

AUGUST 2020

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**Knights**

**Special Olympics**  
Iowa

A Special Olympics Iowa nights and weekend delegation serving athletes ages eight and older in Sioux City and surrounding area.



Today, with grace and determined to the very end, Lori Emery lost her battle with cancer.

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Emery; sisters, Ruth Krantz and Lynne Eckert; aunt Andrea Prince; two grandchildren, Josephine and William, and many in-laws and nieces and nephews. She was preceded in death by her father, Jim Lapham; her mother, Valerie McKnight; her grandmother, Virginia Jacobs; her brother, Jim Lapham, Jr.; and her son, Alexander Emery.

It is hard to sum up Lori's life in words. Lori was passionate about serving others, was a fierce advocate in the special needs community, and made friends wherever she went. Over the years she was actively involved in the American Red Cross, Girl Scouts, Coppell Special Olympic, Spirit Horse Therapeutic Riding Center, the Sioux City Knight Special Olympics, Big Brothers Big Sisters of Siouxland, the Down Syndrome Association of the Valley, and Miss Amazing. In later years she found kinship in the local theater companies including the Sioux City Community Theater, the Salem Theater, and the Hopewell Theater. Lori was quick to thank others by sending notes, give gifts, and baking her signature brownies. She loved to cook and she made a mean lasagna. She enjoyed spending time with her family, volunteering for numerous charities, crafting, gardening, playing tennis, bowling, puzzles of all kinds, going to the beach, and had a soft spot for donkeys. She loved being a mom and was proud to be a "fun" grandma.

Lori was a positive voice to many going through challenging times or personal struggles. And although she didn't stay in any one place for too long, she collected life-long friends that she kept in touch with regularly. She enjoyed encouraging others and sharing her positivity in all situations, including her battle with cancer.

Her loss is profoundly felt by many. In lieu of flowers please consider sending donations to the Sioux City Knights (or your local Special Olympic chapter), the Down Syndrome Association of the Valley (DSAV), or your local community theater.

Sioux City Knights Special Olympics  
PO Box 1055 Sioux City, IA 51102

DSAV  
945 Boardman Canfield Rd. Suite 12, Boardman, OH 44512

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Good Evening,

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training and competitions until further notice. The decision to extend the suspension is never easy, however, the health and safety of our athletes are always most important.

While we are not returning to practices and competitions yet, Special Olympics Iowa has begun working on a Return to Play plan. We are hopeful we will be able to begin implementing this plan later this fall. Coaches and delegation managers can expect to receive more information about the Return to Play plan in an email from Dawn Criss, Senior Director of Programs and Sports, in late August.

Special Olympics Iowa staff continues to work on new virtual programming and events and is looking forward to rolling out new opportunities in the coming days and weeks. More information about these opportunities can be found on the SOIA website, [soiowa.org](http://soiowa.org), and SOIA social media channels.

Please continue to stay connected and be vigilant regarding the coronavirus (COVID-19).

This is a difficult time, but together we will get through this.

Sincerely,  
John Kliegl  
President & CEO  
Special Olympics Iowa

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VIRTUAL SOFTBALL STATE RESULTS

