



The Sioux City Knights are proud to offer year round training and competition to over 170 Siouxland Athletes in 15 sports free of charge. To be able to accomplish this we have over 50 committed volunteers who coach and chaperone the athletes.

If you would like more information on being a volunteer please click [here](#).

Please come to our planning committee meeting to find out what is going on with the Sioux City Knights. Our next meeting is Monday November 18 at 6:00 at Steinbecks. If this time is not convenient for you please let us know and we may be able to schedule at another time so you can join us. We will discuss the upcoming winter sports season. This meeting is open to anyone who is

interested in Special Olympics. The meetings are child/athlete friendly.



Driven to Give is a fundraiser that the Lincoln Motor Company uses to support Community groups. We have been fortunate to be chosen by Sioux City Ford Lincoln as a recipient of this event. The Sioux City Knights had over 200 people come out to North Middle School and test drive Lincoln vehicles for us. For every person that drove a car the Lincoln Motor Company donates directly to the Sioux City Knights. We received a donation of \$7,460 from the Lincoln Motor Company. We appreciate all the support that we received from the athlete's families, friends and care givers! We couldn't do this with out all of you! Thank you to the Staff of Sioux City Ford for volunteering their time to go on the test drives that day.

On Oct 5th we had the Unified Golf Tournament. It was a huge success! Thank you to all the unified partners that came out to make this a wonderful, fun filled day for our athletes!





New/Renewing Athlete Physical Form link

Every 3 years all athletes need a new physical. Are you an athlete that needs a **New Physical** done? Or a new athlete to Special Olympics? All new or renewing athletes will need to use this form. The link to the updated forms is found [HERE](#).

Please be sure to be aware of when your athlete needs to have their physical renewed. It is required every three years. If an athlete's physical expires, they will not be allowed to compete. This is a safety regulation enforced by the state office. We notify all athletes and their family/care givers when physicals are nearing their expiration. We will not be able to allow athletes to practice after their physical has expired.

Below is information on each sport for Mid-Winter Games. You are only able to compete in 1 sport because all competitions are on March 14 in Iowa City. The Knights will take a bus and provide hotel rooms and chaperones for any athletes who qualify for the Mid-Winter Tournament. Dance and Cheer teams automatically qualify for State. Basketball skills will have districts on 1/25 and those receiving a blue ribbon in their division will qualify for state. The basketball teams have districts on 2/1 and the teams that receive a blue ribbon will qualify for state. By committing to a team you are committing to traveling to the district and state competitions. Athletes need to attend practice with their teams as well. If you are not able to commit to the practice schedule please consider an individual sport and not a team sport.

DETAILS FOR MID-WINTER TOURNAMENT
Basketball Skills

Basketball Skills is an individual sport for athletes who are unable to play on a team or to learn/fine tune various aspects of the game.

Northwest Area competition for basketball skills is January 25, 2020 in Sioux Center. All athletes who win first place/blue ribbon in their division advance to State Tournament in Iowa City, March 13-14.

Practice is Saturday morning at 9:00 at North Middle School. Athletes are required to attend 80% of scheduled practices.

Please review and sign the commitment form below. Detach and return this by 11/16/19. Keep a copy for your records.

----- Detach here -----

Athlete's Name (first & last) _____ Team: _____

Will athlete be able to attend 80% of practices? _____ If not, why? _____

Circle one:

Will athlete attend Northwestern Region Competition on 1/25/20? **Yes** **No**

Will athlete plan to attend the Mid-Winter Games if they qualify on 3/13-14/20? **Yes** **No**

Will athlete travel by team bus to Iowa City
or travel separately at own expense?

Will athlete stay in team hotel (1:3 ratio)
or stay separately at own expense?

