

SPECIAL OLYMPICS

SWIM TEAM

Ages: 13 & up

Swim Team is designed for the swimmer who wants to compete in local and statewide swim meets against other SRA's. Athletes must be able to swim the length of the pool without stopping or touching the bottom. Practice will focus on swim endurance and stroke technique. District swim meets will occur in the late winter and early spring. REMEMBER: Athletes must participate in fall session of Swim Team to qualify to compete at the Special Olympics District meet in the winter. Athletes must have an application for participation in Special Olympics completed by their doctor and on file at LWSRA by 1/5. Program fee includes all swim meets. No program on 11/23.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
29045	SU	TBA	7:00pm-8:00pm	\$70/\$88
		State Tournament Fee (if qualify)		\$120

Min/Max: 6/10
Locations: TBA
Contact Person: Tami Pareti
Register by: TBA

SPECIAL OLYMPICS MEDFEST

FREE

Ages: 8 & up

Is your Application for Participation in Special Olympics Illinois (Med App) about to expire? If so, then this is the program for you and it's FREE! Special Olympics has teamed up with medical professionals to provide a FREE sport physical for individuals already participating and for those interested in getting involved in Special Olympics sports. Obtain a blank copy of the Med App form at the LWSRA office or print online. If you are your own guardian, complete the left side of the form and the medical history portion of the form in the right column. Leave the physician information blank. Have parent or guardian complete if you are under 18 or are not your own guardian. Return the original to LWSRA then on your medfest appointment date you will receive a sports physical and the doctor will complete the remainder of the form. The exam is good for two years. Your specific time will be available closer to the event date.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
29046	TH	10/12	TBA	FREE

Min/Max: 2/10
Locations: Orland Park Sportsplex, 11351 W. 159th St., Orland Park
Contact Person: Tami Pareti
Register by: 9/1 (with med app completed and turned in)

GYMNASTICS

Ages: 13 & up

Gymnastics is a great sport that helps boost flexibility, increase concentration, and enrich lives. Gymnasts work on strength and coordination while training in tumbling, acrobatic skills, and limited apparatus work. The group may be divided upon ability. Those that are more advance will train to compete in Special Olympics Illinois competitions while those who are not ready for competition will work on basic skills. LWSRA has team up with Flip Star Gymnastics Academy to offer this program. Wear a leotard or fitted clothing. No jeans may be worn. An instructor from Flip Star will lead with the help of LWSRA staff. Athletes must have an application for participation in Special Olympics completed by their doctor and on file at LWSRA by 11/23.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
29047	TH	10/5-12/14	7:15pm-8:30pm	\$170/\$213

Min/Max: 4/6
Location: Flip Star Gymnastics Academy, 1906 Ferro Dr., New Lenox
Contact Person: Tami Pareti
Register by: 9/21

BOCCE

Ages: 10 & up

Bocce is a fun and unique sport that combines skill and strategy. Athletes can compete in Traditional Singles, Traditional Doubles or teams as well as Unified Doubles and Unified Team. Unified Bocce pairs a traditional Special Olympics athlete with a non-disabled partner, and is a great opportunity for a family member or friend to compete with the athletes in a fun sport! Unified Partners must be at least 13 years old. Athletes will improve hand-eye coordination, depth perception, and learn the rules of the games. Athletes and Unified Partners will compete in the Area 7 Special Olympics Bocce Tournament. If they win a gold medal, they will compete in the Special Olympics Summer Games.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
29048	TH	9/7-10/12	5:30pm-6:30pm	\$74/\$93

Min/Max: 7/12
Location: LWSRC, 1900 Heather Glen Dr., New Lenox
Contact Person: Tami Pareti
Register by: 8/24

2017 SPORTS BANQUET

You are cordially invited to celebrate the accomplishments of LWSRA participants during the past year. Staff, volunteers, and member agencies will also be recognized. A delicious dinner will be followed by an award presentation! You will never know if you won a prestigious award unless you attend the banquet. LWSRA Athletes are free; guests must pay fee. Athletes must be accompanied by an adult 18 years or older. Staff is not able to provide supervision.

Sunday, September 24, 2017

4:00pm-7:00pm

Location: St. Jude's Franciscan Hall,
241 W. 2nd Ave., New Lenox

For more information please contact Tami Pareti at 815.320.3503.

CODE: 28045
LWSRA Athletes are FREE!

Non-athletes
Adults: \$25
Children 12 & under \$10

Please register by September 10th.

