

FEBRUARY 2022

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Sign up for the spring sports- swimming, bocce, tennis, cycling, soccer, track and field practices are starting. Please let us know what you are interested in. Our next planning committee meeting has not been scheduled please watch for an announcement. Everyone is welcome and many athletes come with their families. Please join us if you have time. We will discuss deadlines and opportunities for our athletes. Everyone is welcome!



Thank you to the Knights of Columbus for the generous donation. The Sioux City Knights Special Olympics is run 100% by volunteers and donations. Thank you to everyone who has supported us with their time and donations. We appreciate everyone who has made it possible to maintain our delegation.



Our basketball teams will have another chance to play during halftime at the Morningside University basketball games on Jan 19. During the 2:00 game halftime the beginner/unified teams will play and during the 4:00 game the



We were able to enter 3 teams in the New Year Basketball Bash tournament at the Arena on Jan 15-16. The Siouxland All Abilities Coalition along with the Hesse Foundation made it possible for our teams to play basketball here in Siouxland. The two Knights competitive teams played each other twice, each winning one game. The beginner unified team played three teams from the Miracle League. Everyone had a great time playing basketball at the Arena!

Basketball practices are held at North Middle School on Saturday mornings at 9 am. We have several athletes who come to cross train and are not going to participate in the regional basketball competitions. If you have an athlete that needs to get some exercise, we have lots of room for walking if you are able to join us on Saturday mornings. Enter through the far back door.

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](#).

Also Class A volunteers need to renew every 3 years also and the link to the paperwork is [HERE](#). The protective behavior training [HERE](#). And the Quiz [Here](#).

DEADLINES

Our Deadline section has important dates to pay attention to:

2/12/22 - Athletics, Soccer, Cycling, Track & Field, & Tennis sign ups.

PRACTICES

All practices subject to change.

Please check Facebook the day of the practice for updates.

Basketball

2/12/22- 9 am North Middle School

2/19/22-9 am North Middle School

2/26/22-9 am North Middle School

3/5/22 - 9 am North Middle School

3/11/22 - Board Bus to Iowa City!

Dance

2/10/22 - 6 pm North Middle School

2/12/22- 9 am North Middle School

2/15/22 - 6 pm North Middle School

2/19/22-9 am North Middle School

2/22/22 - 6 pm North Middle School

2/26/22 - 9 am North Middle School

3/5/22- 9 am North Middle School

3/11/22-Board Bus to Iowa City!

Swimming & Powerlifting

2/6/22 - 1:30 - Morningside College HYPR Center

2/13/22 - 1:30 - Morningside College HYPR Center

2/20/22 - 1:30 - Morningside College HYPR Center

2/27/22 - 1:30 - Morningside College HYPR Center

Athletics, Soccer & Bocce

2/12/22 - 10:15-10:45 am - North Middle School-inside

2/19/22 - 10:15-10:45 am - North Middle School-inside

2/26/22 - 10:15-10:45 am - North Middle School-inside

3/5/22 - 10:15-10:45 am - North Middle School-inside

LOOK AHEAD

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

- 2/5/22 - Basketball Team Competition Mondamin, IA
- 2/7/22 - Mid Winter Registration Due
- 3/1/22 - District Swim Registration Due
- 3/11-3/12- Mid Winter Games -Iowa City, IA
- 3/24/22 - District Swim Spirit Lake, IA
- 4/1/22 - District Athletics Registration Due
- 4/16/22-District Track & Fields LeMars High School
- 5/1/22 - Summer Games Registration Due
- 5/19-5/21- Summer Games Ames, IA
- 6/4/22 - National Games Athletes fly to Orlando
- 7/9/22 - District Softball - Sioux City

NATIONAL GAMES ATHLETES NOTICES

- Informational Meeting TBD

Swim, Powerlifting, and golf practices @ Morningside on Sundays at 1:30

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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