Ceremony hosted at Xtream Arena in Coralville, IA!

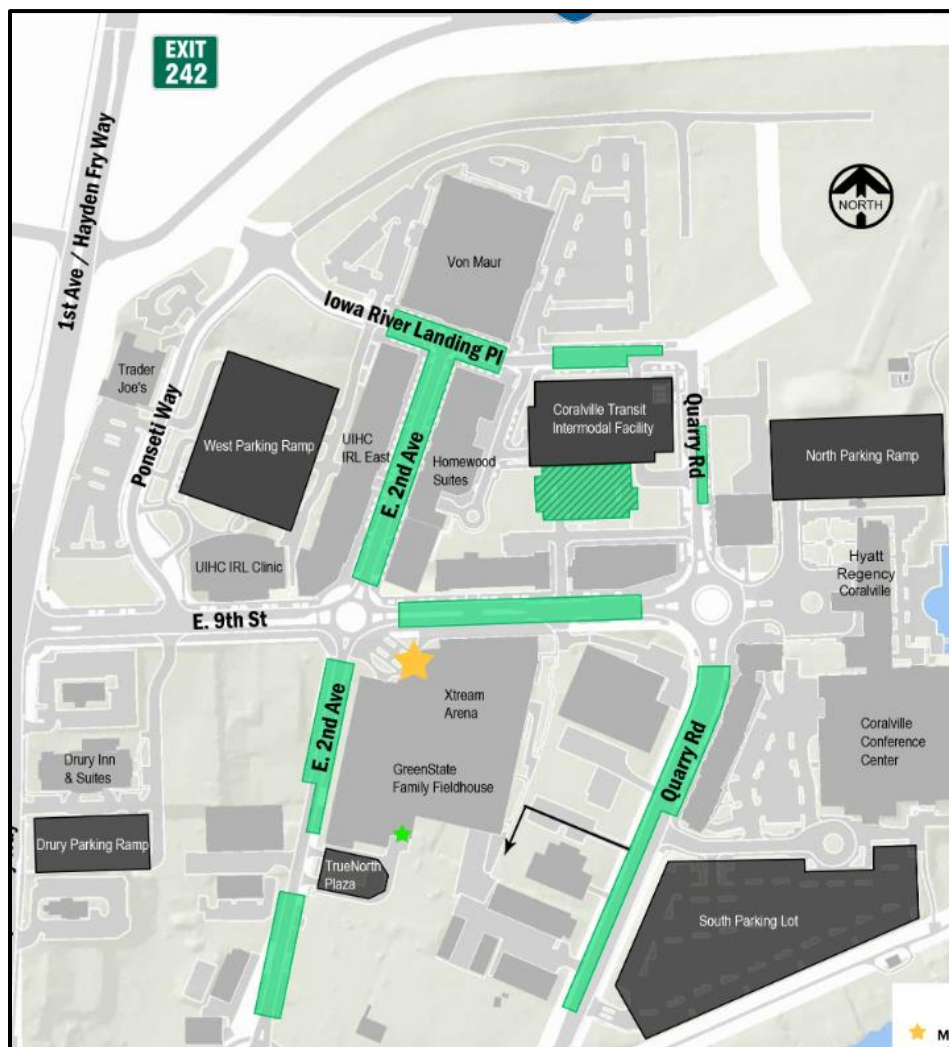
4:45 P.M.- 6:00 P.M.- **Pre-Ceremony** dinner, interactive games, live music, & Hawkeye Elvis!

6:00 P.M.-6:30 P.M.- **Opening Ceremony** Warm Welcome, athlete oath, lighting of the torch.

6:30 P.M.- 7:15 P.M.- **Magic Show** [Professional magician David Casas](#) will perform a magic show that you will not want to miss!

Parking for events at Xtream Arena and the GreenState Family Fieldhouse is recommended in the South Lot on the map below. Please obey any posted signage, if you park in an area outside of the South Lot,

[Please Visit Xtream Arena Parking Details HERE](#)



Everyone may enter the Main entrance (NW Corner Yellow Star) of Xtream Arena or Main Entrance of Greenstate Family Fieldhouse (South Green Star)

The True North Plaza will be the best ADA drop-off zone.

Meals

Special Olympics Iowa will provide a Friday evening meal during the Opening Ceremony at Xstream Arena & lunch Saturday for registered athletes, coaches, & chaperones.

