



HANDBOOK

Special Olympics ***Iowa***



We look forward to an exciting & memorable competition for the over 1,000 athletes, unified partners, coaches, chaperones, family members & volunteers coming to Iowa City & Coralville for the 2025 Special Olympics Iowa Spring Classic. Athletes from around the state will compete in Basketball, Cheer & Dance, & Powerlifting competitions.

This handbook is designed to provide you with the information necessary to manage your participation in the Spring Classic. Please review the information in detail & share the handbook with members of your delegation as well as family members attending the event. Please contact Special Olympics Iowa at (515) 986-5520 or info@soiowa.org if you have any questions.

Thank you for your assistance. We look forward to seeing you at the SOIA Spring Classic.





2025 Special Olympics Iowa Spring Classic Event Schedule



Friday, March 14th		
3:00 pm	Hotel Registration	Hotel keys are located at the front desk at your assigned hotel
Saturday, March 15th		
6:30 am – 8:30 am	Breakfast	Provided at each SOIA designated hotel
8:00 am – Throughout Tournament	Delegation Registration for Team Basketball, Cheerleading & Basketball Skills	U.I. Field House Main Deck GreenState Family Fieldhouse Iowa City West High School
8:30 am – 9:00 am 8:45 am – 9:30 am 9:30 am – 3:00 pm	Powerlifting Delegation Registration Powerlifting Warm-ups & Coaches' Meeting Competition; Squat, Bench Press, then Dead Lift	Iowa City West High School
9:00 am – 10:00 am	Cheer & Dance Competition (Yell – no music)	Iowa City West High School
9:00 am – 3:00 pm	Healthy Athletes – Health Promotion Healthy Athletes – Healthy Hearing Healthy Athletes – Special Smiles Healthy Athletes – Strong Minds	Iowa City West High school
9:30 am – 3:30 pm	Basketball Skills & Developmental Speed Dribble	GreenState Family Fieldhouse
8:30 am – 2:30 pm	3 on 3 Team Basketball Tournament	U.I. Field House – Main Deck
8:30 am – 3:30 pm	5 on 5 Team Basketball Tournament	U.I. Fieldhouse – South Gym
10:00 am – 2:00 pm	Souvenir Sales	U.I. Field House GreenState Family Fieldhouse Iowa City West High School
10:00 am – 2:00 pm	Cheer & Dance Competition (Dance - music)	Iowa City West High School
11:00 am – 1:00 pm	Lunch	U.I. Field House – Main Deck GreenState Family Fieldhouse Iowa City West High School

General Information

Delegation Packets Pick-Up

Delegation packets can be picked up at the following registration tables day of competition:

- **University of Iowa Field House** for delegations participating in Basketball Team. The delegation registration table is just off the Main Deck near the volunteer registration table.
- **Iowa City West High School** for delegations participating in Cheerleading & Powerlifting. The delegation registration table will be inside the entrance.
- **GreenState Family Fieldhouse** for delegations participating in Basketball Skills. The delegation registration table is at the front desk of the entrance of the building.

Delegation registration packets include:

- Nametags for basketball skills athletes & powerlifting athletes
- Schedule of events

Housing/Room Key Pick-Up

Delegations that requested housing have been assigned to stay at one of the Special Olympics Iowa Spring Classic Hotels. Room keys for all hotels will be distributed at the front desk of your designated hotel on Friday, March 14th, from 3:00 pm.

Family members may make their own reservations at the hotels but may NOT utilize the block of rooms designated to Special Olympics Iowa. The block of rooms can only be utilized by the state office.

- | | |
|---|----------------|
| • Hyatt Regency, 300 E 9 th St, Coralville, IA 52241 | (319) 688-4000 |
| • Courtyard by Marriott, 901 Melrose Ave, Iowa City, IA 52246 | (319) 569-6777 |
| • Heartland Inn, 87 2 nd St., Coralville, IA 52241 | (319) 351-8132 |

Special Olympics Iowa will only pay for rooms for delegations that completed the appropriate housing registration form. Any phone calls, movie rentals or other incidentals are the responsibility of the delegation assigned to the room. A complimentary breakfast will be available at the hotels on Saturday morning.

Please contact Special Olympics Iowa at info@soiowa.org or (515) 986-5520 to make alternate arrangements.

Opening Ceremony

There will be no Opening Ceremony this year on Friday, March 14th. Delegations staying overnight will be responsible for their own activities and meals Friday evening. We do have a discount code for Disney on Ice tickets that will expire March 10th – please reach out if you would like it sent to you again.

Meal

Special Olympics Iowa will provide lunch Saturday for registered athletes, coaches, & chaperones at each event venue.

Concessions

Concessions will be available at Greenstate Family Fieldhouse (card only). Iowa City West High School will have Marco's Grilled Cheese food truck available outside for purchase. University of Iowa Field House will have Kountry Korner food truck available outside for purchase. Please bring water bottles to the events for athletes, coaches, chaperones, & spectators. Family members & spectators may want to bring snacks & water with them. These items can be brought to the lunch area at the venues.

Medical Coverage

Emergency Information: Each Special Olympics coach needs to bring pertinent medical information for each athlete. This should include the coaches' copy of medical release/parent/guardian consent forms.

First Aid volunteers will provide on-site medical coverage at the venue sites on Saturday. University Hospital should be used for emergencies.

Important Medical Number: University of Iowa Emergency Room (319) 356-2233. Emergency entrance is adjacent to the Field House.

Locker Rooms

Field House: There are locker rooms available for your use on the ground floor, on the northeast end. You will need to bring your own towels, soap, shampoo, & locks.

