

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.

| Code | Day | Date | Drop-off/Pick-up | R/NR Fee |
|-------|-----|------------|--|--------------|
| 35068 | TH | 8/29-10/31 | 7:15-8:15pm | \$171/\$214 |
| | | | <i>State Tournament Fee (if qualify)</i> | <i>\$185</i> |

Min/Max: 4/6

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

Contact Person: Tami Pareti

Register by: 8/15

DATES TO REMEMBER

12/24/2019 - Class A Registration (Unified Partners & Coaches)
 12/24/2019 - Med App Submission Deadline
 3/7/2020 - Region B Gymnastics Meet
 6/12/2020 - 6/14/2020 - State Summer Games
 6/15/2020 - Med App must be valid through this date

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.

| Code | Day | Date | Drop-off/Pick-up | R/NR Fee |
|-------|-----|------|--|--------------|
| 35070 | TH | TBD | 7:00-8:00pm | \$134/\$168 |
| | | | <i>State Tournament Fee (if qualify)</i> | <i>\$185</i> |

Min/Max: 6/10

Location: Lincoln-Way East High School; Aquatic Center
 201 Colorado Ave., Frankfort

Contact Person: Tami Pareti

Register by: TBD

Official dates will be announced once pool dates are finalized with the high school.

DATES TO REMEMBER

12/20/2019 - Class A Registration Deadline (Unified Partners & Coaches)
 12/20/2019 - Med App Submission Deadline
 2/8/2020 - Region E Swim Time Trials
 3/7/2020 - Region E Swim Meet
 6/12/2020 - 6/14/2020 - State Summer Games
 6/15/2020 - Med App must be valid through this date

BOCCE

Ages: 10 & up

Bocce is a fun and unique sport that combines skill and strategy. Athletes can compete in traditional competition or in unified competition. Unified Partners must be at least 13 years old and is a great opportunity for a family member or friend to compete with the athletes in a fun sport! Gold medal winners at the Region E Bocce Tournament will advance to the Summer Games in June 2020.

| Code | Day | Date | Drop-off/Pick-up | R/NR Fee |
|-------|-----|-----------|--|--------------|
| 35069 | TH | 9/5-10/10 | 6:00-7:00pm | \$75/\$94 |
| | | | <i>State Tournament Fee (if qualify)</i> | <i>\$185</i> |

Min/Max: 7/12

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

Contact Person: Christa McDonough

Register by: 8/22

DATES TO REMEMBER

8/23/2019 - Class A Registration (Unified Partners & Coaches)
 8/23/2019 - Med App Submission Deadline
 10/12/2020 - Region E Bocce Tournament
 10/13/2019 - Med App must be valid through this date
 6/12/2020 - 6/14/2020 - State Summer Games

LWSRA SPORTS BANQUET

All Ages



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. There is no staff supervision at this event.

| Code | Day | Date | Drop-off/Pick-up | R/NR Fee |
|---------|-----|--------------------------------|------------------|----------|
| | SU | 9/29 | 4:00-9:00pm | |
| 35080-A | | LWSRA Athletes | | Free |
| 35080-B | | LWSRA Coaches/Volunteers | | Free |
| 35080-C | | Non-Athlete Adults | | \$26 |
| 35080-D | | Non-Athlete Child (12 & under) | | \$11 |

Min/Max: 50/150

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

Contact Person: Tami Pareti

Register by: 9/9

SPECIAL OLYMPICS MEDFEST

Ages: 8 & up



Take advantage of this FREE opportunity to update your Application for Participation in Special Olympics Illinois (MedApp)! Special Olympics has teamed up with medical professionals to provide a FREE sport physical for individuals already participating or interested in getting involved in Special Olympics sports. Grab a MedApp from LWSRA or print one out and have your parent or guardian fill out the form. Save the "Medical Clearance" section for the medical professionals to fill out at your appointment (time given closer to the event). After your physical, return the MedApp to LWSRA.

| Code | Day | Date | Drop-off/Pick-up | R/NR Fee |
|-------|-----|-------|------------------|----------|
| 35071 | TH | 10/10 | TBD | FREE |

Min/Max: 2/10

Location: Orland Park Sportsplex, 11351 W. 159th St., Orland Park
 Contact Person: Christa McDonough
 Register by: 8/31

HAWKS BASKETBALL (ADULTS)

Ages: 16 & up (Born 1/1/2004 & older)

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. Game and practice times vary. A detailed practice and game schedule will be available by 10/29.

| Code | Day | Date | Drop-off/Pick-up | R/NR Fee |
|-------|-----|------------|--|--------------|
| 35073 | TU | 10/15-2/11 | Evening-varies | \$220/\$275 |
| | | | <i>State Tournament Fee (if qualify)</i> | <i>\$170</i> |

Min/Max: 8/30

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

Contact Person: Tami Pareti

Register by: 10/1

DATES TO REMEMBER

11/13/2019 - Class A Registration Deadline (Coaches)
 11/13/2019 - Med App Submission Deadline
 1/26/2020 - Region E Basketball Tournament
 3/13/2020 - 3/14/2020 - State Basketball Tournament
 3/15/2020 - Med App must be valid through this date

HAWKS BASKETBALL (HIGH SCHOOL)

Ages: 13-22 (Born between 1/1/1998 - 12/31/2006)

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. Game and practice times will vary. A detailed practice and game schedule will be available by 10/29.

| Code | Day | Date | Drop-off/Pick-up | R/NR Fee |
|-------|-----|------------|--|--------------|
| 35072 | TU | 10/15-2/11 | Evening-varies | \$220/\$275 |
| | | | <i>State Tournament Fee (if qualify)</i> | <i>\$170</i> |

Min/Max: 8/30

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

Contact Person: Tami Pareti

Register by: 10/1

DATES TO REMEMBER

11/13/2019 - Class A Registration Deadline (Coaches)
 11/13/2019 - Med App Submission Deadline
 1/19/2020 - Region E High School Basketball Tournament
 3/13/2020 - 3/14/2020 - State Basketball Tournament
 3/15/2020 - Med App must be valid through this date

HAWKS BASKETBALL (JUNIORS)

Ages: 8-15 (Born between 1/1/2005 - 12/31/2012)

The Junior Hawks are back! 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. Game and practice times vary. A detailed practice and game schedule will be available by 11/9.

| Code | Day | Date | Drop-off/Pick-up | R/NR Fee |
|-------|-----|----------|--|--------------|
| 35074 | SA | 11/2-2/8 | Varies | \$220/\$275 |
| | | | <i>State Tournament Fee (if qualify)</i> | <i>\$170</i> |

Min/Max: 8/30

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

Contact Person: Tami Pareti

Register by: 10/1

DATES TO REMEMBER

11/13/2019 - Class A Registration Deadline (Coaches)
 11/13/2019 - Med App Submission Deadline
 1/12/2020 - Region B Junior Basketball Tournament
 3/13/2020 - 3/14/2020 - State Basketball Tournament
 3/15/2020 - Med App must be valid through this date

Special Olympics 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, 2004 competing in a state event in 2020 is considered 16 years old for every competition held in 2020 (even if they have not yet turned 16).

Med App and Class A Expiration Lookup

Visit lwsra.org/lookup to check the status of your med app/class A forms. Make sure to check the med app due date for the sport(s) you want to register for. Submit updated med apps via email (cmcdonough@lwsra.org), fax (312-660-8831) or drop a hard copy off at the LWSRA office.