Concessions

Concessions will be available at Greenstate Family Fieldhouse (card only). Iowa City West High School will have Kountry Korner food truck available outside for purchase. University of Iowa Field House will have El Gringo Loco food truck available outside for purchase. Please bring water bottles to the events for athletes, coaches, chaperones, & spectators. Family members & spectators may want to bring snacks & 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, & locks.

Sports Rules

All Special Olympics Iowa competitions shall be conducted in accordance with the Official Special Olympics Sports Rules & corresponding national governing bodies: Basketball – National Federation of State High School Associations; Basketball Skills – Special Olympics Iowa Coaches Handbook; Cheerleading – 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 & Divisions

Special Olympics Iowa follows the guidelines provided by Special Olympics Incorporated for divisioning competition at the Spring Classic. Special Olympics sports rules specifically require the separation of genders in Powerlifting & Gymnastics. Our guidelines for divisioning state that ability should be the primary consideration for divisioning.

Lost & Found

Lost & 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 & carry out the following responsibilities:

- Provide for the general welfare, safety, health, & 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 & prescribed medications protocols are followed
- Ensure that athletes are properly attired for competition, hotel breakfast & special events
- Report all emergencies to appropriate authorities after taking immediate action to insure the health & safety of participants
- Be courteous & professional in all dealings with volunteers.
- Always carry a copy of the athlete's medical release with you at practices & competitions

Competition Sites

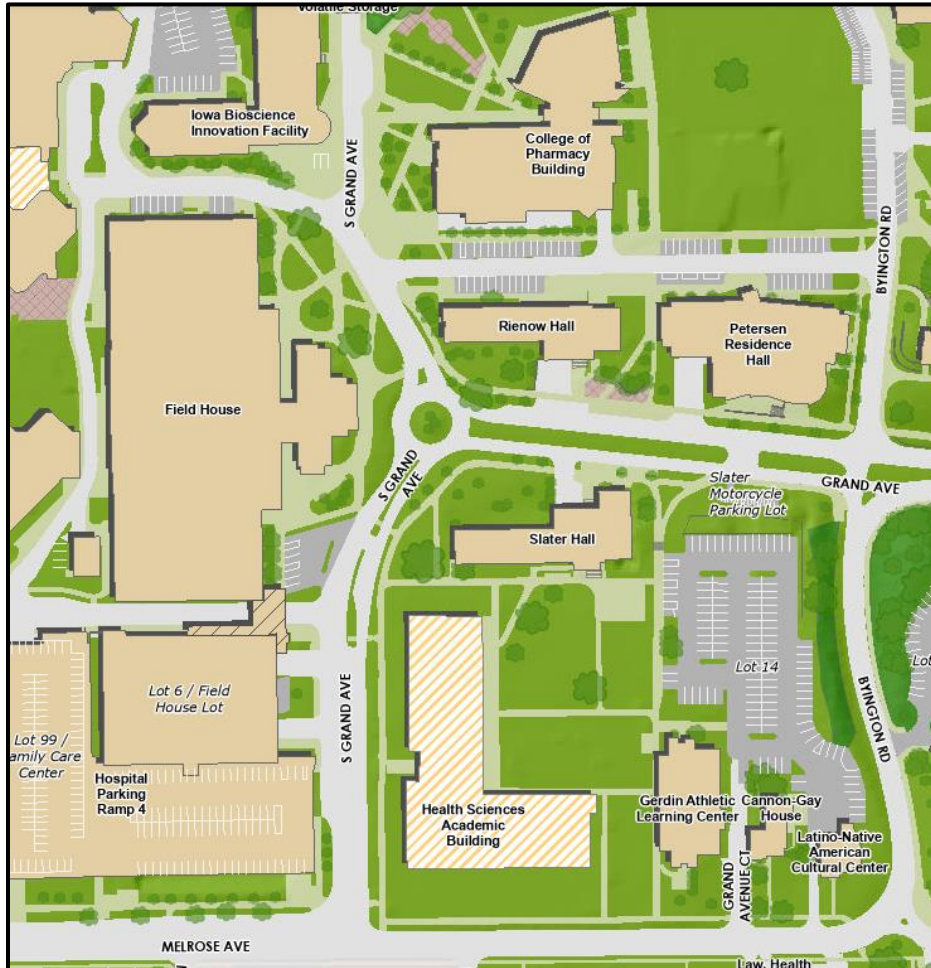
University of Iowa Field House; 225 S Grand Avenue, Iowa City: (319) 335-9847 **Basketball Team & Gymnastics**

The Field House is located west of Rienow & Slater Residence Halls & just east of the University Hospitals & Clinics. Parking is available in the Field House Lot underneath the South Gym or in new Lot 14 (enter and exit off of Melrose Ave). The main entrance to the Field House is on Grand Avenue. There is an elevator in the Field House.