<p>Ariel O</p> <p>Hitting-3<sup>rd</sup> place                      Throwing-2<sup>nd</sup> place                      Base Running-3<sup>rd</sup> place                      Fielding-1<sup>st</sup> place</p>	<p>Austin P</p> <p>Hitting-1<sup>st</sup> place                      Throwing-1<sup>st</sup> place                      Base Running-1<sup>st</sup> place                      Fielding-1<sup>st</sup> place</p>
<p>Cari D</p> <p>Hitting-2<sup>nd</sup> place                      Throwing-2<sup>nd</sup> place                      Base Running-3<sup>rd</sup> place                      Fielding-2<sup>nd</sup> place</p>	<p>Christina R</p> <p>Hitting-1<sup>st</sup> place                      Throwing-1<sup>st</sup> place                      Base Running-2<sup>nd</sup> place                      Fielding-1<sup>st</sup> place</p>
<p>Cody P</p> <p>Hitting-3<sup>rd</sup> place                      Throwing-2<sup>nd</sup> place                      Base Running-2<sup>nd</sup> place                      Fielding-2<sup>nd</sup> place</p>	<p>Colby J</p> <p>Hitting-2<sup>nd</sup> place                      Throwing-1<sup>st</sup> place                      Base Running-2<sup>nd</sup> place                      Fielding-2<sup>nd</sup> place</p>
<p>Coleton H</p> <p>Hitting-1<sup>st</sup> place                      Throwing-2<sup>nd</sup> place                      Base Running-3<sup>rd</sup>                      Fielding-2<sup>nd</sup> place</p>	<p>Desiree P</p> <p>Hitting-1<sup>st</sup> place                      Throwing-1<sup>st</sup> place                      Base Running-1<sup>st</sup>                      Fielding-2<sup>nd</sup> place</p>
<p>Elizabeth B</p> <p>Hitting-1<sup>st</sup> place                      Throwing-1<sup>st</sup> place                      Grounding-1<sup>st</sup> place</p>	<p>Jesse P</p> <p>Hitting-2<sup>nd</sup> place                      Throwing-1<sup>st</sup> place                      Base Running-2<sup>nd</sup> place                      Fielding-1<sup>st</sup> place</p>
<p>Jessica C</p> <p>Hitting-1<sup>st</sup> place                      Throwing-2<sup>nd</sup> place                      Base Running-2<sup>nd</sup> place                      Fielding-2<sup>nd</sup> place</p>	<p>Kirk H</p> <p>Hitting-1<sup>st</sup> place                      Throwing-3<sup>rd</sup> place                      Base Running-3<sup>rd</sup> place                      Fielding-2<sup>nd</sup> place</p>
<p>Mitchell B</p> <p>Hitting-2<sup>nd</sup> place                      Throwing-3<sup>rd</sup> place                      Base Running-1<sup>st</sup> place                      Fielding-1<sup>st</sup> place</p>	<p>Preston S</p> <p>Hitting-2<sup>nd</sup> place                      Throwing-1<sup>st</sup> place                      Base Running-1<sup>st</sup> place                      Fielding-1<sup>st</sup> place</p>
<p>Randi S</p> <p>Hitting-2<sup>nd</sup> place                      Throwing-1<sup>st</sup> place                      Base Running-2<sup>nd</sup> place                      Fielding-1<sup>st</sup> place</p>	<p>Shelly W</p> <p>Hitting-1<sup>st</sup> place                      Throwing-1<sup>st</sup> place                      Base Running-3<sup>rd</sup> place                      Fielding-2<sup>nd</sup> place</p>
<p>Vanessa N</p> <p>Hitting-1<sup>st</sup> place                      Throwing-2<sup>nd</sup> place                      Base Running-1<sup>st</sup> place                      Fielding-1<sup>st</sup> place</p>	

Congratulations to everyone who was able to participate in the virtual softball state competition.

Visit the Sioux City Knights new website: [siouxcityknights.com](http://siouxcityknights.com)

With the continued suspension of activities by Special Olympics Iowa,

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the Virtual Softball Skills Competition with us. We were impressed by how smoothly things ran and would like to continue to offer opportunities for athletes to practice their athletic skills. The first opportunity will be on August 23 at Spalding Park from 1-2:30 pm. Athletes can show off their basketball skills by shooting, passing and dribbling on the court. If the weather is not cooperative, we will have to postpone the event. This will be run the same as we did softball. All athletes, and volunteers will wear masks and gloves. If you have your own basketball, please bring it. Wait in your vehicle until you are called for your turn. We will run everyone through as fast as we can in a first come first serve fashion. Only one athlete will be at a station at a time so please be patient.

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### **KNIIGHTS OF THE ROUND TABLE BASKETBALL SKILLS GUIDELINES**

THIS A ONE DAY EVENT, IT IS NOT CONSIDERED A PRACTICE. This is not a Special Olympics event or a Special Olympics practice. Special Olympics Iowa has suspended all practice and activities. This is something we are doing as parents & caregivers to keep our athletes involved and active.

Every athlete & volunteer must wear a mask & gloves. We will have some masks and gloves available for those who do not have any.

Each person is asked to bring their own water or Power Drink. No sodas please.

Bring your own sunscreen.

Athletes will stay in their vehicle until they are called or may sit on a lawn chair near their vehicle. Athletes will be called to the field when there is an opening in play. No one will be allowed in the dugout or on the bleachers. Running around & visiting will be discouraged. The 6 foot rule will be enforced. Once an athlete/family/group home has completed the scoring process they will leave the area.

When participants arrive, you will be given a sheet showing the various stations, you will also write your name on it.

All athletes are asked to bring their own basketball, if they have one. An athlete will be given team a ball they can use. The athlete will carry this ball with them through each station. Upon completion the ball will be wiped with disinfecting wipes.