Sports Rules

All Special Olympics Iowa competitions shall be conducted in accordance with the Official Special Olympics Sports Rules & corresponding national governing bodies: Basketball – National Federation of State High School Associations; Basketball Skills – Special Olympics Iowa Coaches Handbook; Cheerleading – Special Olympics Iowa Coaches Handbook; Gymnastics – United States Gymnastics Federation; Powerlifting – Special Olympics International. Any rule protest will be handled by the Venue Directors.

Competition Age Groups & Divisions

Special Olympics Iowa follows the guidelines provided by Special Olympics Incorporated for divisioning competition at the Spring Classic. Special Olympics sports rules specifically require the separation of genders in Powerlifting & Gymnastics. Our guidelines for divisioning state that ability should be the primary consideration for divisioning.

Lost & Found

Lost & Found will be located at Delegation/Athlete Registration at each venue.

Coach Responsibilities

Coaches attending the Special Olympics Iowa Spring Classic are asked to accept & carry out the following responsibilities:

- Provide for the general welfare, safety, health, & well-being of each Special Olympics athlete in their charge
- Familiarize themselves with the information in this handbook
- Provide supervision for athletes as necessary
- Assistance to athletes in getting to all meals at appointed times
- Ensure that athletes report to competition venues on time
- Ensure that medical & prescribed medications protocols are followed
- Ensure that athletes are properly attired for competition, hotel breakfast & special events
- Report all emergencies to appropriate authorities after taking immediate action to insure the health & safety of participants
- Be courteous & professional in all dealings with volunteers.
- Always carry a copy of the athlete's medical release with you at practices & competitions

Competition Information

Basketball Skills & Developmental Speed Dribble

Venue Directors: Sela Ingalls & Kenzie Olson

GreenState Family Fieldhouse; 811 E 2nd Ave, Coralville, IA

Parking is available in the south parking lot. Please be prepared for additional walking. Parking is free. Concessions will be available at the venue.

Please make sure your athletes are in the staging area on Court One 15 minutes prior to the start time of their competition with their name tags on the front of their shirts.

Basketball Skills & Developmental Speed Dribble Schedule

<u>Time</u>	<u>Age Group</u>
9:30 am	8 – 11
10:15 am	12 – 15
11:30 am	16 – 21
Lunch	
12:30 pm	22 – 29
1:15 pm	30 – 50
1:45 pm	51 +

Athletes are asked to report to the staging area based on the schedule.

Lunch will be served in the room next to Court 5.

TEAM BASKETBALL

University of Iowa Field House; 225 S Grand Avenue, Iowa City: (319) 335-9847

The Field House is located west of Rienow & Slater Residence Halls & just east of the University Hospitals & Clinics. Parking is available in the Field House Lot underneath the South Gym or in new Lot 14 (enter and exit off of Melrose Ave). The main entrance to the Field House is on Grand Avenue. There is an elevator in the Field House.

Parking Map & Weekend Rates – University of Iowa Field House

Parking Rates: Ramp 4 - \$1.20 / hour Field House Lot - \$1.20 / hour Lot 14 - \$1.20 / hour
Lot 43 – Bus parking is available in this lot. Also, free parking on weekends. Please park in marked stalls only.
Lot 49 – Open for public use on the weekends.

3 vs 3 Basketball Team Competition

Venue Director: Katie Wiese

3 vs 3 or Half-Court team basketball will be conducted on the courts of the Main Deck of the University of Iowa Field House. **Schedule is subject to change.** The team coach must submit a line-up of no more than 6 players 30 minutes prior to each game. **Coaches are responsible for bringing their own practice balls for warm-ups.** The University of Iowa will furnish game balls.

The games will be conducted under the Special Olympics rules.

- A game consists of 20 minutes running time or the first team to 20 points with stop time during the final minute of play.
- Teams are allowed 2-time outs per game.
- 3-minute overtime if teams are tied after 20 minutes.

All basketball team members are expected to wear uniforms with numbers on both the front & back of the shirts. The rest of the uniform must consist of gym shorts, gym shoes, & socks.

Lunch will be served on the Main Deck.

5 vs 5 Basketball Team Competition

Venue Director: Sydney & Dylan Sloan

5 vs 5 team basketball competition will be conducted on the courts of the University of Iowa Field House South Gym. **Schedule is subject to change.** The team coach must submit a line-up of no more than 10 players 30 minutes prior to each game. **Coaches are responsible for bringing their own practice balls for warm-ups.** The University of Iowa will furnish game balls.

5 vs 5 team basketball will be conducted according to the National Federation of State High School Associations basketball rules & Special Olympics Iowa general except for the following adaptations:

- A game consists of 4 quarters, each 8 minutes long.
- In Division II & below, a player may take 2 steps beyond what is allowable. However, if the player scores, "travels", or escapes the defense as a result of these extra steps, an advantage has been gained & a violation is called immediately.
- Four time-outs during regulation play with one additional time-out for overtime. Three-minute overtime.
- Before each game, coaches & officials will meet to discuss how to call the game & if any adaptations are to be made. Any concerns about officiating should be directed to Dylan Sloan.

All basketball team members are expected to wear uniforms with numbers on both the front & back of the shirts. The rest of the uniform must consist of gym shorts, gym shoes, & socks.

