

SPECIAL OLYMPICS Weekly Programs

SWIM TEAM*+



Ages: 10 & 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. Each participant will have the opportunity to compete in the Special Olympics Illinois Area 7 Aquatics Meet February 18th and Area 7 District Aquatics Meet March 3rd. Athletes who win gold medals at the district meet will qualify to participate in the Special Olympics Illinois Summer Games held at Illinois State University, June 15-17, 2012. Athletes must have an application for participation in Special Olympics Illinois completed by their doctor and filed with LWSRA by January 23rd. District swim meets will occur in late winter and early spring. Fee includes all local swim meets.

Session

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12047-A	TH	2/2-3/15	7:00pm – 8:00pm*	\$80/\$160
12047-B	TH	5/3-6/14	7:00pm – 8:00pm*	\$80/\$160

Min/Max: 3/10

***Location:** Lincoln-Way Central High School; Aquatic Center
1801 E. Lincoln Highway, New Lenox

State Tournament Fee: \$75 (if qualify)

Contact Person: Tami Pareti

POWERLIFTING*+

Ages: 16 & up

Do you like to lift weights? Are you ready to take the next step and start competing? Athletes who are ready for the Special Olympics Illinois Area 2 Powerlifting Competition will compete in the bench press and deadlift on April 29th. Athletes who win gold medals qualify to participate in the Special Olympics Illinois Summer Games held at Illinois State University, June 15-17, 2012. Athletes must have an application for participation in Special Olympics Illinois completed by their doctor and filed with LWSRA by April 1st. Please wear gym shoes and athletic clothing, no jeans. This program is instructed by a licensed personal trainer. No program 4/9.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12048	MO	2/27-5/21	6:00pm – 7:00pm*	\$55/\$110

Min/Max: 4/10

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

State Tournament Fee: \$75 (if qualify)

Contact Person: Tami Pareti

YOUNG ATHLETES*+



Ages: 3-7

Imagine a 7-year-old child, unsure, introverted and afraid to speak up and ask to play with other children. Now imagine that same child, happy, active and laughing as he runs around the playing field with his new friends...all because of one simple program. Through Young Athletes, our staff will introduce young children to the world of sport, with the goal of preparing them for Special Olympics sports training and competition when they get older. The program focuses on the basics that are crucial to cognitive development: physical activities that develop motor skills and hand-eye coordination, and the application of these physical skills through sports skills programs. Improved social skills is another inspiring reason to enroll your children in Young Athletes. The confidence boost makes it easier for them to interact with other children on the playground, whether or not they have intellectual disabilities. No program 2/11 & 3/3.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12049	SA	1/28-3/31	10:00am – 10:45am*	\$30/\$60

Min/Max: 5/10

***Location:** Lincoln-Way East High School
201 Colorado Ave., Frankfort

Contact Person: Tami Pareti



Special Olympics
Illinois
young athletes™

TRACK & FIELD*+



Ages: 8 & up

The Special Olympics Illinois Area 7 Spring Games are around the corner! Get into your gear and get ready to go for the gold! The Spring Games will be held Saturday, May 5th at Thornwood High School in South Holland. Athletes who win gold medals qualify to participate in the Special Olympics Illinois Summer Games held at Illinois State University, June 15-17, 2012. Athletes must wear appropriate track attire for practices. Athletes must have an application for participation in Special Olympics Illinois completed by their doctor by March 23rd. No program 4/9.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12050	MO	2/13-4/30	6:30pm-8:00pm*	\$95/\$190
		5/21, 6/4, 6/11	(extra dates if qualify for Summer Games)	

Min/Max: 6/30

***Location:** Lincoln-Way Central High School
1801 E. Lincoln Hwy., New Lenox
& other sites (schedule TBA)

State Tournament Fee: \$75 (if qualify)

Contact Person: Tami Pareti

2012 Special Olympics Illinois Dates to Remember

Date	Event	Date	Event
Jan. 21	Junior Basketball District Tournament - Cicero	May 5	Area 7 Spring Games - South Holland
Jan. 22	High School District Basketball Tournament - Cicero	June 15-17	State Summer Games - Bloomington-Normal
Feb. 4	Area 7 Basketball Tournament (Adult) - Various sites	June 23-24	Area 7 Tennis Competition - Flossmoor
Feb. 18	Area 7 Aquatics Meet - Palos Heights	July 9	Area Golf Skills Competition - Morris
Mar. 3	District Aquatics - Palos Heights	July 16	Area 7 Golf Tournament - Chicago Heights
Mar. 16-18	State Basketball Tournament - Bloomington-Normal	Aug. 5	District Softball Tournament - Joliet
Apr. 14	Area 7 Bocce Tournament - Dyer, IN	Aug. 11	Area 7 Bowling Tournament - Joliet or Orland Park
		Aug. 18-19	State Tennis Tournament - Tinley Park