Parking Map & 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 2nd 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 & 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 & Dallas Hinkhouse

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

Please make sure your athletes are in the staging area on Court One 15 minutes prior to the 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.

Lunch will be served in the room next to Court 5.

3 vs 3 Basketball Team Competition

Venue Director: Katie Wiese

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. **Schedule is subject to change.** The team coach must submit a line-up of no more than 6 players 30 minutes prior to each game. **Coaches are responsible for bringing their own practice balls for warm-ups.** The University of Iowa will furnish game balls.

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 & back of the shirts. The rest of the uniform must consist of gym shorts, gym shoes, & socks.

Lunch will be served on the Main Deck.

5 vs 5 Basketball Team Competition

Venue Director: Sydney & Dylan Sloan

5 vs 5 team basketball competition will be conducted on the courts of the University of Iowa Field House South Gym. **Schedule is subject to change.** The team coach must submit a line-up of no more than 10 players 30 minutes prior to each 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 & Special Olympics Iowa general except for the following adaptations:

- A game consists of 4 quarters, each 8 minutes long.
- In Division II & 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 & 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 & officials will meet to discuss how to call the game & if any adaptations are to be made. Any concerns about officiating should be directed to Dylan Sloan.

All basketball team members are expected to wear uniforms with numbers on both the front & back of the shirts. The rest of the uniform must consist of gym shorts, gym shoes, & socks.

Lunch will be served on the Main Deck

2024 Spring Classic 3v3 Morning Basketball Schedule

Time	Court 1	Court 2	Court 3	Court 4
9:00 AM	<u>Competitive Sr 2</u> Sioux Cardinals vs. SCA Jets	<u>Competitive Sr 2</u> Spencer Tigers Gold vs. Sioux Rockets	<u>Developmental Jr 3</u> Ankeny Angels 1 vs. Purple Pups	<u>Developmental Jr 4</u> Grandwood Hawks vs. West Falcons Red
9:30 AM	<u>Competitive Sr 1</u> Link Clippers vs. Emmet County Wildcats	<u>Competitive Sr 1</u> WRC Wildcats Black vs. Sioux Nighthawks	<u>Developmental Jr 3</u> ISD Bobcats 3v3 vs. Ankeny Angels 1	<u>Developmental Jr 4</u> Spencer Tigers vs. Grandwood Hawks
10:00 AM	<u>Developmental Jr 2</u> Grayhounds vs. West Falcons White	<u>Developmental Jr 2</u> Mason City Black vs. Gray Pups	<u>Developmental Jr 3</u> ISD Bobcats 3v3 vs. Purple Pups	<u>Developmental Jr 4</u> West Falcons Red vs. Spencer Tigers
10:30 AM	<u>Competitive Sr 2</u> Winner Game 1 vs. Winner Game 2	<u>Competitive Sr 2</u> Consolation Game 1 vs. Consolation Game 2	<u>Developmental Sr 1</u> Johnston Outlaws 3v3 vs. Jones County Magic	<u>Developmental Sr 1</u> Goodwill Hawkeyes vs. Ankeny Angels
11:00 AM	<u>Competitive Sr 1</u> Winner Game 1 vs. Winner Game 2	<u>Competitive Sr 1</u> Consolation Game 1 vs. Consolation Game 2	<u>Developmental Sr 2</u> HOPE Tropical Storm vs. CR Wolves	<u>Developmental Sr 2</u> Goodwill Gophers vs. Rolling Thunder 2
11:30 AM	<u>Developmental Jr 2</u> Winner Game 1 vs. Winner Game 2	<u>Developmental Jr 2</u> Consolation Game 1 vs. Consolation Game 2	<u>Developmental Sr 1</u> Winner Game 1 vs. Winner Game 2	<u>Developmental Sr 1</u> Consolation Game 1 vs. Consolation Game 2