Team Bus **Separately**

Team Hotel **Separately**

Circle all that apply:

I am a Class A Volunteer that will ride the bus as well as be a room chaperone **Yes** **No**

Will you be turning in a Special Request form (food or lodging) by 1/26/20? Circle one: **Yes** **No**

Print athlete name

Print Parent/Guardian/Chaperone Name

Athlete's Signature/Date

Parent/Guardian/Chaperone Signature/Date

**DETAILS FOR MID-WINTER SPORTS
Team Basketball**

The number and type (5:5 senior, 5:5 or 3:3 junior, 5:5 or 3:3 unified or 5:5 or 3:3 developmental) basketball teams for the 2019-2020 season after individual player assessments are completed. Majority of the team basketball practice will be held Saturday mornings at 9:00. You will need to check Facebook and emails weekly for changes in schedule.

All athletes on team basketball need to be able to commit to going to both the Western region classification on 2/1/20 in Mondamin **AND** the state games in Iowa City on 3/13-14/20 should their team advance. Only athletes that can make both commitments will be placed on the teams.

Athletes in this sport should have a solid white t-shirt to go under the team basketball jersey (provided). Shorts are provided also but athletes may wish to wear black biker shorts underneath. Athletes need to have court shoes and socks. As with all sports, athletes should have the appropriate undergarments (i.e. sports bra, etc.) for all practices and competitions. We will have the uniforms at practice, after teams are formed to make sure we have sizes for everyone. Uniforms belong to the delegation and we cannot guarantee an athlete will have the same number jersey as last year. Replacement cost for a damaged uniform is \$45.00.

Please review and sign the commitment form below. Detach and return this by 11/16/19. Keep a copy for your records.

----- Detach here -----

Athlete's Name (first & last) _____ Team: _____

Unified Partner's name (first & last) _____ Team: _____

Will athlete be able to attend 80% of practices? _____ if not, why? _____

Circle one:

Does athlete commit to attending the Western Region Conference on 2/1/20? **Yes No**

Does athlete commit to attending the Mid-Winter Games on 3/13-14/20? **Yes No**

Will athlete travel by team bus to Iowa City or travel separately at own expense?

Will athlete stay in team hotel (1:3 ratio) or stay separately at own expense?

Team Bus Separately

Team Hotel Separately

Circle all that apply:

Am I a Class A Volunteer that will ride the bus as well as be a room chaperone **Yes No**

Will you be turning in a Special Request form (food or lodging) by 1/26/20? Circle one: **Yes No**

Print athlete name _____

Print Parent/Guardian/Chaperone Name _____

Athlete's Signature/Date _____

Parent/Guardian/Chaperone Signature/Date _____

OPPORTUNITIES

11/23/19 - The Conservatory of Music invites all musicians to join them at the Orpheum Theater as they gather the most people in one place to play the Bohemian Rhapsody for a place in the Guinness Book of World Records! To participate or purchase tickets to watch contact the Conservatory of Music at 712-574-1751

12/2/19 - NAIA volleyball clinic at the Tyson Event Center

PRACTICES

All practices subject to change.

Please check Facebook the day of the practice for updates.

Dance

12/1/19 6:30 - Opportunities Unlimited

Basketball

11/2/19 - 9:00 am - North Middle School

11/16/19 - 9:00 am - North Middle School

11/23/19 - 9:00 am - North Middle School

12/7/19 - 9:00 am - North Middle School

LOOK AHEAD

Please note: dates, times, and venues subject to change and are updated monthly.

Weekly practices are not included in this section.

- 11/2/19 - State Flag Football in Cedar Rapids
- 11/9/19 - Global Messenger Training - Des Moines
- 11/23/19 - State Bowling Council Bluffs Thunderbowl
- 12/2/19 - NAIA Volleyball Clinic -Tyson Events Center
- 1/25/20 - District Basketball Skills at Dordt College
- 2/1/20 - West Area Team Basketball at Mondamin
- 3/10/20 - NAIA Basketball Clinic - Tyson Events Center
- 3/14/20 - Mid Winter State Tournament
- 3/26/20 - District Swimming in Spirit Lake
- 4/18/20 - District Track and Field at Dordt College
- 5/21-23 - Summer Games at Iowa State University