

SEPTEMBER 2021

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We are the Sioux City Knights, a Special Olympics Iowa delegation that was founded in December 2012 with just 5 athletes and 2 sports. Our delegation was created to fill the void left after athletes graduated the local school systems and/or did not have a Special Olympics team in their current schools. Since our inception we have grown to over 170 athletes, ages 8 and older, with year-round training in 17 sports.

We are a volunteer driven organization and no one in our delegation receives pay for the many hours they put in for training, fund-raising etc. While we are part of Special Olympics Iowa and fall under their 501c3 status, we receive limited funds from them through 2 grants per year. The bulk of our operations falls upon us and local fund-raising. While we support Special Olympics Iowa in events like the Siouxland Polar Plunge and the Taco John's Nachos Navidad campaign, these funds go straight to the state office.

We have been able to provide these years of service to our growing population of athletes through the dedication and hard work of our parents, coaches and supporters by having various local fundraisers. We are always seeking help in securing cash donations for our delegation.

P.O. Box 1055, Sioux City, Iowa 51102.

Our planning committee meets almost monthly to plan activities and coordinate practices for our athletes. **Please join us at our next meeting: Sept 18th at 12:30 at Steinbeck's** (in the back room)



This Summer Special Olympics Iowa announced the athletes who will be going to Orlando for the 2022 National Games. The Sioux City Knights are proud to have several athletes, unified partners and coaches who will be on Team Iowa! The Team Iowas athletes from all over the state were announced at a Des Moines Cubs baseball game on Aug 7th!



BOWLING SCHEDULES

Dates 9/12 & 9/19 Tournament 10/10	Dates 9/26 & 10/3 Tournament 10/17
Toria Megill	Tabitha Blatchford
Jacob Simons	Zach Rose
Carol Simons UP	Chenille Rose (UP)
Mitch Betsworth	Marissa Norris
Billy Habermann	Dewey Moman, ramp
Chuck DeCory	Ariel Olson
Dustan Cummings	Ashley Ford
Robin Dreezen	Colby Joens
Austin Hunter	Coleton Henrickson
Shelly Wiegand	Elizabeth Balm
Abigail Cvrk	Kirk Haire
Desiree Peterson	Randi Sturges
Des' Unified Partner	Crystal Kiewel
Preston Stevens	Lee Hall
Ryan Tigges	Nadine Herfel (new)
Jennifer Jacobsma	Shelby Jackson
Jessica Cople	Jake Millikin
Jeremiah Peterson	Ben Millikin
Shelly Ohlfest	Jen Millikin (UP)
Nathan Rogers (new)	Chad Millikin (UP)
Tasha Conklin	Heather Pencil
Kevin Conklin (UP)	Annamarie Pistello
Sara Ubben, ramp	Jessica King
Katie Kopel, ramp	Clifton Lacy
Joe Hutton	Spencer Boone
Miguel McNaughton	Christina Rasmussen
Cari Davis	Austin Padgett
Alexsys Collins	Carrie Lane (UP)
Cody Privett	Britany Belden
Brandon Kobes	Doug Sliter (UP)
	Eric Rasmussen (UP)
	Anoli Quizada Smith

Bowling this year will be held at Rush Werks on Sunday afternoons from 3-5pm. Group A will bowl on Sept 12th and 19th. Group B will bowl Sept 26th and Oct 3rd. We will gather scores for all athletes who bowl.

There will not be a State Tournament this year to keep gatherings to a minimum. We will have a modified regional bowling tournament. The Knights will host the local tournament at Rush Werks on Sunday Oct 10th from 3-5 for Bowling Group A and on Sunday Oct 17th for Group B. All athletes will be

Masks at this time will be optional



The Unified Golf Tournament will be Oct 2nd at Sun Valley Golf Course on Military Road. As in the past it will be shot-gun start with shots alternating between athlete and unified partner. Any Covid guidelines that the state requires will be followed. We hope to be able to serve lunch outside and award medals outside to minimize indoor gatherings.



THE POLAR PLUNGE IS A SIGNATURE FUNDRAISER FOR SPECIAL OLYMPICS,

WHERE INDIVIDUALS AND ORGANIZATIONS RAISE MONEY

TO SUPPORT SPECIAL OLYMPICS IOWA BY JUMPING INTO FRIGID WATERS.

Polar Plunge *Po-lar Plunge (noun AND verb) 1. The act of chilling your body and warming your heart to help raise money for over 14,644 Special Olympics Athletes and Unified partners in the state of Iowa.*

Join the Sioux City Knights Team to Plunge or get more information about donating to or sponsoring the Plunge [here](#).



Flag Football Skills Tournament

Oct 9th check in 9:30 start 10am

This will be an individual skills assessment for athletes (similar to track and field). Athletes will showcase their football skills by catching, throwing for accuracy, throwing for distance, agility and speed hand off and flag pulling. All athletes are able to participate, even if they have never played football before. This will be a 1 day event with medals awarded at the end. Please



DINE TO DONATE! FUNDRAISING NIGHT

**Special
Olympics**
Iowa



Support

Special Olympics Iowa

Dine-In or order To-Go on
Monday, September 13 or
Tuesday, September 14
during store hours and show
this flyer to participate!

10%

DONATION NIGHT

Support Special Olympics Iowa by presenting this flyer to any Iowa Texas Roadhouse location and Texas Roadhouse will donate 10% of your total food purchases to Special Olympics Iowa!

**All Iowa Texas Roadhouse locations
during store hours!**

**Make sure to call ahead or get on
the Waitlist via the Texas
Roadhouse Mobile App before you**





On Monday Sept 13 and Tuesday Sept 14th anyone who presents this flyer when they dine at or get carryout from Texas Roadhouse will donate 10% of their bill to Special Olympics Iowa. Spread the word to family and friends! This fundraiser is good at any Texas Roadhouse in the state of Iowa on these 2 days!

Visit the Sioux City Knights new website: siouxcityknights.com

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.

Many Athletes need a new physical. Over the past 15 months a lot of athlete's physicals have expired. We will try to let everyone know, but if you have not turned in a physical in 3 years you will need a new one. The link to the physical form that we need is below.

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](#).

DEADLINES

Our Deadline section has important dates to pay attention to:

10/30/21- Polar Plunge sign-up

PRACTICES

All practices subject to change.

Please check Facebook the day of the practice for updates.

Bowling

9/12/21 - 3pm Rush Werks Group A (see photo above)

9/19/21 - 3pm Rush Werks Group A

9/26/21 - 3pm Rush Werks Group B (see photo above)

10/3/21 - 3pm Rush Werks Group B

10/10/21 - 3pm Group A Regional Tournament

10/17/21 - 3pm Group B Regional Tournament



Oct 30th before the Siouxland Polar Plunge the Leeds Community Club will host a pancake breakfast fundraiser to support the Sioux City Knights! We hope everyone will join us for breakfast on Oct 30th!

LOOK AHEAD

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

Weekly practices are not included in this section.

- 10/2/21 - Unified Golf

- 10/30/21 - Polar Plunge

Don't forget to like us on Facebook

facebook.com/SCKnightsSpecialOlympics

<http://siouxcityknights.com/>

Sioux City Knights Special Olympics Iowa

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