2024 Spring Classic 3v3 Afternoon Basketball Schedule

Time	Court 1	Court 2	Court 3	Court 4
12:00 PM	<u>Developmental Sr 3</u> North Scott Grads vs. Shelby County Cardinals	<u>Developmental Sr 3</u> Twisters vs. Magic Hot Shots	<u>Developmental Sr 2</u> Winner Game 1 vs. Winner Game 2	<u>Developmental Sr 2</u> Consolation Game 1 vs. Consolation Game 2
12:30 PM	<u>Developmental Sr 3</u> Winner Game 1 vs. Winner Game 2	<u>Developmental Sr 3</u> Consolation Game 1 vs. Consolation Game 2	<u>Developmental Jr 1</u> CR Wildcats vs. Mason City Red	<u>Unified</u> Central DeWitt Sabers 1 vs. Emmet County Dragons
1:00 PM	<u>5v5: Division Jr</u> ISD Bobcats 5v5 vs. Norwalk High School		<u>Developmental Jr 1</u> Mason City Red vs. CR Bison	<u>Unified</u> Emmet County Dragons vs. Sioux City Knights Unified
1:30 PM			<u>Developmental Jr 1</u> CR Bison vs. CR Wildcats	<u>Unified</u> Sioux City Knights Unified vs. Central DeWitt Sabers 1
2:00 PM	<u>5v5: Division Jr</u> Norwalk High School vs. ISD Bobcats 5v5			

2024 Spring Classic 5v5 Basketball Schedule

Time	Court 1	Court 2	Court 5	Court 6
9:00 AM	<u>Coed 1</u> Sioux City Knights Coed vs. Arc Timberwolves	<u>Coed 2</u> CR Running Rebels vs. Goodwill Blue Devils	<u>MaleSr 2</u> Sioux City Knights vs. Link Timberwolves	<u>MaleSr 2</u> CR Bulls vs. Atlantic Thunder
10:00 AM	<u>Coed 1</u> CR Shooting Stars vs. Link Bucks	<u>MaleSr 1</u> VNU Panthers - Sheldon vs. Ankeny Angels	<u>MaleSr 3</u> HOPE Twisters vs. Oelwein Huskies Team 2	<u>MaleSr 3</u> Rolling Thunder 1 vs. CR Scorpions
11:00 AM	<u>Coed 1</u> Winner Game 1 vs. Winner Game 2	<u>Coed 2</u> HOPE Thunder vs. SCA Thunder	<u>Unified 5v5</u> CIC Gold vs. Tidal Waves	<u>Unified 5v5</u> Johnston Outlaws White vs. CIC Black
12:00 PM	<u>Coed 1</u> Consolation Game 1 vs. Consolation Game 2	<u>MaleSr 1</u> Ankeny Angels vs. Oelwein Huskies Team 1	<u>MaleSr 2</u> Winner Game 1 vs. Winner Game 2	<u>MaleSr 2</u> Consolation Game 1 vs. Consolation Game 2
1:00 PM	<u>Coed 2</u> Consolation Game 1 vs. Consolation Game 2	<u>Coed 2</u> Winner Game 1 vs. Winner Game 2	<u>MaleSr 3</u> Winner Game 1 vs. Winner Game 2	<u>MaleSr 3</u> Consolation Game 1 vs. Consolation Game 2
2:00 PM		<u>MaleSr 1</u> Oelwein Huskies Team 1 vs. VNU Panthers - Sheldon	<u>Unified 5v5</u> Winner Game 1 vs. Winner Game 2	<u>Unified 5v5</u> Consolation Game 1 vs. Consolation Game 2

Division_Jr will be held on 3v3 Courts 1 & 2!

Cheer & Dance

Venue Director: Paula Doan

The Cheer & 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 & 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 & times are tentative. There will be no switching or changing.

Cheerleading & Dance Competition Reminders:

1. **(Dance) Music:** It is **REQUIRED** for all coaches to have a flash drive or mobile option (MP3, iPod, iPad, Phone, etc.) 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 & dance routine to begin.
 - i. Music **must** be handed to volunteers 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 & 30 seconds (2:30)
 - i. If you exceed this time there will be a total of a 5-point deduction & 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 & we will ask you to stop.
 - b. Judging & 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.
 - c. A total of 2 coaches will be allowed in the coaches box.
3. Once again, there will be two ping pong paddles in the coaches' box for Cheerleading this year. One paddle will say Cheer 1 & 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.**
4. **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 tentative award times please refer to the Cheer & Dance schedule by locating your cheer or dance team name & the tentative time you compete.
 - ii. If you are not able to stay for awards, please let Paula Doan know the day of competition.

Lunch will be served in the lunchroom.

