

GYMNASTICS BEGINNER (LEVEL 1)

Ages: 10 & 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 will be divided upon ability. Those that are ready to compete in meets will train for Special Olympics Illinois Level 1 competition while those who are not ready for competition will work on basic skills. Athletes can compete in Rhythmic or Artistic programs. Wear a leotard or fitted clothing. No jeans may be worn. An instructor from Flip Star will lead with the help of LWSRA coaches. Athletes must have an application for participation in Special Olympics completed by their doctor and on file at LWSRA by 1/26.

| Code | Day | Dates | Drop-off/Pick-up | R/NR Fee |
|--|-----|-----------|------------------|-------------|
| 27042-1 | TH | 1/26-3/30 | 5:15pm-6:00pm | \$175/\$219 |
| 27042-2 | TH | 4/6-6/8 | 5:15pm-6:00pm | \$160/\$200 |
| 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: 1/12 for session 1 || 3/23 for session 2

GYMNASTICS ADVANCED (LEVELS 2, 3 & 4)

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 will be divided upon ability. Those that are ready to compete in meets will train for Special Olympics Illinois Level 2, 3 or 4 competition while those who are not ready for competition will work on basic skills. Athletes can compete in Rhythmic or Artistic programs. Wear a leotard or fitted clothing. No jeans may be worn. An instructor from Flip Star will lead with the help of LWSRA coaches. Athletes must have an application for participation in Special Olympics completed by their doctor and on file at LWSRA by 1/26.

| Code | Day | Dates | Drop-off/Pick-up | R/NR Fee |
|--|-----|-----------|------------------|-------------|
| 27043-1 | TH | 1/26-3/30 | 7:15pm-8:15pm | \$175/\$219 |
| 27043-2 | TH | 4/6-6/8 | 7:15pm-8:15pm | \$160/\$200 |
| 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: 1/12 for session 1 || 3/23 for session 2

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. Athletes must have participated in fall session of Swim Team to qualify to compete at the Special Olympics Illinois District meets. Special arrangements will be considered to participate if the athlete is under the age of 10 and meets the requirements to compete on the swim team. Program fee includes all swim meets.

| Code | Day | Dates | Drop-off/Pick-up | R/NR Fee |
|--|-----|-----------|------------------|-------------|
| 27044 | TH | 1/19-2/23 | 7:00pm-8:00pm | \$140/\$175 |
| State Tournament Fee (if qualify) | | | | \$185 |

Min/Max: 7/10

Locations: Lincoln-Way Central High School, Aquatic Center

1801 E. Lincoln Highway, New Lenox

Contact Person: Tami Pareti

Register by: 1/5

TRACK & FIELD

Ages: 8 & up

The Special Olympics Illinois Area 7 Spring Games are around the corner! Get into your running shoes and get ready to go for the gold! Athletes must wear appropriate track attire for practices. No program 4/17.

| Code | Day | Dates | Drop-off/Pick-up | R/NR Fee |
|--|--------|---|------------------|-------------|
| 27045 | MO | 2/27-5/1 | 6:30pm-8:00pm | \$125/\$157 |
| | TH, MO | 6/1 & 6/5 (extra practice dates for state qualifiers) | | |
| State Tournament Fee (if qualify) | | | | \$185 |

Min/Max: 15/30

Location: Lincoln-Way East High School; Fieldhouse

201 Colorado Ave. Frankfort

Contact Person: Tami Pareti

Register by: 2/13

BOCCE

Ages: 10 & up

This Italian Lawn Bowling game is sure to strike your interest. You will learn the skills and rules to playing this popular sport.

| Code | Day | Dates | Drop-off/Pick-up | R/NR Fee |
|--|--------|---|------------------|------------|
| 27046 | TU | 2/28-4/4 | 5:45pm-6:45pm | \$93/\$117 |
| | TH, MO | 6/1 & 6/5 (extra practice dates for state qualifiers) | | |
| State Tournament Fee (if qualify) | | | | \$185 |

Min/Max: 7/12

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

Contact Person: Tami Pareti

Register by: 2/14

Join Team Frozen Hawks and Take The Plunge!! The 2017 Illinois Law Enforcement Torch Run Polar Plunge lets you support our Special Olympics athletes by leaping into the frigid water of Manteno Lake, 851 N. Main St., Manteno, 60950 or Leisure Lake, 21900 SW Frontage Rd., Joliet, 60404. In 14 years the Law Enforcement Torch Run has raised over 6 million dollars! Plungers are asked to raise at least \$100 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 a Post-Plunge Party, plus a chance to win additional prizes for raising more money. Please contact Tami at 815.320.3500 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 3/5 during the Area 7 Districts Aquatics Meet for those who would like to participant, but maybe are not ready to take the full plunge into the frigid waters.