SPECIAL OLYMPICS Weekly Programs

TENNIS*+

Ages: 8 & up

Special Olympics Tennis is "serving up" fun among athletes because of its leisurely pace. Athletes have the opportunity to compete in singles, doubles, unified doubles or individual skill event at the Special Olympics Illinois Area 7 Tennis Tournament on June 23rd and/or 24th. Athletes who win gold medals qualify to participate in the Special Olympics Illinois Fall Games on October 27th and 28th. Athletes must have an application for participation in Special Olympics Illinois completed by their doctor and filed with LWSRA by May 15th.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12051	WE	5/16-6/27	6:00pm-7:00pm*	\$60/\$120

Min/Max: 4/12

***Location:** Lincoln-Way East High School; **Tennis Courts**
201 Colorado Ave., Frankfort

State Tournament Fee: \$70 (if qualify)

Contact Person: Tami Pareti

BOCCE*+

Ages: 8 & up

This Italian Lawn Bowling game is sure to strike your interest. You will learn the skills and rules to playing this popular sport. Each participant will have the opportunity to compete in the Special Olympics Illinois Area 7 Bocce Tournament April 14th. Athletes who win gold medals qualify to participate in the Special Olympics Illinois Summer Games held at Illinois State University, June 15-17, 2012. Athletes must have an application for participation in Special Olympics Illinois completed by their doctor and filed with LWSRA by March 12th. No program on 4/12. Extra practices will be scheduled at Lincoln-Way Central on 5/21, 6/4, and 6/11 for those athletes who qualify for Summer Games. No program 4/12.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12052	TH	3/1-5/3	6:00pm-7:00pm*	\$75/\$150
	MO	5/21, 6/4, 6/11	(extra dates if qualify for Summer Games)	

Min/Max: 6/12

Location: Pioneer Grove, 601 Willow Street, Frankfort

State Tournament Fee: \$75 (if qualify)

Contact Person: Tami Pareti



SOFTBALL*+

Ages: 13 & up



The Hawks are back for another exciting year of softball. The team has a ten game regular season schedule and competes in the ITRS Participant Services Division Tournament on July 15th and Special Olympics Illinois District Tournament on August 5th. Athletes must have a softball glove and must wear appropriate softball attire for practices. Games and practices will be cancelled due to inclement weather and will not be rescheduled. Athletes must have an application for participation in Special Olympics Illinois completed by their doctor by June 20th.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12053	TU	5/8-7/31	6:30pm-8:00pm*	\$105/\$210

Min/Max: 12/18

***Location:** Willowview Park, 11420 West 197th Street, Mokena
State Tournament Fee: \$70 (if qualify)

Contact Person: Tami Pareti

SPECIAL OLYMPICS Special Events

SPECIAL OLYMPICS SUMMER KICK-OFF PARTY

The Construction Team is a big sponsor of Area 7 Special Olympics. Each year they host a summer kick-off party filled with food, fun and games. Participants must have a Special Olympics application on file to participate. Come join the fun!

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
12054	SA	6/2	9:00am-3:00pm*	\$30/\$60

Door-to-door: \$9 (Residents only)

Min/Max: 6/15

***Drop-off/Pick-up Location:** LWSRA office

Location: Allstate Headquarters, 2775 Sanders Road, Northbrook
Actual Event Time: 10:00am-2:00pm

Contact Person: Tami Pareti

LWSRA Is Taking The Plunge!!

Join Team Frozen Hawks and Take The Plunge!! The Illinois Law Enforcement Torch Run Polar Plunge is a unique opportunity to support our Special Olympics athletes by taking a flying leap - a leap into the frigid water of Manteno Lake or Leisure Lake in Joliet. In 12 years the Law Enforcement Torch Run has raised over 5 million dollars!

Plungers are asked to raise at least \$75 in donations from friends, family and co-workers in exchange for jumping into the icy waters in the middle of winter. Each plunger receives a Polar Plunge sweatshirt and entrance into at Post-Plunge Party, plus a chance to win additional prizes for raising more money.

Join the best team in the land...Join Team Frozen Hawks.

Please contact Tami at 815.464.2811 for more information or to join our team!

Attire: Anything but a wet suit. Shoes are recommended and costumes are encouraged. Don't forget a towel with which to dry off! No head-first diving is allowed!

Please note that there is a Pleasant Plunge that is scheduled to take place at Stagg High School on March 3rd during the Area 7 Districts Aquatics Meet for those who would like to participate, but maybe are not ready to take the full plunge into the frigid waters.

	Day	Date	Program Time
Manteno Polar Plunge	SA	3/3	2:00pm Plunge
Pleasant Polar Plunge	SA	3/3	TBA Plunge at Stagg High School
Channahon Polar Plunge	SA	3/10	12:00pm Plunge