Lunch will be served on the Main Deck

2025 Spring Classic 3v3 Morning Basketball Schedule

Time	Court 1	Court 2	Court 3	Court 4
8:30 AM	<u>Division A</u> Murray Schools vs. Emmett Co Dragons	<u>CompetitiveSr_4</u> SCA Rockets vs. Siouxlanders Red	<u>DevelopmentalJr_2</u> Burlington Hounds vs. Eagle Grove Purple (MS)	<u>DevelopmentalJr_2</u> West Falcons 1 vs. Mason City Black
9:00 AM	<u>CompetitiveSr_1</u> Johnston Outlaws 3v3 vs. CR Coyotes	<u>CompetitiveSr_1</u> CR Wolves vs. Oelwein Huskies	<u>DevelopmentalJr_3</u> Ankeny Angels 1 vs. Eagle Grove Yellow (MS)	<u>DevelopmentalSr_1</u> CR Cardinals vs. Ankeny Angels 2
9:30 AM	<u>CompetitiveSr_2</u> CR Leopards vs. Muscatine 2	<u>CompetitiveSr_2</u> Link Clippers vs. Emmet County Wildcats	<u>DevelopmentalSr_1</u> Rolling Thunder 1 vs. Arc Cyclones	<u>DevelopmentalSr_2</u> North Scott Grads vs. Siouxlanders Blue
10:00 AM	<u>CompetitiveSr_3</u> SCA Jets vs. Waukee Hot Shots	<u>CompetitiveSr_3</u> Siouxlanders Black vs. Goodwill Blue Devils	<u>DevelopmentalSr_2</u> CR Tigers vs. Goodwill Hawkeyes	<u>DevelopmentalSr_3</u> Magic Hot Shots vs. Spencer Tigers Gold
10:30 AM	<u>DevelopmentalJr_1</u> West Falcons 3 vs. Burlington Pups	<u>DevelopmentalJr_1</u> CR Bison vs. Mason City Red	<u>DevelopmentalSr_3</u> Lakes Area Champions vs. WRC Wildcats	<u>Unified Jr</u> Harlan A vs. Bobcats 22
11:00 AM	<u>Division A</u> Emmett Co Dragons vs. Cherokee Schools	<u>CompetitiveSr_4</u> Siouxlanders Red vs. Shelby County Cardinals	<u>Unified Jr</u> Eagle Grove Purple Eagles vs. Harlan B	<u>DevelopmentalJr_2</u> Consolation Game 1 vs. Consolation Game 2
11:30 AM	<u>Competitive Sr_1</u> Winner Game 1 vs. Winner Game 2	<u>Competitive Sr_1</u> Consolation Game 1 vs. Consolation Game 2	<u>DevelopmentalJr_2</u> Winner Game 1 vs. Winner Game 2	<u>DevelopmentalSr_1</u> Consolation Game 1 vs. Consolation Game 2

2025 Spring Classic 3v3 Afternoon Basketball Schedule

Time	Court 1	Court 2	Court 3	Court 4
12:00 PM	<u>Competitive Sr 2</u> Winner Game 1 vs. Winner Game 2	<u>Competitive Sr 2</u> Consolation Game 1 vs. Consolation Game 2	<u>DevelopmentalJr 3</u> Eagle Grove Yellow (MS) vs. ISD Bobcats 3v3	<u>DevelopmentalSr 2</u> Consolation Game 1 vs. Consolation Game 2
12:30 PM	<u>Competitive Sr 3</u> Winner Game 1 vs. Winner Game 2	<u>Competitive Sr 3</u> Consolation Game 1 vs. Consolation Game 2	<u>DevelopmentalSr 1</u> Winner Game 1 vs. Winner Game 2	<u>DevelopmentalSr 3</u> Consolation Game 1 vs. Consolation Game 2
1:00 PM	<u>DevelopmentalJr 1</u> Winner Game 1 vs. Winner Game 2	<u>DevelopmentalJr 1</u> Consolation Game 1 vs. Consolation Game 2	<u>DevelopmentalSr 2</u> Winner Game 1 vs. Winner Game 2	<u>Unified_Jr</u> Consolation Game 1 vs. Consolation Game 2
1:30 PM	<u>Division_A</u> Cherokee Schools vs. Murray Schools	<u>CompetitiveSr 4</u> Shelby County Cardinals vs. SCA Rockets	<u>DevelopmentalSr 3</u> Winner Game 1 vs. Winner Game 2	<u>DevelopmentalJr 3</u> ISD Bobcats 3v3 vs. Ankeny Angels 1
2:00 PM			<u>Unified_Jr</u> Winner Game 1 vs. Winner Game 2	

