

## GOLF GREATS

Ages: 13 & up

Sunshine through Golf Foundation along with LWSRA staff will assist golfers with skills, course etiquette and club selection. Athletes may compete in the Special Olympics 3-hole, 6-hole or 9-hole Golf Tournament in singles or unified competition.

\*Unified only available for 9-hole competition. Unified Partners must be 13 years or older. A schedule, including locations and times, will be available before the start of the program.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34052	Days & times vary - see below			\$210/\$263
	SU	5/19-8/25	5:00-7:30pm	
	TH	7/11-9/5	5:45-6:45pm	
	<i>State Tournament Fee (if qualify)</i>			<b>\$150</b>

Min/Max: 12/20

Sunday Locations: Sanctuary Golf Course, 485 Marley Rd., New Lenox  
White Mountain, 9901 W. 179th St., Tinley Park

Thursday Location: Square Links, 7861 W. St. Francis Rd, Frankfort

Contact Person: Christa McDonough

Register by: 5/10



### DATES TO REMEMBER

No program on 5/26, 6/9, 6/16, and 7/7

Med Apps must be valid through: 9/9

Deadline to submit new med apps: 5/22

Class A Unified Partner registration deadline: 5/22

Regional 9 Hole Traditional and Unified Tournament: 7/10

Regional 3 & 6 Hole Traditional Tournament: 8/5

Outdoor Sports Fest: 9/7-9/8

## GOLF SKILLS

Ages: 8 & up

LWSRA staff will assist beginner golfers with skills, course etiquette and club selection. Athletes ready for competition will be entered in the Special Olympics Individual Skills, 3-hole, 6-hole or 9-hole Golf Tournament. A schedule, including locations and times, will be available before the start of the program.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34053-1	SU	5/19-7/14	5:00-7:30pm	\$90/\$113
34053-2	SU	7/21-8/25	5:00-7:30pm	\$68/\$85
	<i>State Tournament Fee (if qualify)</i>			<b>\$150</b>

Min/Max: 12/20

Locations: Sanctuary Golf Course, 485 Marley Rd., New Lenox  
White Mountain, 9901 W. 179th St., Tinley Park

Contact Person: Christa McDonough

Register by: 5/10

### DATES TO REMEMBER

No program on 5/26, 6/9, 6/16, and 7/7

Med Apps must be valid through: 9/9

Deadline to submit new med apps: 5/22

Class A Unified Partner registration deadline: 5/22

Regional 9 Hole Traditional and Unified Tournament: 7/10

Regional 3 & 6 Hole Traditional Tournament: 8/5

Region Skills Competition: TBD

Outdoor Sports Fest: 9/7-9/8



## VOLLEYBALL CONDITIONING

Ages: 16 & up

Summer is in full swing and our current and future volleyball athletes will be preparing for the coming volleyball season. Athletes will work on volleyball skills as well as basic volleyball game understanding.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34054	MO	6/10-7/15	6:00-7:00pm	\$58/\$73

Min/Max: 5/10

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

Contact Person: Tami Pareti

Register by: 6/3

## TENNIS

Ages: 12 & up

Special Olympics Tennis is "serving up" fun among athletes because of its leisurely pace. Practices and games may be cancelled due to inclement weather and will not be rescheduled.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34055	WE	7/10-8/14	6:00-7:00pm	\$93/\$117
				<i>State Tournament Fee (if qualify)</i>

Min/Max: 6/12

Location: Mokena Main Park, 10925 W. La Porte Rd., Mokena

Contact Person: Christa McDonough

Register by: 7/3

### DATES TO REMEMBER

Med Apps must be valid through: 8/14  
 Deadline to submit new med apps: 5/29  
 Class A Unified Partner registration deadline: 5/29  
 Region E Tennis Tournament: 7/18  
 State Tennis Tournament: 8/17-8/18

## FLAG FOOTBALL

Ages: 16 & up

Join LWSRA and the Village of Orland Park Special Recreation Dept. as we hit the gridiron for some fast-paced football fun! This program consists of skill-building drills and instruction on the rules and game play of Flag Football. A detailed schedule, including locations and times, will be available within the first few weeks of practices.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34056	WE	7/31-9/18	6:00-7:30pm	\$95/\$119
				<i>State Tournament Fee (if qualify)</i> \$50

Min/Max: 4/6

Location: Centennial Park Field #8, 10401 W. 153rd St., Orland Park

Contact Person: Tami Pareti

Register by: 7/24

### DATES TO REMEMBER

Med Apps must be valid through: 11/4/2019  
 Deadline to submit new med apps: 6/21/2019  
 State Flag Football Tournament: 11/3/2019 (tentative)

## HAWKS TRADITIONAL VOLLEYBALL

Ages: 13 & up

The Hawks will practice and play games in preparation for the Region E and ITRS Volleyball Tournaments. If the team receives gold at the Regional tournament, it's off to the State Fall Games. A detailed schedule, including locations and times, will be available before the start of the program.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34057	TU	8/6-10/1	6:30-8:00pm	\$160/\$200
				<i>State Tournament Fee (if qualify)</i> \$150

