

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 1/24.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
33048-1	TH	1/24-4/25	7:15-8:15pm	\$176/\$220
33048-2	TH	5/9-6/6	7:15-8:15pm	\$86/\$107
		<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: 1/10 for session 1 || 4/25 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 a fall session of Swim Team to qualify to compete at the Special Olympics Illinois District meet. 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. Athletes must have an application for participation in Special Olympics completed by their doctor and on file at LWSRA by 1/8.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
33049	TH	1/24-2/28	7:00-8:00pm	\$150/\$188
		<i>State Tournament Fee (if qualify)</i>		<i>\$185</i>

Min/Max: 7/12

Location: Lincoln-Way West High School Aquatic Center,
21701 Gougar Rd., New Lenox

Contact Person: Tami Pareti

Register by: 1/10

TRACK & FIELD

Ages: 8 & up

The Special Olympics Illinois Region E Spring Games are around the corner! Get ready to go for the gold! Athletes must wear appropriate track attire for practices. A detailed schedule will be handed out.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
33050	MO	2/11-4/29	7:00-8:00pm	\$130/\$163
		<i>State Tournament Fee (if qualify)</i>		<i>\$185</i>

Min/Max: 15/30

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

Contact Person: Tami Pareti

Register by: 1/28

TENNIS

Ages: 10 & 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 Region E Tennis Tournament. Please note we will practice outside so please dress appropriately. Practices will be cancelled due to inclement weather and will not be rescheduled. A detailed schedule will be available a week before the first practice.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
33051-1	WE	3/6-4/17	6:00-7:00pm	\$86/\$108
33051-2	WE	5/8-6/19	5:30-6:30pm	\$126/\$158
		<i>State Tournament Fee (if qualify)</i>		<i>\$185</i>

Min/Max: 6/12

Session 1 Location: The Oaks, 10847 LaPorte Rd., Mokena

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

Contact Person: Tami Pareti

Register by: 2/20 for session 1 || 4/24 for session 2

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. No program 5/28.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
33052	MO	4/8-6/3	5:30-6:30pm	\$55/\$69
		<i>State Tournament Fee (if qualify)</i>		<i>\$185</i>

Min/Max: 7/12

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

Contact Person: Tami Pareti

Register by: 3/25

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).*

SOCCKER

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 State Qualifying Soccer Tournament as well as the ITRS Tournament. Athletes should wear athletic clothing and gym shoes or soccer 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.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
33053	WE	3/20-5/15	6:00-7:00pm	\$104/\$130
		<i>State Tournament Fee (if qualify)</i>		<i>\$185</i>

Min/Max: 8/12

Location: TBD

Contact Person: Christa McDonough

Register by: 3/6

SOFTBALL

Ages: 12 & 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.

Code	Day	Date	Drop-off/Pick-up	R/NR Fee
33054	TU	4/23-7/30	6:30-8:00pm	\$163/\$204
		<i>State Tournament Fee (if qualify)</i>		<i>\$185</i>

Min/Max: 12/15

Location: Mokena Main Park, 10925 W. LaPorte Rd., Mokena

Contact Person: Tami Pareti

Register by: 4/9

JOIN TEAM FROZEN HAWKS AND TAKE THE PLUNGE!!

The 2019 Illinois Law Enforcement Torch Run Polar Plunge is a unique opportunity to support our Special Olympics athletes by taking a flying leap into the frigid water! In 20 years the Torch Run has raised over 18.4 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.

Plungers receive a Polar Plunge sweatshirt and entry into at Post-Plunge Party, plus chances to win prizes for raising more money.

To join Team Frozen Hawks please contact Tami at 815.320.3500 or tpareti@lwsra.org for more information!

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

Event	Date	Time
Manteno Plunge	3/2/19	2:00pm (Manteno Lake) 851 N. Main St., Manteno, 60950
Pleasant Plunge	3/2/19	TBA (Stagg High School) *for those not quite ready for the cold waters!
Joliet Plunge	3/9/19	12:00pm (Leisure Lake) 21900 SW Frontage Rd., Joliet, 60404



Athletics Dates to Remember

- December 8, 2018** - Female Basketball Qualifier Tournament
 - December 20, 2018** - Swim Team Medical Applications Deadline
 - January 4, 2019** - Gymnastics Medical Applications Deadline
 - January 13, 2019** - Junior Basketball Qualifier Tournament
 - January 20, 2019** - High School Basketball Qualifier Tournament
 - January 27, 2019** - Senior Male Basketball Qualifier Tournament
 - February 9, 2019** - Region E Swim Team Time Trials
 - February 16, 2019** - ITRS Junior Basketball Tournament
 - February 17, 2019** - ITRS Senior Basketball Tournament
 - March 2, 2019** - Region E Swim Team Qualifying Meet
 - March 3, 2019** - Special Olympics Gymnastics Qualifier
 - March 5, 2019** - Soccer Medical Applications Deadline
 - March 8, 2019** - Spring Games Medical App. Deadline (Track & Field)
 - March 15-17, 2019** - State Basketball Tournament
 - April 28, 2019** - Soccer Qualifier Tournament
 - May 4, 2019** - Region E Spring Games (Track & Field Qualifier)
 - May 19, 2019** - ITRS Soccer Tournament
 - May 20, 2019** - Golf Medical Applications Deadline
 - May 29, 2019** - Tennis Medical Applications Deadline
 - June 7-9, 2019** - Special Olympics Summer Games
 - June 17, 2019** - Softball Medical Applications Deadline
 - June 21, 2019** - Bowling Medical Applications Deadline
 - July 10, 2019** - 9-Hole Traditional & Unified Golf Qualifier
 - July 14, 2019** - ITRS Softball Tournament
 - July 18, 2019** - Tennis Qualifier Tournament
 - August 2, 2019** - Volleyball Medical Applications Deadline
 - August 4, 2019** - Softball Qualifier Tournament
 - August 5, 2019** - 3 & 6-Hole Traditional Golf Qualifier
 - August 10, 2019** - Sectional Bowling Qualifier
 - August 17-18, 2019** - Special Olympics State Tennis Tournament
 - August 23, 2019** - Bocce Medical Applications Deadline
 - September 7-8, 2019** - State Outdoor Sports Festival (Golf & Softball)
 - September 21, 2019** - Volleyball Qualifier Tournament
 - *September 2019** - Flag Football Qualifier Tournament
 - October 6, 2019** - ITRS Volleyball Tournament
 - October 12, 2019** - Region E Bocce Qualifier
 - October 20, 2019** - Region E Bowling Qualifier Tournament
 - October 26-27, 2019** - Special Olympics Fall Games (Volleyball)
 - *November 3, 2019** - State Flag Football Tournament
- *Date is to be determined or 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.