Only one athlete will be on station at a time. Stations will consist of shooting baskets from designated spots, dribbling for accuracy around cones & passing a ball between athlete & volunteer.

Volunteers follow the 6 foot rule with athletes & each other. Parents/caregivers bringing athletes may be asked to help when their athlete is on the field.

This will be done on a first come first served basis.

We will get this completed as quickly as possible, please be patient until we get to you.

Aug 30th we will have Track and Bocce, also at Spalding Park. Details below

### KNIGHTS OF THE ROUNDTABLE TRACK SKILLS GUIDELINES

THIS A ONE DAY EVENT, IT IS NOT CONSIDERED A PRACTICE. This is not a Special Olympics event or a Special Olympics practice. Special Olympics Iowa has suspended all practice and activities. This is something we are doing as parents & caregivers to keep our athletes involved and active.

Every athlete & volunteer must wear a mask & gloves. We will have some masks and gloves available for those who do not have any.

Each person is asked to bring their own water or Power Drink. No sodas please.

Bring your own sunscreen.

Athletes will stay in their vehicle until they are called or may sit on a lawn chair near their vehicle. Athletes will be called to the field when there is an opening in play. No one will be allowed in the dugout or on the bleachers. Running around & visiting will be discouraged. The 6 foot rule will be enforced. Once an athlete/family/group home has completed the scoring process they will leave the area.

When participants arrive, you will be given a sheet showing the various stations, you will also write your name on it.

Only one athlete will be on station at a time. Stations will consist of mini javelin toss/softball throw, running/walking & long jump. Possible race between 2 athletes of equal ability with 6 feet between "lanes". Javelins & softballs will be wiped with disinfecting wipes between athletes.

Volunteers follow the 6 foot rule with athletes & each other. Parents/caregivers bringing athletes may be asked to help when their athlete is on the field.

This will be done on a first come first served basis.

We will get this completed as quickly as possible, please be patient until we get to you.

### KNIGHTS OF THE ROUND TABLE BOCCE SKILLS GUIDELINES

THIS A ONE DAY EVENT, IT IS NOT CONSIDERED A PRACTICE. This is not a Special Olympics event or a Special Olympics practice. Special Olympics Iowa has suspended all practice and activities. This is something we are doing as parents & caregivers to keep our athletes involved and active.

Every athlete & volunteer must wear a mask & gloves. We will have some masks and gloves available for those who do not have any.

Each person is asked to bring their own water or Power Drink. No sodas please.

Bring your own sunscreen.

Athletes will stay in their vehicle until they are called or may sit on a lawn chair near their vehicle. Athletes will be called to the field when there is an opening in play. No one will be allowed in the dugout or on the bleachers. Running around & visiting will be discouraged. The 6 foot rule will be enforced. Once an athlete/family/group home has completed the scoring process they will leave the area.

When participants arrive, you will be given a sheet showing the various stations, you will also write your name on it.

Bocce sets will be provided. The athlete will carry the ball they are given with them through each station or "game" they play. Upon completion the ball will be wiped with disinfecting wipes.

Only one athlete will be on station at a time. Stations will consist of rolling ball at designated spot for accuracy & playing a short game. Game will consist of 2 players & 1 volunteer. Players will stand at opposite ends of court. Volunteer will place pallino various spots on court & return balls to athletes.

Volunteers follow the 6 foot rule with athletes & each other. Parents/caregivers bringing athletes may be asked to help when their athlete is on the field.

This will be done on a first come first served basis.

We will get this completed as quickly as possible, please be patient until we get to you.

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.

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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.

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## **DEADLINES**

Our Deadline section has important dates to pay attention to

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## **PRACTICES**

All practices subject to change.

Please check Facebook the day of the practice for updates.

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## **LOOK AHEAD**

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

*Weekly practices are not included in this section.*

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- 8/23/20 - 1:00-2:30 One Day Event: basketball Skills @Spalding Park
- 8/30/20 - 1:00-2:30 One Day Event: Track @Spalding Park
- 8/30/20 - 1:00-2:30 One Day Event Bocce @Spalding Park
- 9/20/20 - 1:00-2:30 One Day Event Soccer Skills @Spalding Park
- 9/27/20 - 1:00-2:30 One Day Event Golf @TBD
- 10/4/20 - 1:00-2:30 Tennis Skills @ Lief Erickson Park
- 10/4/20 - 1:00-2:30 Football Skills @ Lief Erickson Park
- 10/3/20 - Unified Golf ? maybe

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### ***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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