Special Olympics Iowa 2024 Spring Classic			
Cheer & Dance Competition Tentative Schedule			
Time:	Competition Category	Team Name	Division
Cheer (Yell) - Beginner (Non-Mount & Non-Tumble):			
9:00 AM	Junior, Small Group	Ankeny Angels	C.Jr.1
9:05 AM	Senior, Small Group	Loess Hills Winners	C.Sr.1
9:10 AM	Senior, Small Group	The Spirit Eagles	C.Sr.1
9:15 AM	Senior, Small Group	Golden Stars	C.Sr.2
9:20 AM	Senior, Small Group	Dynamite Divas	C.Sr.2
9:25 AM	Senior, Small Group	Muscatine Muskies	C.Sr.2
Cheer Unified (Yell) - Beginner (Non-Mount & Non-Tumble)			
9:30 AM	Senior Unified, Small Group	CR Spirits	CU.Sr.1
Cheer Unified (Yell) - Advanced (Mount & Tumble)			
9:35 AM	Junior Unified, Small Group	Marshalltown Schools	CU.Jr.1
9:40 AM	Senior Unified, Small Group	HOPE Timberwolves	CU.Sr.2
9:40 AM - 9:55 AM	Cheer (Yell)- Beginner (Non-Mount & Non-Tumble) Awards Cheer Unified (Yell) - Beginner (Non-Mount & Non-Tumble) & Advanced (Mount & Tumble) Awards		
Time:	Competition Category	Team Name	Division
Dance (Music) - Beginner (Non-Mount & Non-Tumble)			
10:00 AM	Senior, Individual	Cody Reineke	DI.Sr.1
10:05 AM	Senior, Individual	Patrick Gulbranson	DI.Sr.1
10:10 AM	Senior, Individual	SC Knights - Tasha Conklin	DI.Sr.2
10:15 AM	Senior, Individual	Shawnda Twain	DI.Sr.2
10:20 AM	Junior, Small Group	Carlisle Big Cats	D.Jr.1
10:25 AM	Senior, Small Group	Marion County Special Olympics	D.Sr.1
10:30 AM	Senior, Small Group	CR Spin Me Immortal	D.Sr.1
10:35 AM	Senior, Small Group	The Hallelujah Girls	D.Sr.1
10:40 AM	Senior, Small Group	Marshalltown Bobcats	D.Sr.1
10:45 AM	Senior, Small Group	Dangerous Divas	D.Sr.2
10:50 AM	Senior, Small Group	Sioux City Knights	D.Sr.2
10:55 AM	Senior, Small Group	Combined Efforts Dance Team	D.Sr.2
11:00 AM	Senior, Large Group	Link Illusion	D.Sr.3
11:05 AM	Senior, Large Group	Scott County Rockers	D.Sr.3
11:10 AM	Senior, Large Group	CR Move Your Feet and Dance	D.Sr.3
Dance (Music) - Advanced (Mount & Tumble)			
11:15 AM	Senior, Small Group	SC Knights Fire & Ice Sisters	D.Sr.4
11:20 AM	Senior, Large Group	Confident Kickers	D.Sr.5
11:25 AM - 11:45 AM	Dance (Music) - Beginner (Non-Mount & Non-Tumble) Awards Dance (Music) - Advanced (Mount & Tumble) Awards		
11:45 AM - 12:30 PM	LUNCH		
Dance (Music) - Unified Advanced (Mount & Tumble)			
12:45 PM	Junior Unified, Large Group	Central DeWitt Sabers	DU.Jr.3
Dance (Music) - Unified Beginner (Non-Mount & Non-Tumble)			
12:50 PM	Junior Unified, Small Group	West Fork Warhawks	DU.Jr.1
12:55 PM	Junior Unified, Small Group	Western Dubuque HS Country Girls	DU.Jr.2
1:00 PM	Junior Unified, Small Group	Spencer Swag Squad	DU.Jr.2
1:05 PM	Senior Unified, Small Group	Dancing Dewey	DU.Sr.1
1:10 PM	Senior Unified, Small Group	Peanut & Brittle	DU.Sr.1
1:15 PM	Senior Unified, Large Group	Spencer Sparklers	DU.Sr.2
1:20 PM	Senior Unified, Large Group	The Party Barbies & Ken	DU.Sr.2
1:25 PM - 1:40 PM	Dance Unified (Music) - Beginner (Non-Mount & Non-Tumble) Awards Dance Unified (Music) - Advanced (Mount & Tumble) Awards		

Gymnastics

Venue Director: Krista Smith

The Gymnastics competition will be conducted in the Gymnastics room at the University of Iowa Field House. Please review the following general schedule.