2025 Spring Classic 5v5 Basketball Schedule

Time	Court 1	Court 2	Court 5	Court 6
8:30 AM	<u>MaleSr 1</u> Arc Bombers vs. Rolling Thunder	<u>MaleSr 2</u> Sioux City Knights vs. CIC 1	<u>UnifiedSr 1</u> CIC 3 vs. Johnston Outlaws White	<u>UnifiedSr 2</u> Sioux City Knights Unified vs. CIC 2
9:30 AM	<u>Coed</u> DSM Metro Gryffindor vs. Arc Wizards	<u>Division A</u> ISD Bobcats 5v5 (Jr) vs. CR Sisterhood	<u>MaleSr 3</u> Spencer Tigers Purple vs. Hope Twisters	<u>UnifiedJr 1</u> Norwalk High School vs. Harlan C
10:30 AM	<u>MaleSr 1</u> DSM Metro Vikings vs. VNU Panther - Sheldon	<u>MaleSr 2</u> Hope Thunder vs. SCA Thunder	<u>UnifiedSr 1</u> Johnston Outlaws White vs. Tidal Waves	<u>UnifiedJr 2</u> Johnston Schools vs. Bobcats 3
11:30 PM	<u>Coed</u> Arc Wizards vs. Link Bucks	<u>Division A</u> CR Sisterhood vs. CR Shooting Stars	<u>MaleSr 3</u> Hope Twisters vs. CR Scorpions	<u>UnifiedSr 2</u> CIC 2 vs. Sioux City Knights Unified
12:30 PM	<u>MaleSr 1</u> Consolation Game 1 vs. Consolation Game 2	<u>MaleSr 2</u> Consolation Game 1 vs. Consolation Game 2	<u>UnifiedSr 1</u> Tidal Waves vs. CIC 3	<u>UnifiedJr 1</u> Harlan C vs. Bobcats 2
1:30 PM	<u>Coed</u> Link Bucks vs. DSM Metro Gryffindor	<u>Division A</u> CR Shooting Stars vs. ISD Bobcats 5v5 (Jr)	<u>MaleSr 3</u> CR Scorpions vs. Spencer Tigers Purple	<u>UnifiedJr 2</u> Bobcats 3 vs. Johnston Schools
2:30 PM	<u>MaleSr 1</u> Winner Game 1 vs. Winner Game 2	<u>MaleSr 2</u> Winner Game 1 vs. Winner Game 2		<u>UnifiedJr 1</u> Bobcats 2 vs. Norwalk High School

Cheer & Dance

Venue Director: Kirsten Selsor

Iowa City West High School; 2901 Melrose Ave, Iowa City, IA

Parking is available on the south side of the gym near the entrance.

The Cheer & Dance competition will begin at 9:00 am at Iowa City West High School. Competition for Cheer teams will start at 9:00 am. Competition for Dance teams will start at 10:00 am. Please review the cheerleading & dance schedules for your team's section & competition start time. **Teams are to be ready 30 minutes ahead of their scheduled time** in case the competition is running ahead of schedule. **The schedule is subject to change.** Divisions & times are tentative. There will be no switching or changing.

Cheerleading & Dance Competition Reminders:

1. **(Dance) Music:** It is **REQUIRED** for all coaches to have a flash drive or mobile option (MP3, iPod, iPad, Phone, etc.) with your music on it.
 - a. Music must be ready to start once the volunteer pushes the play button. There will be **no** tolerance for fast forwarding for the music & dance routine to begin.
 - i. Music **must** be handed to volunteers while your team is on deck.
 - ii. One coach from the coaches box **must** signal to the volunteer running the music by raising their hand to let them know when to start the music.
 - b. **Dance Time Limit:** 2 minutes & 30 seconds (2:30)
 - i. If you exceed this time there will be a total of a 5-point deduction & we will ask you to stop.
2. **Cheer Time Limit:** 3 minutes (3:00)
 - a. If you exceed this time there will be a total of a 5-point deduction & we will ask you to stop.
 - b. Judging & timing of your performance will start with the first word. For example, if you have an entrance cheer, it will count towards one of your cheers.
 - c. A total of 2 coaches will be allowed in the coaches box.
3. Once again, there will be two ping pong paddles in the coaches' box for Cheerleading this year. One paddle will say Cheer 1 & the other paddle will say Cheer 2. It is recommended that when you start Cheer 1 you hold up the paddle, so the judges know which cheer you are doing. Same as when you start Cheer 2. You would hold up the paddle that says Cheer 2 so the judges can again distinguish between the two cheers.
 - a. ***Please note this is not required for you to do. You will not receive any deductions should you choose not to use the paddles. The option will be available if you'd like to do it.**
4. **Awards:**
 - a. Cheerleading will be handed out once the Cheerleading competition is complete.
 - b. Dance will have two separate times that awards will be handed out due to the volume of teams this year.
 - i. For these tentative award times please refer to the Cheer & Dance schedule by locating your cheer or dance team name & the tentative time you compete.
 - ii. If you are not able to stay for awards, please let Kirsten Selsor know the day of competition.

Lunch will be served in the lunchroom.