HAWKS BASKETBALL - HIGH SCHOOL

Ages: 13-22

Come out and join LWSRA's high school basketball team! Coaches will work on fundamentals as well as team spirit and sportsmanship. The team will play weekly games against other local high school teams and adult teams. Extra practices will be held once or twice a month throughout the season. Game and practice times will vary. There will be an additional fee charged if the team qualifies for the Special Olympics State Basketball Tournament. Bring a water bottle to practice. Athletic apparel and gym shoes are required. No jeans will be allowed during practices or games. A detailed practice and game schedule will be available by 11/7.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
29049	TU	10/17-2/20	6:30pm-8:00pm	\$210/\$263
			State Tournament Fee (if qualify)	\$120

Min/Max: 8/30

Location: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Tami Pareti

Register by: 10/3

HAWKS BASKETBALL - ADULTS

Ages: 16 & up

Basketball is back for another season of fast breakin' action! In addition to the regular weekly games and practices, teams compete at the Special Olympics Area Tournament and the ITRS Tournament. Extra practices will be offered once or twice a month throughout the season. Game and practice times vary. There will be an additional fee charged if the team qualifies for the Special Olympics State Basketball Tournament. Bring a water bottle to practice and games. Athletic apparel and gym shoes are required. No jeans will be allowed during practices or games. A detailed practice and game schedule will be available by 11/7.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
29050	TU	10/17-2/20	6:30pm-8:00pm	\$210/\$263
			State Tournament Fee (if qualify)	\$120

Min/Max: 8/30

Location: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Tami Pareti

Register by: 10/3

HAWKS BASKETBALL - JUNIORS

Ages: 8-15

The Junior Hawks are back and excited to defend their legacy! They will work on dribbling, shooting, and passing while building a concept of teamwork and a sense of team spirit. They will progress to games against other junior teams. Extra practices will be offered once or twice a month throughout the season. Game and practice times vary. There will be an additional fee charged if the team qualifies for the Special Olympics State Basketball Tournament. Bring a water bottle to practice. Athletic apparel and gym shoes are required. No jeans will be allowed during practices or games. A detailed practice and game schedule will be available by 11/7.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
29051	SA	11/4-2/24	12:30pm-2:00pm	\$210/\$263
			State Tournament Fee (if qualify)	\$120

Min/Max: 8/30

Location: LWSRC, 1900 Heather Glen Dr., New Lenox

Contact Person: Tami Pareti

Register by: 10/3

Special Olympics Dates to Remember

- August 18-19, 2017** - Special Olympics State Tennis
 - September 7, 2017** - Bocce Medical Applications Due
 - September 9-10, 2017** - Special Olympics Outdoor Sports Festival
 - September 16, 2017** - Area Volleyball Tournament
 - October 8, 2017** - ITRS Volleyball Tournament
 - October 14, 2017** - Area 7 Bocce Tournament (Frankfort, IL)
 - October 15, 2017** - Sectional Bowling Tournament
 - October 28-29, 2017** - Special Olympics Fall Games (softball/golf)
 - November 9, 2017** - Basketball Medical Applications Due
 - November 11, 2017** - Special Olympics State Floor Hockey
 - December 2, 2017** - Special Olympics State Bowling
 - *December 3, 2017** - Area Basketball Tournament (Female)
 - January 5, 2018** - Aquatics & Gymnastics Medical Applications Due
 - *January 20, 2018** - Area Basketball Tournament (Juniors)
 - *January 21, 2018** - Area Basketball Tournament (High School)
 - *January 27, 2018** - Area Basketball Tournament (Senior)
 - February 17, 2018** - ITRS Basketball Tournament (Juniors)
 - February 18, 2018** - ITRS Basketball Tournaments
 - *March 9-11, 2018** - Special Olympics State Basketball Tournament
 - *June 8-10, 2018** - Special Olympics Illinois Summer Games (Bocce)
- *These dates are tentative*

Game and Practice Cancellation

Practices or games may be cancelled and not rescheduled for inclement weather. The office staff will make decisions on weather related cancellation no earlier than 3pm and no later than 4pm on the day of the game or practice. Game may be changed to practices and moved inside the LWSRC if available. There are several criteria in order for games to be moved to practices at the LWSRC such as gym availability (no other programs scheduled in the gym), a building supervisor must be on duty, and appropriate staff on-site to move equipment and prepare the gym for practice. Although we monitor weather throughout the day in case we must relocate indoors, conflicts with any of the above criteria would prevent us from moving the program on that day.

Age Groupings

In Special Olympics Illinois, the athlete's competition age group is determined by the athlete's age as of the year of the event (December 31 of the current year). This allows for an easy determination of an athlete's age with no change of age grouping from one level of competition to another.

Example: Athlete A was born August 1, 2000; he will be competing in Special Olympics events in 2016. Because athlete A is turning 16 during the year of the event, he/she will compete in the 16-99 age division in all competitions throughout the year.