10:00 am	Warm-ups
10:30 am	Gymnastics Opening Ceremony
10:45 am	Parallel Bars, Pommel Horse, Single Bar, Rings
	Vault
	Uneven Bars
	Balance Beam
	Floor Exercise
	Awards
	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, & slippers or socks. T-shirts & shorts are acceptable if gymnastics apparel is not available.
- Hair/Jewelry – 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 & floor exercise. The maximum time allotted is 1 minute 15 seconds. The minimum time allotted is 45 seconds.
- 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 & will receive three separate attempts in the Squat, Bench Press, and/or 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 athletes' safety & 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 & what the judges are looking for.

We will use two for squat & three stages for bench press & two for the deadlift & 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 & so on through each of the three attempts.

Competition will begin with the Squat & Squat Awards, followed by Bench Press & Bench Press Awards, followed by Dead Lift & Dead Lift awards. Lunch will be worked in sometime around noon.

Athletes who arrive late to the start of competition will not be able to compete in the Squat but will be able to compete in the Bench Press and/or 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.

**Special Olympics Iowa
2024 Spring Classic - Powerlifting**

Time	Event			
8:00 am - 8:30 am	Delegation Registration & Check-in			
8:15 am - 9:00 am	Warmups & Coaches' Meeting			
Session 1 - Squat				
Flight	Platform	Athlete	Division	Event
1	1	Courtney, Ashley	F_22_1	SQ
1	1	Stanford, Gage	M_14-21_1	SQ
1	1	Dircks, Dallas	M_22_2	SQ
1	1	Prock, John	M_22_2	SQ
1	1	Baldus, Isaac	M_22_3	SQ
1	1	Buckley, Trent	M_22_4	SQ
Session 2 - Bench Press				
Flight	Platform	Athlete	Division	Event
1	1	Bride, Amanda	F_22_01	BP
1	1	Stauffer, Tracy	F_22_02	BP
1	1	Napierkowski, Danielle	F_22_03	BP
1	1	Burmeister, Lori	F_22_03	BP
1	1	Bingaman, Judy	F_22_04	BP
1	1	Smith, Laura	F_22_04	BP
2	2	Reddick, Deb	F_22_06	BP
2	2	Copple, Jessica	F_22_06	BP
2	2	Martinez, Emina	F_22_07	BP
2	2	Clement, Marissa	F_22_07	BP
2	2	Strong, Adie	F_22_08	BP
2	2	Witte, Taylor	F_22_09	BP
3	3	Mollie Mania	14-31_1	BP
3	3	One Rep Wonder	14-21_2	BP
3	3	Spirit Lake Park	14-21_3	BP
4	1	Small But Mighty	22_1	BP
4	1	The Savages	22_2	BP
4	1	Hot Shots	22_2	BP
5	2	Duracell AA	22_3	BP
5	2	Team Dragon	22_3	BP
5	2	Valhalla Warriors	22_3	BP
5	2	Carver Bears	22_3	BP

6	1	The Gorillaz	22_4	BP
6	1	SC Knights	22_4	BP
6	1	Caffine Addicts	22_4	BP
7	2	Siefken, Jaxon	M_14-21_01	BP
7	2	Donahue, Parker	M_22_01	BP
7	2	Gage, Scott	M_22_02	BP
7	2	Wright, Anthony	M_22_03	BP
7	2	O'Brian, Dalton	M_22_03	BP
7	2	Black, Thomas	M_22_04	BP
7	2	Veasey, Gabe	M_22_04	BP
8	3	Norwood, Jason	M_22_05	BP
8	3	Bryant, Curtis	M_22_05	BP
8	3	Ugarte, Isaiah	M_22_06	BP
8	3	Melvin, Nate	M_22_07	BP
8	3	St. Clair, Eric	M_22_07	BP
8	3	Hunter, Austin Michael	M_22_07	BP
8	3	Todd, Taylor	M_22_07	BP
9	1	Twigg, Kristopher	M_14-21_02	BP
9	1	Jones, Patrick	M_14-21_02	BP
9	1	Shaw, Justin	M_22_10	BP
9	1	Bushby, David	M_22_10	BP
9	1	McAlear, Casey	M_22_10	BP
9	1	Small, Jay	M_22_11	BP
10	2	Lincoln, Jack	M_14-21_03	BP
10	2	Todd, Cabot	M_22_08	BP
10	2	Loskill, Corbin	M_22_08	BP
10	2	Wyant, Travis	M_22_08	BP
10	2	Deerfield, Marvin	M_22_08	BP
10	2	Trader, Cody	M_22_08	BP
11	3	Petersen, Austin	M_22_09	BP
11	3	Flake, Travis	M_22_09	BP
11	3	Eitel, Daniel	M_22_09	BP
11	3	Trujillo, Matthew	M_22_12	BP
11	3	Twigg, Kris	M_22_12	BP
12	1	Hines, Lucas	M_22_13	BP
12	1	Hartnett, Callaghan	M_22_14	BP
12	1	Gerber, Riley	M_22_15	BP