**Special Olympics Iowa 2025 Spring Classic
Cheer & Dance Competition Tentative Schedule**

Time:	Competition Category	Team Name	Division
Cheer (Yell) - Beginner (Non-Mount & Non-Tumble):			
9:00 AM	Junior, Small Group	Mormon Trail Saints	C.Jr.1
9:05 AM	Junior, Small Group	Carlisle Big Cats	C.Jr.1
9:10 AM	Junior, Small Group	Johnston HS Sparkles	C.Jr.1
9:15 AM	Senior, Small Group	Ankeny Angels	C.Sr.1
9:20 AM	Senior, Small Group	CR Spirits	C.Sr.1
9:25 AM	Senior, Small Group	Dynamite Divas	C.Sr.1
Cheer (Yell) – Advanced (Mount & Tumble)			
9:30 AM	Senior, Small Group	HOPE Timberwolves	C.Sr.2
Cheer Unified (Yell) - Beginner (Non-Mount & Non-Tumble)			
9:35 AM	Junior Unified, Small Group	Cascade Cougars	CU.Jr.1
9:40 AM	Junior Unified, Small Group	Harlan Cheer	CU.Jr.1
9:45 AM	Senior Unified, Small Group	Spirit Eagles	CU.Sr.1
Cheer Unified (Yell) - Advanced (Mount & Tumble)			
9:50 AM	Junior Unified, Large Group	Bobcat Cheer	CU.Jr.2
9:50 AM - 10:00 AM	All Cheer (Yell) Awards		
Time:	Competition Category	Team Name	Division
Dance (Music) - Beginner (Non-Mount & Non-Tumble)			
10:05 AM	Junior, Individual	Dynamite DeeAnna	DI.Jr.1
10:10 AM	Senior, Individual	The Sassy Lady	DI.Sr.1
10:15 AM	Senior, Individual	Shawnda Suntken	DI.Sr.1
10:20 AM	Senior, Individual	Let it Shine	DI.Sr.1
10:25 AM	Senior, Individual	Sparkle Queen	DI.Sr.1
10:30 AM	Senior, Small Group	The Men	D.Sr.1
10:35 AM	Senior, Small Group	Girls Want to Have Fun	D.Sr.1
10:40 AM	Senior, Small Group	The North Pole Posse	D.Sr.2
10:45 AM	Senior, Small Group	CR Ladies	D.Sr.2
10:50 AM	Senior, Small Group	Combined Efforts	D.Sr.2
10:55 AM	Senior, Small Group	Dangerous Divas	D.Sr.3
11:00 AM	Senior, Small Group	Flaming Marshmallows	D.Sr.3
11:05 AM	Senior, Small Group	DSM Metro Groove Crew	D.Sr.3
11:10 AM	Senior, Large Group	Scott Co Rockers	D.Sr.4
11:15 AM	Senior, Large Group	Link Illusion	D.Sr.4
11:20 AM	Senior, Large Group	CR Can't Touch Tricky	D.Sr.4
11:25 AM	Senior, Large Group	Marshalltown Parks & Rec Super Stars	D.Sr.5
11:30 AM	Senior, Large Group	SCA Thunder	D.Sr.5
Dance (Music) - Advanced (Mount & Tumble)			
11:35 AM	Senior, Small Group	Marion County Special Olympics	D.Sr.6
11:40 AM	Senior, Large Group	Confident Kickers	D.Sr.7
11:40 AM - 12:00 AM	Traditional Dance (Music) Awards		
12:00 AM - 12:50 PM	LUNCH		
Dance (Music) - Unified Advanced (Mount & Tumble)			
12:50 PM	Junior Unified, Large Group	Central DeWitt Sabers Gold	DU.Jr.1
Dance (Music) - Unified Beginner (Non-Mount & Non-Tumble)			
12:55 PM	Junior Unified, Small Group	West Fork Warhawks	DU.Jr.2
1:00 PM	Junior Unified, Small Group	Winterset Huskies	DU.Jr.2
1:05 PM	Junior Unified, Small Group	Hippity Hop	DU.Jr.3
1:10 PM	Junior Unified, Small Group	Bobcat Dance	DU.Jr.3
1:15 PM	Junior Unified, Small Group	Mason City Riverhawks	DU.Jr.3
1:20 PM	Junior Unified, Large Group	Central DeWitt Sabers Purple	DU.Jr.4
1:25 PM	Junior Unified, Large Group	Western Dubuque HS	DU.Jr.4
1:30 PM	Senior Unified, Small Group	Honkeytonk Homies	DU.Sr.1
1:35 PM	Senior Unified, Small Group	Peanut & Brittle	DU.Sr.1
1:40 PM	Senior Unified, Large Group	Arc Team Tiger	DU.Sr.2
1:45 PM	Senior Unified, Large Group	Groovy Rockstars	DU.Sr.2
1:45 PM - 2:00 PM	Unified Dance (Music) Awards		

Powerlifting

Venue Director: Ray Strekal & Grace Poots

Iowa City West High School; 2901 Melrose Ave, Iowa City, IA

Parking is available on the south side of the gym near the entrance.

The powerlifting competition will be held at Iowa City West High School. Athletes have been divided according to weight class & will receive three separate attempts in the Squat, Bench Press, and/or Dead Lift with their coach dictating the weight for each attempt. Once a weight is given, the next lift can only remain the same or be increased. The next attempt cannot be a decrease in weight from the previous attempt.

The standard command system will be in place to ensure athletes' safety & that each lift is done correctly. If the athlete does not follow the command system, the lift will be disqualified. We will have a brief coaches/judges meeting before we start the bench press to make sure we all agree on the commands & what the judges are looking for.

We will use one for squat & three stages for bench press & three for the deadlift & will call the athletes by flights. The athletes will make their three attempts in non-consecutive order meaning each athlete will do their first attempt before the first athlete in the same flight attempts their second lift & so on through each of the three attempts.

Competition will begin with the Squat, followed by Bench Press, followed by Dead Lift. **Awards will be handed out following the competition of a division/flight.** Lunch will be worked in sometime around noon.

Athletes who arrive late to the start of competition will not be able to compete in the Squat but will be able to compete in the Bench Press and/or Dead Lift if registered. All athletes should have their own lifting belt or have one available to use from the team. Gloves are not allowed for safety reasons. However, you may use wrist wraps as long as no part of the hand is covered. Chalk will be available at the event.

