

SEPTEMBER 2022

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The Sioux City Knights will have a planning committee meeting on Sept 17th at noon at Steinbeck's to discuss the upcoming sports seasons. We will be looking at basketball, dance and powerlifting schedules. Anyone who wishes to coach is welcome to reach out and let me know. We will also present as much information as we have from state about schedules for Flag Football, Unified Golf, Bowling and the Polar Plunge. Everyone is invited to attend our meetings to gather information or make suggestions. We appreciate everyone's help and suggestions.



Eric and the Dominoes Unified softball team gold medal at State!



The Runaround Sue's softball team pictured above received a gold medal at State!
Below the Da Do Ron Ron's also received a silver medal at State!



Dewey competed in softball skills at the State Competition and received a silver medal!





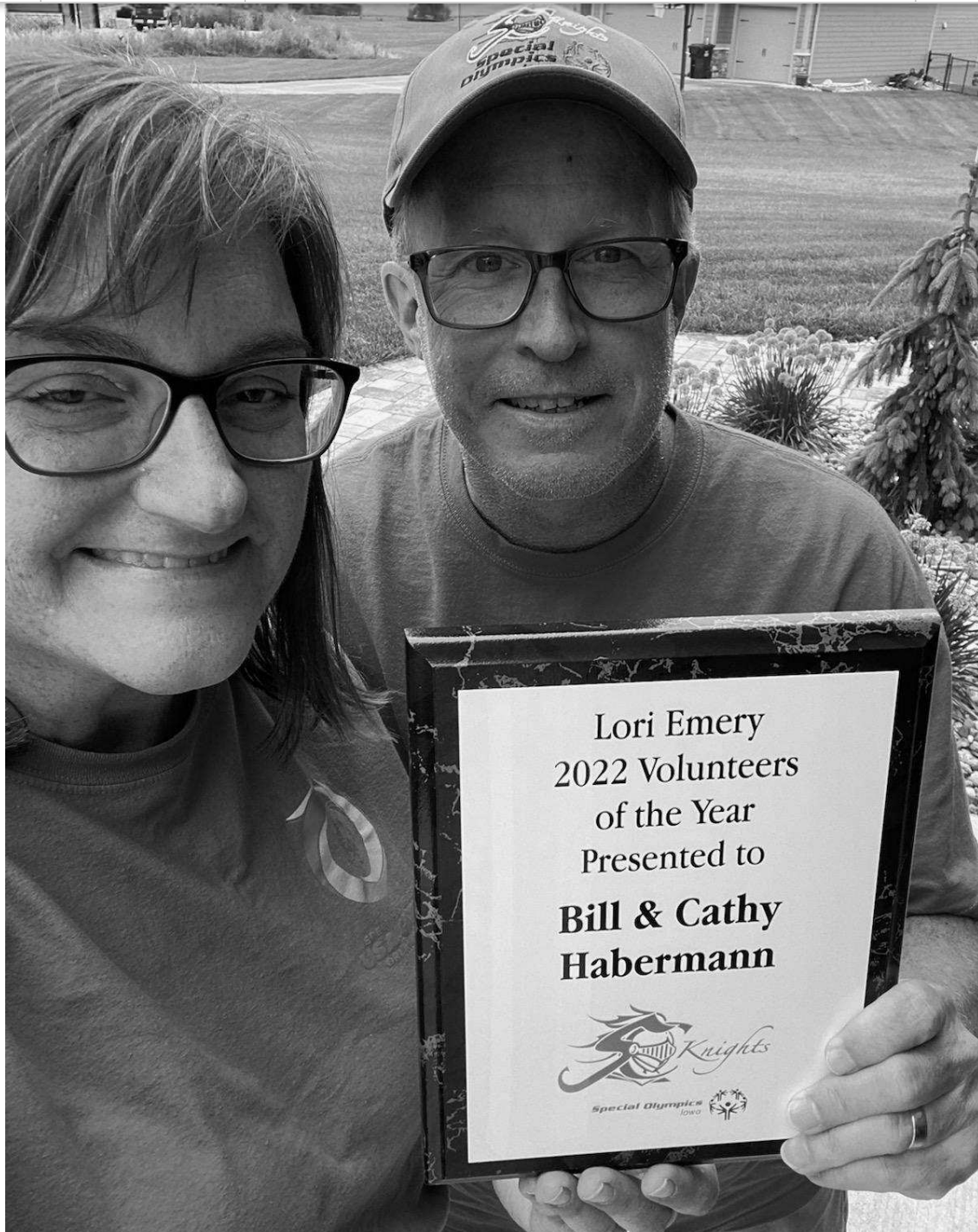
The coach who substitutes into the game for our unified partner who was ill is the BEST!



