



Bring out the **champion** in yourself.

Testimonials

"Special Olympics has impacted my life in the most positive way by allowing me to make new friends, try sports that I haven't tried and opportunities like going to World Games in Los Angeles. It has prepared me for a job search and I feel more confident going into a job interview thanks to the Athlete Leadership Trainings."

-Lisa Spencer, SOIA athlete

Questions?

Contact the SOIA State Office
551 SE Dovetail Rd, Grimes, IA 50111

Phone: 515-986-5520

Email: info@soiowa.org

www.soiowa.org

**Special
Olympics**
Iowa



GET STARTED



Step 1: Make Contact

Special Olympics Iowa (SOIA) has one office in Grimes, Iowa. To find your regional director, please visit

<https://www.soiowa.org/competitions/area-competitions> or call our office at (515) 986-5520.

Step 2: Learn About SOIA Programs

- Traditional Sports (Team and Skills)
- Unified® Sports (people with and without disabilities teaming up for competition)
- Unified Sports Days
- Motor Activity Training Program
- Young Athletes Program

Step 3: Recruit

Enlist people to be a part of your SOIA delegation (team). No prior sports experience is required. Ways to get involved:

- Head Coach (must be 18 years of age)
- Assistant Coach (must be 15 years of age)
- Athlete (must be 8 years of age)
- Unified Partner®
- Volunteer (in a non-coaching capacity)

All athletes are required to have a participation release and medical form (physical) completed

Step 4: Become a Certified Coach

As a coach, you have the opportunity to be a role model and mentor to athletes, inspiring them to strive for greatness!

All delegation managers, coaches, & athletes that assist with practices, work one on one with athletes, or handle money for Special Olympics Iowa are required to obtain a class A volunteer certification.

Steps to become a certified Class A Volunteer:

1. Class A Volunteer Application- Needs renewed every three years.
2. Background Check- Needs completed one time.
3. Protective Behaviors Training and Quiz- Needs renewed every three years.
4. SOIA Sport Training- All coaches are required to complete for each sport their team competes in. Coach certification is valid for 3 years.

Step 5: Fund Your Delegation

1. Set up a centralized account

SOIA requires that all team financial transactions occur through a centralized banking account with SOIA to comply with IRS standards.

2. Raise Funds

Determine your team's needs and establish a budget. Plan ways to meet your financial goals, such as:

- Fundraisers
- Donations from businesses
- Law Enforcement Torch Run® scholarships



Step 6: Train and Compete

Train for Eight Weeks

- Secure practice facilities and equipment
- Plan a weekly practice schedule
- Train for a minimum of eight weeks

Special Olympics Iowa splits the state into 11 different areas for bowling, basketball skills, and track & field. Athletes must earn 1st place in their division at their area event to qualify for state competitions. Athletes may compete in various sports at regional & state competitions without qualifying.

Area, Regional, & State Competitions

- | | |
|------------------------|------------------|
| • Alpine Skiing | • Gymnastics |
| • Basketball* | • Pickleball* |
| • Bocce* | • Powerlifting* |
| • Bowling* | • Snowshoeing* |
| • Cheerleading* | • Soccer* |
| • Cross Country Skiing | • Softball* |
| • Cycling* | • Speed Skating |
| • Equestrian | • Swimming* |
| • Figure Skating | • Tennis* |
| • Flag Football* | • Track & Field* |
| • Golf* | • Volleyball* |

*Unified option available