Special Olympics Iowa 2025 Spring Classic - Powerlifting				
8:00 am - 8:30 am	Delegation Registration & Check-in			
8:15 am - 9:00 am	Warmups & Coaches' Meeting			
Awards to follow the completion of a Flight				
Session 1 - Squat				
Flight	Platform	Athlete	Division	Event
1	1	Doty, Kevin	M_22_4	SQ
1	1	Stanford, Gage	M_14-21_1	SQ
1	1	Knickerbocker, Andrew	M_22_3	SQ
1	1	Ahrendsen, Kevin	M_22_2	SQ
1	1	Buckley, Trent	M_22_1	SQ
Session 2 - Bench Press				
Flight	Platform	Athlete	Division	Event
1	1	Stauffer, Tracy	F_22_3	BP
1	1	Napierkowski, Danielle	F_22_3	BP
1	1	Bingaman, Judy	F_22_4	BP
1	1	McAninch, Madison	F_14-21_1	BP
1	1	Dunham, Emeline	F_14-21_1	BP
1	1	Bride, Amanda	F_22_2	BP
1	1	Mally, Danielle	F_22_1	BP
1	1	Laird, April	F_22_1	BP
2	2	Smith, Laura	F_22_6	BP
2	2	Sommerfeldt, Kimberlyn	F_22_6	BP
2	2	Schumacher, Hayli	F_22_6	BP
2	2	Burmeister, Lori	F_22_5	BP
2	2	Witte, Taylor	F_22_5	BP
2	2	Clement, Marissa	F_22_5	BP
3	3	Paton, Kylie	F_22_7	BP
3	3	Reddick, Deb	F_22_7	BP
3	3	Strong, Adalene (Adie)	F_22_7	BP
3	3	Copple, Jessica	F_22_7	BP
3	3	Kirk, Amber	F_22_8	BP
3	3	Martinez, Emina	F_22_8	BP
4	1	Mollie Mania	F_14-21_01	BP
4	1	Skellyton Crew	22_01	BP
4	1	Team Yoda	22_01	BP
5	2	Valhalla Warriors	M_22_02	BP
5	2	Vikings	M_22_02	BP
5	2	J-Rockers	M_14-21_01	BP
6	3	Team Batman	M_22_03	BP

The platform for the athlete may be subject to change if another platform becomes available - we will do this in order to keep the competition moving.

6	3	King Dallas	M_22_04	BP
6	3	The Savages	M_22_04	BP
7	1	Spurgeon, Cordell	M_14-21_1	BP
7	1	Norem, Jeffrey	M_14-21_1	BP
7	1	Shulista, Andy	M_22_1	BP
7	1	Norem, Jacob	M_14-21_1	BP
7	1	McWilliams, Adam	M_22_22	BP
7	1	Mattson, James	M_14-21_2	BP
7	1	Peters, Zavion	M_14-21_5	BP
8	2	Bell, Gabriel	M_14-21_4	BP
8	2	Jones, Patrick	M_14-21_7	BP
8	2	Nuygen, Noah	M_14-21_6	BP
8	2	Rissel, Chris	M_14-21_9	BP
8	2	Houghton, Phillip	M_14-21_9	BP
8	2	Kennedy, Creighton	M_14-21_3	BP
9	3	Sankey, James	M_22_10	BP
9	3	Blakely, Kevin	M_22_10	BP
9	3	Mills, Nick	M_22_10	BP
9	3	Speth, Cole	M_22_10	BP
9	3	Claussen, Lee	M_22_10	BP
9	3	Lincoln, Jack	M_14-21_8	BP
10	1	Small, Brad	M_22_13	BP
10	1	Keller, Jordan	M_22_13	BP
10	1	Padgett, Austin	M_22_13	BP
10	1	DeCory, Charles	M_22_11	BP
10	1	Ahrendsen, Kevin	M_22_11	BP
10	1	Baldus, Isaac	M_22_11	BP
11	2	Hines, Lucas	M_22_2	BP
11	2	Benson, Garret	M_22_12	BP
11	2	Novey, Lucas	M_22_12	BP
11	2	Putnam, Connon	M_22_12	BP
11	2	Nord, Micah	M_22_12	BP
12	3	Levandoske, Jared	M_22_14	BP
12	3	Westergreen, Tim	M_22_14	BP
12	3	Layne, Ernest (EJ)	M_22_14	BP
12	3	Irwin, Elijah (Eli)	M_22_4	BP
12	3	Loskill, Corbin	M_22_18	BP
12	3	Todd, Cabot	M_22_18	BP
13	1	Muters, Dokota	M_22_15	BP
13	1	Englekens, Walter	M_22_15	BP
13	1	Werger, Brady	M_22_15	BP
13	1	Donahue, Parker	M_22_15	BP

The platform for the athlete may be subject to change if another platform becomes available - we will do this in order to keep the competition moving.

13	1	Long, Sean	M_22_15	BP
13	1	Bolden, Eric	M_22_15	BP
13	1	Bushby, David	M_22_15	BP
14	2	O'Brian, Dalton	M_22_16	BP
14	2	Small, Jay	M_22_16	BP
14	2	Foxen, Paul	M_22_16	BP
14	2	Black, Thomas	M_22_16	BP
14	2	Twigg, Kris	M_22_16	BP
15	3	Bess, Brian	M_22_3	BP
15	3	Doty, Kevin	M_22_9	BP
15	3	Hawkins, RJ	M_22_5	BP
15	3	Bryant, Curtis	M_22_17	BP
15	3	Ahrendsen, Doug	M_22_9	BP
15	3	Townsley, Randy	M_22_19	BP
15	3	Gerber, Riley	M_22_5	BP
15	3	Norwood, Jason	M_22_20	BP
15	3	Millage, Elmer	M_22_9	BP
16	1	Trader, Cody	M_22_20	BP
16	1	Eitel, Daniel	M_22_20	BP
16	1	St. Clair, Eric	M_22_20	BP
16	1	Flake, Travis	M_22_20	BP
17	2	Hinz, Donald	M_22_6	BP
17	2	Frazier, Travis	M_22_6	BP
17	2	Meyer, Marcus	M_22_6	BP
17	2	Brockert, Kevin	M_22_6	BP
17	2	Paulsen, Nathan	M_22_6	BP
17	2	Koenig, Scott	M_22_6	BP
18	3	Todd, Taylor	M_22_21	BP
18	3	Wyant, Travis	M_22_21	BP
18	3	Trujillo, Matthew	M_22_21	BP
18	3	Deerfield, Marvin	M_22_21	BP
18	3	Petersen, Austin	M_22_21	BP
18	3	Betsworth, Mitchell	M_22_8	BP
At the conclusion of the Awards there will be a lunch break. Please listen to the announcements for when the start of the Deadlift competition will be.				
Session 3 - Deadlift				
Flight	Platform	Athlete	Division	Event
1	1	McAninch, Madison	F_14-21_1	DL
1	1	Burmeister, Lori	F_22_3	DL
1	1	Bingaman, Judy	F_22_3	DL
1	1	Sommerfeldt, Kimberlyn	F_22_6	DL
1	1	Smith, Laura	F_22_6	DL
1	1	Napierkowski, Danielle	F_22_2	DL