12	1	Bess, Brian	M_22_16	BP
12	1	Ahrendsen, Doug	M_22_17	BP
12	1	Novey, Lukas	M_22_24	BP
13	2	Koeing, Scott	M_22_18	BP
13	2	Paulsen, Nathan	M_22_18	BP
13	2	Meyer, Marcus	M_22_18	BP
13	2	Speth, Cole	M_22_20	BP
13	2	Sankey, James	M_22_20	BP
13	2	Small, Brad	M_22_25	BP
13	2	Keller, Jordan	M_22_25	BP
13	2	Claussen, Lee	M_22_25	BP
14	3	Hinz, Donald	M_22_19	BP
14	3	Irwin, Elijah	M_22_19	BP
14	3	Ahrendsen, Kevin	M_22_19	BP
14	3	Lyne, Ernest (Ej)	M_22_22	BP
14	3	Sims, Joe	M_22_22	BP
15	1	Echeverria, Juan	M_22_21	BP
15	1	Brockert, Kevin	M_22_21	BP
15	1	DeCory, Charles	M_22_21	BP
15	1	Blakely, Kevin	M_22_26	BP
15	1	Padgett, Austin	M_22_26	BP

Squat & Bench Press Awards

At the conclusion of the Bench Press Awards there will be a lunch break. Please listen to the announcements for when the start of the Deadlift competition will be.

Session 3 - Deadlift

Flight	Platform	Athlete	Division	Event
1	1	Stauffer, Tracy	F_22_2	DL
1	1	Burmeister, Lori	F_22_3	DL
1	1	Napierkowski, Danielle	F_22_4	DL
1	1	Bingaman, Judy	F_22_5	DL
1	1	Smith, Laura	F_22_5	DL
1	1	Witte, Taylor	F_22_8	DL
1	1	Courtney, Ashley	F_22_8	DL
2	2	Bride, Amanda	F_22_1	DL
2	2	Martinez, Emina	F_22_6	DL
2	2	Copple, Jessica	F_22_6	DL
2	2	Strong, Adie	F_22_7	DL
2	2	Clement, Marissa	F_22_9	DL

3	1	Mollie Mania	14-21_1	DL
3	1	One Rep Wonder	14-21_2	DL
3	1	Spirit Lake Park	14-21_2	DL
4	2	The Savages	22_1	DL
4	2	Small But Mighty	22_1	DL
5	1	Duracell AA	22_2	DL
5	1	Hot Shots	22_2	DL
5	1	Valhalla Warriors	22_2	DL
6	2	Caffine Addicts	22_3	DL
6	2	Team Dragon	22_3	DL
6	2	Carver Bears	22_3	DL
7	1	SC Knights	22_4	DL
7	1	The Gorillaz	22_4	DL
8	2	Siefken, Jaxon	M_14-21_01	DL
8	2	Lincoln, Jack	M_14-21_03	DL
8	2	Stanford, Gage	M_14-21_04	DL
8	2	Gerber, Riley	M_22_15	DL
8	2	Ahrendsen, Doug	M_22_18	DL
8	2	Meyer, Marcus	M_22_18	DL
9	1	Hines, Lucas	M_22_13	DL
9	1	Hartnett, Callaghan	M_22_13	DL
9	1	Bess, Brian	M_22_17	DL
9	1	Small, Brad	M_22_24	DL
9	1	Novey, Lukas	M_22_24	DL
9	1	Claussen, Lee	M_22_24	DL
10	2	Jones, Patrick	M_14-21_02	DL
10	2	Wright, Anthony	M_22_01	DL
10	2	Donahue, Parker	M_22_01	DL
10	2	O'Brian, Dalton	M_22_01	DL
10	2	Gage, Scott	M_22_01	DL
11	1	Dircks, Dallas	M_22_16	DL
11	1	Hinz, Donald	M_22_19	DL
11	1	Koenig, Scott	M_22_19	DL
11	1	Paulsen, Nathan	M_22_19	DL
11	1	Ahrendsen, Kevin	M_22_19	DL
11	1	Padgett, Austin	M_22_26	DL
12	2	Black, Thomas	M_22_02	DL
12	2	Echeverria, Juan	M_22_21	DL