| Location | Day | Date | Time |
|-----------------------|-----|------|---------------------------------|
| Manteno Polar Plunge | SA | 3/4 | 2:00pm Plunge |
| Pleasant Polar Plunge | SA | 3/4 | TBA Plunge at Stagg High School |
| Joliet Polar Plunge | SA | 3/11 | 12:00pm Plunge |



TENNIS

Ages: 13 & 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 skills events at the Special Olympics Illinois Area 7 Tennis Tournament. Outdoor practices will be cancelled due to inclement weather and will not be rescheduled.

| Code | Day | Dates | Drop-off/Pick-up | R/NR Fee |
|--|-----|-----------|------------------|------------|
| 27047-1 | WE | 3/15-4/19 | 5:30pm-6:30pm | \$85/\$106 |
| 27047-2 | WE | 5/10-6/14 | 6:00pm-7:00pm | \$85/\$106 |
| State Tournament Fee (if qualify) | | | | \$150 |

Min/Max: 6/12

Session 1 Location: The Oaks, 10847 W La Porte Rd, Mokena

Session 2 Location: Mokena Main Park, 10925 W. La Porte Rd., Mokena

Contact Person: Tami Pareti

Register by: 3/1 for session 1 || 4/26 for session 2

SOCCER

Ages: 13 & up

Its spring time and that means SOCCER! Coaches focus on skills such as dribbling, passing and shooting. Teamwork and good sportsmanship are also emphasized. Games may be on different days and times. The team will compete at the Special Olympics Illinois Area Soccer Tournament as well as the ITRS Tournament. Athletes should wear athletic clothing and gym shoes or cleats. No jeans may be worn and bring a water bottle. Come see what you're missing with Hawks Soccer! Games and practices will be cancelled due to inclement weather and will not be rescheduled. A detailed practice and game schedule with times and locations will be available a week before start date.

| Code | Day | Dates | Drop-off/Pick-up | R/NR Fee |
|--|-----|------------|---|-------------|
| 27048 | WE | 3/22-5/10 | *6:00pm-7:00pm *approximate | \$150/\$188 |
| | WE | 5/31 & 6/7 | (extra dates for Summer Games qualifiers) | |
| State Tournament Fee (if qualify) | | | | \$185 |

Min/Max: 8/10

Location: TBD

Contact Person: Tami Pareti

Register by: 3/8

SOFTBALL

Ages: 13 & up

The Hawks are back for another exciting year of softball. The team has an eight to ten game regular season schedule and competes in the ITRS Participant Services Division Tournament and Special Olympics Illinois District Tournament. 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. A detailed practice and game schedule with times and locations will be available a week before start date.

| Code | Day | Dates | Drop-off/Pick-up | R/NR Fee |
|--|-----|-------------|------------------------------------|-------------|
| 27049 | TU | 5/16-7/18 | 6:30pm-8:00pm *approximate | \$150/\$188 |
| | MO | 8/28 & 9/11 | (extra dates for state qualifiers) | |
| State Tournament Fee (if qualify) | | | | \$150 |

Min/Max: 11/26

Location: Mokena Main Park Diamond #4, 10925 W. La Porte Rd., Mokena

Contact Person: Tami Pareti

Register by: 5/2

Special Olympics Dates to Remember

- January 11, 2017 - Aquatics Medical Applications Due
 - *January 21, 2017 - Area Junior Basketball Tournament
 - *January 21-22, 2017 - Area High School Basketball Tournament
 - January 26, 2017 - Gymnastics Medical Applications Due
 - *January 28, 2017 - Area Senior Basketball Tournament - Men's
 - February 11, 2017 - Area Aquatics Time Trials
 - February 19, 2017 - ITRS Basketball Tournaments
 - February 22, 2017 - Bocce Medical Applications Due
 - March 4, 2017 - District Aquatics Meet
 - March 5, 2017 - Area Gymnastics Meet
 - March 17-18, 2017 - SO State Basketball Tournament
 - March 22, 2017 - Track & Field Medical Applications Due
 - March 23, 2017 - Soccer Medical Applications Due
 - April 8, 2017 - Area 7 Bocce Tournament
 - May 5, 2017 - Tennis Medical Applications Due
 - May 6, 2017 - Area 7 Spring Games (Track & Field)
 - May 7, 2017 - Area Soccer Tournament
 - May 21, 2017 - ITRS Soccer Tournament
 - June 9-11, 2017 - Summer Games
(Summer Games includes Aquatics, Bocce, Gymnastics, Track & Field and Soccer)
 - June 16-17, 2017 - Area 7 Tennis Tournament
 - June 23, 2017 - Softball Medical Applications Due
 - July 16, 2017 - ITRS Softball Tournament
 - *August 6, 2017 - Area 7 Softball Tournament
 - August 19-20, 2017 - State Tennis Tournament
 - September 9-10, 2017 - Outdoor Sports Festival (Golf & Softball)
- *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.