The platform for the athlete may be subject to change if another platform becomes available - we will do this in order to keep the competition moving.

1	1	Stauffer, Tracy	F_22_2	DL
2	2	Dunham, Emeline	F_14-21_2	DL
2	2	Schumacher, Hayli	F_22_7	DL
2	2	Kirk, Amber	F_22_7	DL
2	2	Paton, Kylie	F_22_7	DL
2	2	Mally, Danielle	F_22_1	DL
2	2	Bride, Amanda	F_22_1	DL
2	2	Laird, April	F_22_1	DL
3	3	Witte, Taylor	F_22_4	DL
3	3	Copple, Jessica	F_22_8	DL
3	3	Martinez, Emina	F_22_8	DL
3	3	Strong, Adalene (Adie)	F_22_9	DL
3	3	Clement, Marissa	F_22_5	DL
4	1	Mollie Mania	F_14-21_1	DL
4	1	Skellyton Crew	22_1	DL
4	1	Team Yoda	22_1	DL
5	2	Valhalla Warriors	M_22_2	DL
5	2	Vikings	M_22_2	DL
5	2	J-Rockers	M_14-21_1	DL
6	3	Team Batman	M_22_1	DL
6	3	The Savages	M_22_3	DL
6	3	King Dallas	M_22_4	DL
7	1	Shulista, Andy	M_22_1	DL
7	1	Spurgeon, Cordell	M_14-21_1	DL
7	1	Werger, Brady	M_22_20	DL
7	1	Millage, Elmer	M_22_10	DL
7	1	Levandoske, Jared	M_22_16	DL
7	1	Benson, Garret	M_22_16	DL
7	1	Mattson, James	M_14-21_4	DL
8	2	Peters, Zavion	M_14-21_7	DL
8	2	Norem, Jeffrey	M_14-21_2	DL
8	2	Bess, Brian	M_22_3	DL
8	2	Norem, Jacob	M_14-21_2	DL
8	2	Townsley, Randy	M_22_28	DL
8	2	Hawkins, RJ	M_22_5	DL
8	2	Bell, Gabriel	M_14-21_6	DL
9	3	Claussen, Lee	M_22_11	DL
9	3	Nord, Micah	M_22_17	DL
9	3	Novey, Lucas	M_22_17	DL
9	3	Putnam, Connon	M_22_17	DL
9	3	Hines, Lucas	M_22_2	DL
9	3	McWilliams, Adam	M_22_34	DL

The platform for the athlete may be subject to change if another platform becomes available - we will do this in order to keep the competition moving.

9	3	Kennedy, Creighton	M_14-21_5	DL
9	3	Sankey, James	M_22_11	DL
10	1	Long, Sean	M_22_21	DL
10	1	Muters, Dokota	M_22_21	DL
10	1	Houghton, Phillip	M_14-21_10	DL
10	1	Englekens, Walter	M_22_21	DL
10	1	Ahrendsen, Doug	M_22_12	DL
10	1	Mills, Nick	M_22_12	DL
10	1	Speth, Cole	M_22_12	DL
11	2	Small, Brad	M_22_18	DL
11	2	Keller, Jordan	M_22_18	DL
11	2	Small, Jay	M_22_22	DL
11	2	Donahue, Parker	M_22_22	DL
11	2	Lincoln, Jack	M_14-21_9	DL
11	2	Jones, Patrick	M_14-21_9	DL
11	2	O'Brian, Dalton	M_22_22	DL
11	2	Bushby, David	M_22_22	DL
12	3	Bryant, Curtis	M_22_25	DL
12	3	Meyer, Marcus	M_22_6	DL
12	3	Gerber, Riley	M_22_6	DL
12	3	Frazier, Travis	M_22_6	DL
12	3	Blakely, Kevin	M_22_13	DL
12	3	Knickerbocker, Andrew	M_22_6	DL
12	3	Stanford, Gage	M_14-21_3	DL
13	1	Layne, Ernest (EJ)	M_22_19	DL
13	1	Nuygen, Noah	M_14-21_8	DL
13	1	Rissel, Chris	M_14-21_11	DL
13	1	Black, Thomas	M_22_23	DL
13	1	Foxen, Paul	M_22_23	DL
13	1	Westergreen, Tim	M_22_19	DL
13	1	DeCory, Charles	M_22_14	DL
13	1	Padgett, Austin	M_22_19	DL
14	2	Norwood, Jason	M_22_29	DL
14	2	Hinz, Donald	M_22_7	DL
14	2	Todd, Cabot	M_22_26	DL
14	2	Todd, Taylor	M_22_29	DL
14	2	Trader, Cody	M_22_29	DL
14	2	Koenig, Scott	M_22_7	DL
14	2	Paulsen, Nathan	M_22_7	DL
15	3	Wyant, Travis	M_22_30	DL
15	3	Deerfield, Marvin	M_22_30	DL
15	3	Brockert, Kevin	M_22_8	DL

The platform for the athlete may be subject to change if another platform becomes available - we will do this in order to keep the competition moving.