12	2	Brockert, Kevin	M_22_21	DL
12	2	Speth, Cole	M_22_21	DL
12	2	Sankey, James	M_22_21	DL
12	2	Blakely, Kevin	M_22_25	DL
12	2	Keller, Jordan	M_22_25	DL
13	1	McAlear, Casey	M_22_09	DL
13	1	Small, Jay	M_22_10	DL
13	1	Shaw, Justin	M_22_10	DL
13	1	Layne, Ernest (EJ)	M_22_22	DL
13	1	Sims, Joe	M_22_22	DL
13	1	DeCory, Charles	M_22_22	DL
14	2	Prock, John	M_22_03	DL
14	2	Melvin, Nate	M_22_04	DL
14	2	Norwood, Jason	M_22_04	DL
14	2	Bryant, Curtis	M_22_04	DL
14	2	St. Clair, Eric	M_22_05	DL
14	2	Ugarte, Isaiah	M_22_05	DL
14	2	Hunter, Austin Michael	M_22_05	DL
15	1	Todd, Cabot	M_22_06	DL
15	1	Loskill, Corbin	M_22_06	DL
15	1	Todd, Taylor	M_22_06	DL
15	1	Trader, Cody	M_22_06	DL
15	1	Trujillo, Matthew	M_22_11	DL
15	1	Bushby, David	M_22_11	DL
15	1	Veasey, Gabe	M_22_11	DL
16	2	Petersen, Austin	M_22_07	DL
16	2	Flake, Travis	M_22_07	DL
16	2	Deerfield, Marvin	M_22_07	DL
16	2	Wyant, Travis	M_22_07	DL
16	2	Eitel, Daniel	M_22_07	DL
17	1	Buckley, Trent	M_22_08	DL
17	1	Twigg, Kris	M_22_12	DL
17	1	Irwin, Elijah	M_22_20	DL
17	1	Baldus, Isaac	M_22_23	DL
Deadlift Awards				

The platform for the athlete may be subject to change if another platform becomes available - we will do this in order to keep the competition moving.

Healthy Athletes Information

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

Health Promotion

Clinical Director: Judy Fitzgibbons

This program 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 & a review of healthy lifestyle habits. Handouts & giveaways will be available to athletes who participate.

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

Healthy Hearing

Clinical Directors: Jaqueline Carder & Elizabeth Stangl

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

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

Special Smiles

Clinical Directors: Mary Kelly & 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 9th from 9:00 AM to 3:00 PM at Iowa City West High School.

Strong Minds

Clinical Director: Kelly Vinquist

This program is an interactive learning activity focused on developing adaptive coping skills. Competition provides a natural opportunity to develop active strategies for maintaining emotional wellness under stress, such as: thinking positive thoughts, releasing stress, and connecting with others.

Strong Minds will be offered on Saturday, March 9th 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 & disseminate information & 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 & 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 & directed to the scene. The Event Director should notify Special Olympics Iowa Staff.

Event Directors / SOIA Staff:

Basketball Skills: Dallas Hinkhouse

Cheer & Dance: Paula Doan

Basketball Team: Katie Wiese & Sydney Sloan

Gymnastics: Krista Smith

Powerlifting: Ray Strekal

If an emergency should occur on the way to or from an event, please notify Sydney Sloan at 641-895-3872. We ask that you direct all media inquiries & representatives to Megan Filipi, mfilipi@soiowa.org, Special Olympics Iowa Director of Marketing & Communications.

Spring Classic Souvenir Sales

Souvenir Sale Hours

Saturday, March 9	10:00 am - 2:00 pm	University of Iowa Field House
Saturday, March 9	10:00 am - 2:00 pm	GreenState Family Fieldhouse
Saturday, March 9	10:00 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, & organizations for their contributions to the success of the 2024 Special Olympics Iowa Spring Classic, & for their support of more than 10,000 Athlete & Unified partners across the state. Without the support of these generous individuals & organizations Special Olympics Iowa would not be able to offer the quantity & quality of events we do for our athletes, coaches, families, & volunteers.

Spring Classic Games Committee

Brian Bates	Athlete Representative	Gene Nissley	Registration & Set-up
Cindy Becker	Basketball Skills	Elizabeth Stangl	Healthy Hearing
Jaqueline Carder	Healthy Hearing	Ray Strekal	Powerlifting
Chris Conway	University of Iowa Facilities	Kathy Thorsteinson	Special Smiles
Judy Fitzgibbons	Health Promotion	Derek Timmerman	University of Iowa Parking
Paul KaeFRING	Lunch	Mike Valentine	University of Iowa Facilities
Mary Kelly	Special Smiles	Kelly Vinqvist	Strong Minds

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