

JUNE 2020

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Perseverance: persistence in doing something despite difficulty or delay in achieving success.

Even though we are not able to train together, I hope all athletes will keep training at home. Even though it is difficult and not as much fun as getting together with friends, we need our athletes to stay healthy and fit. Eat right and exercise every day. Prepare for when we are able to compete together as a team!

Characteristics of a Knight by which we should try to live our lives:

Loyalty: stay faithful to our teammates

Servant Leadership: be willing to help others

Kindness: be generous and considerate to others

Humility: put others ahead of yourself

Purity: Have a clean heart

Self Discipline: practice self control and work to overcome weakness

Excellence: always do your best

Integrity: do the right thing even when no one is looking

Perseverance: stick to it to the finish

The Sioux City Knights are a group of athletes, lead by coaches and volunteers who are always trying to learn and grow.

The Knights will have a planning committee meeting at 1:00 on June 6th at 4429 46th Street Court in Leeds. Bring you lawn chair and anything you would like for a snack or drink for yourself.

Visit the Sioux City Knights new website: siouxcityknights.com

****UPDATE:** Special Olympics Iowa has extended the suspension of all training and activities through the end of June. Official announcement below.**

Good Afternoon,

As we continue to follow the recommendations put forth by the CDC and the Iowa Department of Health, Special Olympics Iowa has made the difficult decision to extend the suspension of all training and activities through the end of June.

The suspension will affect all sports training, practices, and competitions. Also included in this suspension are all fundraising events. While extending the suspension is disappointing, we know that our love for sport does not compare to the importance of protecting the health of our athletes and the whole SOIA community.

Special Olympics Iowa will continue to develop new programming that athletes can implement at home. All health, fitness, and programming resources will be available on our website, soiowa.org, and dispersed through SOIA social media channels. We will be launching the Steppin' Through Summer Challenge mid-June, more information about this challenge will be available at the beginning of the month. The goal continues to be to develop alternative ways that the

Please continue to be vigilant regarding the coronavirus (COVID-19). Follow social distancing guidelines and staying home if you don't feel well.

Additional information and scheduling updates will continue to be available on our website, soiowa.org.

Thank you for your patience, support, and understanding as we navigate this constantly changing environment.

Sincerely,
John Kliegl
President & CEO
Special Olympics Iowa

Wall of Fame has provided an online store for you to purchase clothing with the Knights Logo. Please click [here](#) to go to the online store to look at what is available. You are able to order the sizes and colors of your choice and have it shipped to you if you choose.

RESULTS FROM THE VIRTUAL SUMMER GAMES!

Mitchell Bettsworth– Push ups-2nd, Free Throw-1st, Dribble-3rd, Sit ups-2nd
Amanda Bride–200 dash-1st, 50 dash-1st, Standing Long Jump-3rd
Billy Habermann–Free Throw-3rd, Lay up-2nd, 3 point shot-1st
Chuck DeCory–Lay up-3rd, 3 point shot-1st, Free Throw-1st
Robin Dreeszen–Free Throw-3rd, Lay up-2nd
Abigail Cvrk–Standing Long Jump-3rd, Push ups-1st, Sit ups-2nd
Heather Pencil–50 dash-1st
Christina Rasmussen–Free Throw-2nd, Lay up-3rd, Dribble-2nd
Josh Davis–Dribble-1st, Free Throw-1st
Cari Davis–200 Dash-3rd, 100 Dash-3rd Long Jump-1st

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.

DEADLINES

Our Deadline section has important dates to pay attention to

PRACTICES

All practices subject to change.
Please check Facebook the day of the practice for updates.

LOOK AHEAD

*Please note: dates, times, and venues subject to change and are updated monthly.
Weekly practices are not included in this section.*

- 9/19/20 - Driven to Give Fundraiser
- 9/19/20 - Athlete Leadership training, Des Moines
- 9/26/19- State Flag Football Cedar Rapids
- 10/3/20 - Unified Golf

Don't forget to like us on Facebook

[facebook.com/SCKnightsSpecialOlympics](https://www.facebook.com/SCKnightsSpecialOlympics)

<http://siouxcityknights.com/>

Sioux City Knights Special Olympics Iowa

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