

SPECIAL OLYMPICS

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 Region E Special Olympics Bocce Tournament. If they win a gold medal, they will compete in the 2019 Special Olympics Summer Games.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
32044	TH	9/6-10/11	6:00pm-7:00pm	\$75/\$94
		State Tournament Fee (if qualify)		\$185

Min/Max: 7/12

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

Contact Person: Tami Pareti

Register by: 8/23

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
32045	TH	8/30-11/1	7:15pm-8:15pm	\$171/\$214
		State Tournament Fee (if qualify)		\$185

Min/Max: 4/6

Location: Flip Star Gymnastics Academy, 1906 Ferro Dr., New Lenox

Contact Person: Tami Pareti

Register by: 8/16

SPECIAL OLYMPICS MEDFEST

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
32046	TH	10/11	TBD	FREE

Min/Max: 2/10

Location: Orland Park Sportsplex, 11351 W. 159th St., Orland Park

Contact Person: Tami Pareti

Register by: 8/31

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 to compete in the Regional tournament. Program fee includes all swim meets. No program 10/4 & 10/11.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
32047	TH	9/13-11/1	7:00pm-8:00pm	\$134/\$168

Min/Max: 6/10

Location: Lincoln-Way Central High School; Aquatic Center

1801 E. Lincoln Hwy., New Lenox

Contact Person: Tami Pareti

Register by: 8/30

LWSRA Weather Procedures

ALL PROGRAMS: Practices or games may be cancelled and not rescheduled for inclement weather. 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. The LWSRC will be used if it is available as an indoor practice location.

Age Groupings

Athlete's competition age group is determined by the athlete's age as of the year of the State Competition (December 31 of that year). *Ex: An athlete born August 1, 2002 competing in Special Olympics events in 2018 is considered 16 years old for every competition held in 2018 (even if they have not yet turned 16).*

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 10/11.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
32048	TU	10/16-2/12	Evening-times vary	\$214/\$268
			<i>State Tournament Fee (if qualify)</i>	<i>\$150</i>

Min/Max: 8/30

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

Contact Person: Tami Pareti

Register by: 10/2

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 Regional 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 10/11.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
32049	TU	10/16-2/12	Evening-times vary	\$214/\$268
			<i>State Tournament Fee (if qualify)</i>	<i>\$150</i>

Min/Max: 8/30

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

Contact Person: Tami Pareti

Register by: 10/2

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 10/26.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
32050	SA	11/3-2/9	Evening-times vary	\$214/\$268
			<i>State Tournament Fee (if qualify)</i>	<i>\$150</i>

Min/Max: 8/15

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

Contact Person: Tami Pareti

Register by: 10/19

2018 SPORTS BANQUET

You are cordially invited to celebrate the accomplishments of LWSRA participants over the past year. Staff, volunteers and member districts will also be recognized. 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. This event will take place in the Fall.

Code	Day	Dates	Drop-off/Pick-up	R/NR Fee
31033	SU	9/16	4:00pm-7:00pm	see below
31033-A		LWSRA Athletes		Free
31033-B		Non-athlete (adult)		\$25
31033-C		Non-athlete (children 12 & under)		\$10

Min/Max: 50/150

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

Contact Person: Tami Pareti

Register by: 8/31



Special Olympics Dates to Remember

- *August 5, 2018** - Region E Softball Tournament
 - August 6, 2018** - Golf - 3 & 6-Hole Golf Qualifier (Bartlett)
 - August 11, 2018** - Region E Bowling Tournament
 - August 19-20, 2018** - State Tennis Tournament
 - August 29, 2018** - Floor Hockey Medical Application Deadline
 - September 9-10, 2018** - Outdoor Sports Fest (State Golf & Softball)
 - September 15, 2018** - Region E Volleyball Tournament
 - September 22, 2018** - Northeastern Flag Football Qualifier (NIU)
 - October 7, 2018** - ITRS Volleyball Tournament
 - October 14, 2018** - Northeast Sectional Bowling (Addison)
 - October 27-28, 2018** - Special Olympics Fall Games (Volleyball)
 - November 4, 2018** - State Flag Football Tournament (NIU)
 - November 17, 2018** - State Floor Hockey Tournament (Chicago)
 - December 1, 2018** - State Bowling Tournament (Peoria)
- *Date is tentative*

Med App and Class A Expiration Lookup

Through the Special Olympics Illinois website you may now lookup your Med App expiration date or Class A Volunteer expiration. Visit lwsra.org/lookup to be taken to the site.