Min/Max: 7/18

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

Contact Person: Tami Pareti

Register by: 7/30

### DATES TO REMEMBER

Med Apps must be valid through: 10/28  
 Deadline to submit new med apps: 8/2  
 Region E Unified Volleyball Tournament: 9/21  
 ITRS Volleyball Tournament: 10/6/2019  
 Fall Games: 10/26-10/27 (tentative)



## HAWKS UNIFIED VOLLEYBALL

Ages: 16 & up

Unified Volleyball combines Special Olympics athletes and Unified Partners, such as parents, siblings and friends to play side by side. Unified Partners must be 13 year of age and older. Team will practice and play games before the Region E Tournament. If the team receives gold at the Regional Tournament, it's off to State Fall Games. A detailed schedule, including locations and times, will be available before the start of the program.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34058	TU	8/6-10/1	6:30-8:00pm	\$160/\$200
				<i>State Tournament Fee (if qualify)</i> \$150

Min/Max: 7/18

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

Contact Person: Tami Pareti

Register by: 7/30

### DATES TO REMEMBER

Med Apps must be valid through: 10/28  
 Deadline to submit new med apps: 8/2  
 Class A Unified Partner registration deadline: 8/2  
 Region E Unified Volleyball Tournament: 9/21  
 Fall Games: 10/26-10/27 (tentative)

## REGION E BOWLING TOURNAMENT

Ages: 12 & up

The Region E Bowling Tournament is just around the corner. Athletes must bowl without bumpers and have participated in LWSRA bowling program or have prior approval from the Manager of Athletics. Gold medal winners at the Regional Tournament advance to the Northeast Sectional Bowling Tournament and possibly the State Tournament. Athletes may compete in singles or as partners with another athlete. We will send out more detailed information a week prior to the tournament.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34059	SA	8/10	7:30am-4:00pm	\$55/\$69
*if qualify	SU	10/20	Northeast Sectional	\$55/\$69
*if qualify	SA	12/7	State Bowling	\$55/\$69

Min/Max: 5/12

Location: TBA - Town & Country Lanes, Joliet  
OR - Orland Park Bowl, Orland Park

Contact Person: Tami Pareti

Register by: 7/5

### DATES TO REMEMBER

Med Apps must be valid through: 12/8  
Deadline to submit new med apps: 6/21  
Region E Bowling Tournament: 8/10  
Northeast Section Bowling Tournament: 10/20  
State Bowling Tournament: 12/7

## FLOOR HOCKEY

Ages: 12 & up

Join this new competitive sport offered in cooperation with the Oak Lawn Special Recreation Department. This exciting game, like ice hockey, is played with straight sticks and a doughnut-shaped puck on a gym floor. We'll join forces with Oak Lawn to compete against other SRA's preparing for the State Tournament. A detailed schedule will be available within the first few weeks of practices.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34069	WE	8/28-11/13	6:30-8:00pm	\$116/\$145
			<i>State Tournament Fee (if qualify)</i>	<i>\$50</i>

Min/Max: 4/10

Drop-off/Pick-up: LWSRC, 1900 Heather Glen Dr., New Lenox  
Location: Oak Lawn Pavillion, 9401 S. Oak Park Ave, Oak Lawn  
Contact Person: Tami Pareti  
Register by: 8/21

### DATES TO REMEMBER

Med Apps Valid Through: 11/18  
Med App Deadline: 9/17  
Class A Registration for Coaches Deadline: 9/17  
State Floor Hockey Tournament: 11/16 (tentative)

## 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 Partner must be age 13 or older and is a great opportunity for a family member or friends to compete with the athletes in a fun sport! Gold medal winners at the Region E Bocce Tournament will advance to the Summer Game in June 2020.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
34079	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: 8/29

### DATES TO REMEMBER

Med Apps Valid Through: 10/13  
Med App Deadline: 8/23  
Class A Registration (Unified Partners & Coaches) Deadline: 8/23  
Region E Bocce Tournament: 10/12  
Summer Games: June 2020

## BASKETBALL CONDITIONING

Ages: 8 & up

The focus of this program will be to improve each athlete's skill level and basketball knowledge. We will include fundamental instruction, skill development, and competitive drills that can be utilized on the court this coming fall. Groups may be combined to meet minimum registration numbers.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
	MO	9/9-9/30	varies by age	
34089-1		Junior (Age 8-15)	5:15-6:00pm	\$40/\$50
34089-2		High School (Age 14-22)	6:00-7:00pm	\$40/\$50
34089-3		Senior (Age 18 & up)	7:00-8:00pm	\$40/\$50

Min/Max: 6/10

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

Contact Person: Tami Pareti

Register by: 9/2

## 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, 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).*

## 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 Coach expiration. Visit [lwsra.org/lookup](http://lwsra.org/lookup) to be taken to the site.