15	3	Eitel, Daniel	M_22_31	DL
15	3	Loskill, Corbin	M_22_27	DL
15	3	Baldus, Isaac	M_22_15	DL
15	3	St. Clair, Eric	M_22_31	DL
15	3	Trujillo, Matthew	M_22_31	DL
16	1	Betsworth, Mitchell	M_22_9	DL
16	1	Irwin, Elijah (Eli)	M_22_4	DL
16	1	Petersen, Austin	M_22_32	DL
16	1	Twigg, Kris	M_22_24	DL
16	1	Flake, Travis	M_22_32	DL
16	1	Buckley, Trent	M_22_33	DL
End of Competition				

The platform for the athlete may be subject to change if another platform becomes available - we will do this in order to keep the competition moving.

Healthy Athletes Information

Venue Director: Maya Knudsen

Throughout each year, Special Olympics Iowa provides Special Smiles, Opening Eyes, FUNFitness, Fit Feet, Healthy Hearing, Healthy Promotion, & Medfest screenings at no charge to Special Olympics athletes. All Healthy Athlete disciplines will be offered on Saturday, March 15th from 9:00am to 3:00pm at Iowa City West High School. Join us at the Spring Classic for the opportunity to earn giveaways & receive screenings in the following disciplines:

Health Promotion

Clinical Director: Judy Fitzgibbons & Erin Good

This program offers athletes' tips on nutrition, adequate hydration, maintaining personal hygiene, safety, fitness, danger of tobacco use, sun safety & other health concerns. Athletes will have an opportunity to receive a simple health check that includes height, weight, blood pressure & a review of healthy lifestyle habits. Handouts & giveaways will be available to athletes who participate.

Healthy Hearing

Clinical Directors: Jaqueline Carder & Elizabeth Stangl

This program offers athletes the services of hearing examinations & follow-up recommendations.

Special Smiles

Clinical Directors: Mary Kelly & Kathy Thorsteinson

This program offers athletes the services of oral screening, oral health education, preventative products & information about follow-up care. Dentists & dental hygienists have been recruited to conduct exams who have received specialized training to work with this population.

Strong Minds

Clinical Director: Kelly Vinquist

This program is an interactive learning activity focused on developing adaptive coping skills. Competition provides a natural opportunity to develop active strategies for maintaining emotional wellness under stress, such as: thinking positive thoughts, releasing stress, and connecting with others.

Special Olympics Iowa Emergency Management Plan

In the event of an emergency situation, (bus accident, hotel fire, athlete/coach/volunteer death, etc.) we must be ready to act. Specific assignments, in order to acquire & disseminate information & data, will be necessary in order for us to make necessary decisions. Communication among ourselves is vital in order for us to manage the situation, rather than just be reactionary. With that as a preface, the following is our initial plan for managing an emergency situation:

Step One - Whoever receives the phone call or message or witnesses an emergency or potential emergency, should determine whether or not the proper authorities (e.g., police, rescue squad, fire department, etc.) have been notified. Our first objective is to prevent further injury & give the necessary treatment to those who are injured.

Step Two - If an emergency should occur at a venue, the Event Director should be located & directed to the scene. The Event Director should notify Special Olympics Iowa Staff.

Event Directors / SOIA Staff:

Basketball Skills: Sela Ingall & Kenzie Olson
Basketball Team: Katie Wiese & Sydney Sloan

Cheer & Dance: Kirsten Selsor
Powerlifting: Ray Strekal & Grace Poots

If an emergency should occur on the way to or from an event, please notify John Kliegl at 515-418-7339. We ask that you direct all media inquiries & representatives to Megan Filipi, mfilipi@soiowa.org, Special Olympics Iowa Director of Marketing & Communications.

Spring Classic Souvenir Sales

Souvenir Sale Hours

Saturday, March 15	10:00 am - 2:00 pm	University of Iowa Field House
Saturday, March 15	10:00 am - 2:00 pm	GreenState Family Fieldhouse
Saturday, March 15	10:00 am - 2:00 pm	Iowa City West High School

We accept cash, check, Venmo or credit cards.
Checks should be made out to Special Olympics Iowa.



Special Olympics Iowa thanks the following individuals, groups, & organizations for their contributions to the success of the 2024 Special Olympics Iowa Spring Classic, & for their support of more than 10,000 Athlete & Unified partners across the state. Without the support of these generous individuals & organizations Special Olympics Iowa would not be able to offer the quantity & quality of events we do for our athletes, coaches, families, & volunteers.

Spring Classic Games Committee

Brian Bates	Athlete Representative	Gene Nissley	Registration & Set-up
Elizabeth Stangl	Healthy Hearing	Kelly Vinqvist	Strong Minds
Jaqueline Carder	Healthy Hearing	Ray Strekal	Powerlifting
Chris Conway	University of Iowa Facilities	Kathy Thorsteinson	Special Smiles
Judy Fitzgibbons	Health Promotion	Derek Timmerman	University of Iowa Parking
Paul Kaeffring	Lunch	Mike Valentine	University of Iowa Facilities
Mary Kelly	Special Smiles	Erin Good	Health Promotion

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