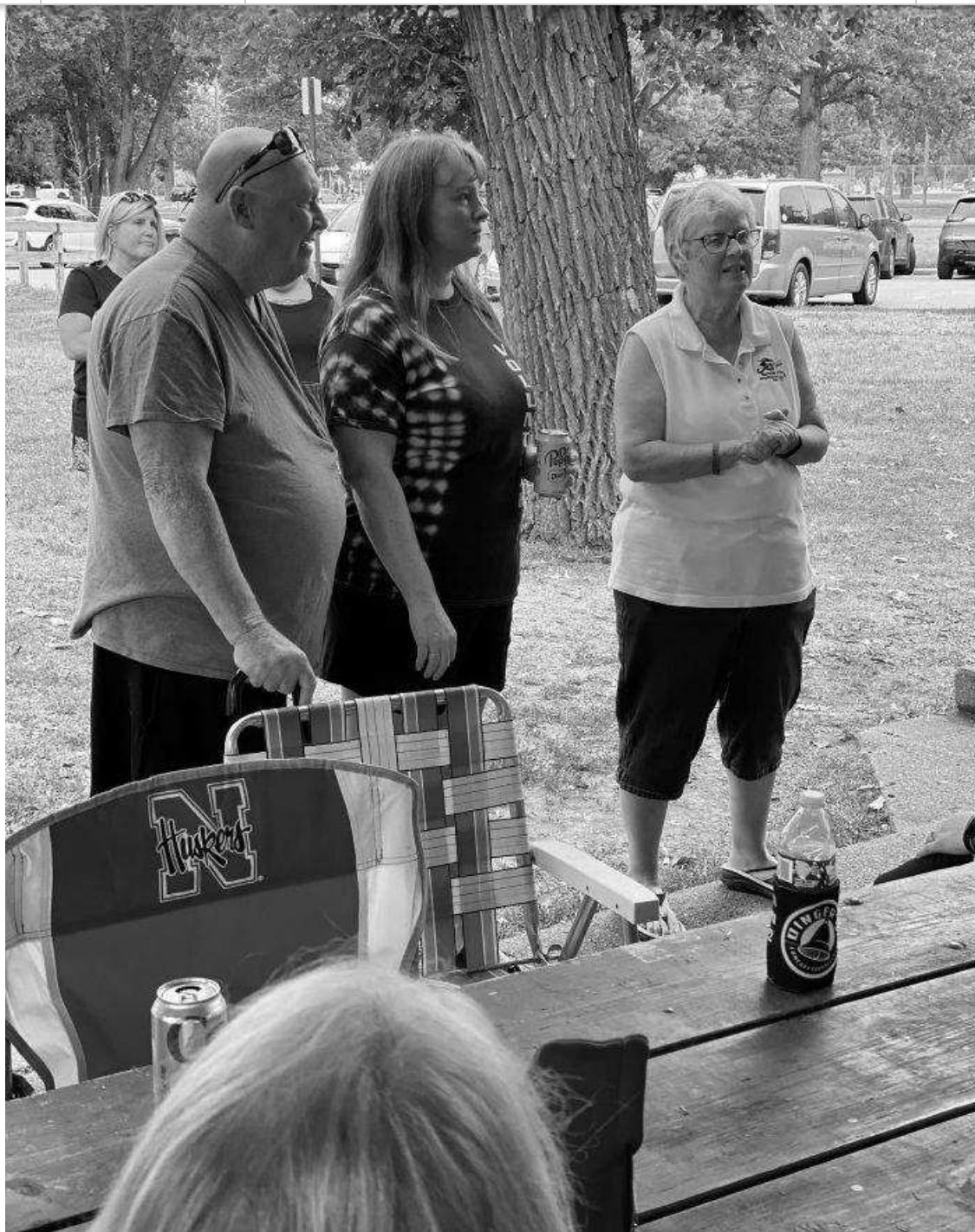
Tasha was honored for attending the 2022 USA Games by the Sgt Bluff Pioneer Days Parade! Her unified partner Kevin got to ride along with her



The Sioux City Knights delegation began under the leadership of Lori Emery and Sue Davis in 2012 with 5 athletes. 10 years later we have over 150 athletes who compete in 14 sports and year round competitions! Thank you to everyone in the Siouxland area who have supported our athletes and fundraisers! We could not have done this without our many volunteers and their friends. Thank you so much for all your support!



Bill and Cathy were honored by the Knights for the many hours they have volunteered to support our athletes. In the background they ran a fundraiser, manage the website and serve as our treasurer. They also coach tennis and help coach softball. They have spent many hours serving the athletes with their time and talents. Thank you for keeping the spirit of Lori Emery alive in all you do to support the Sioux City Knights and Special Olympics Iowa!



Mike and Sue Davis have served the Knights since their beginning in 2012. They have officially retired and are moving south to enjoy not having a snowy winter. We would like to thank them for everything they have done to get the Knights going (and all they will continue to do when I call and ask for HELP!) With Facebook, we know that we will stay up to date with all their new adventures and they will cheer us on from afar. Safe Travels as you move and get settled.

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.

Most athletes are up to date on their physical, but watch for a message that you need to renew. 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](#).



The Siouxland Polar Plunge is scheduled for Saturday Oct 15! Come take the plunge with the Knights! This is a fun fundraiser! Sign up [here](#).

DEADLINES

Our Deadline section has important dates to pay attention to:

11/12/22 - basketball sign up deadline

12/3/22 - dance team and powerlifting sign up deadline

12/16/22- basketball team district registration due

1/6/23 - basketball skills district registration due

1/22/23 - swim team sign up deadline

3/24/22 - track district sign up due

Team sports require team practices. In order to learn your position and the jobs of your teammates everyone needs to practice together. Please remember that if you sign up for a team sport you are expected to be at practices and competitions. Your teammates are depending on you!

PRACTICES

All practices subject to change.

Please check Facebook the day of the practice for updates.

9/11/22 - 4:00 pm Lief Erickson Park

9/18/22 - 4:00 pm Lief Erickson Park

9/24/22 - Flag Football State in Cedar Rapids

Bowling

9/10/22 - 9:00 am Plaza Bowl

9/17/22 - 9:00 am Plaza Bowl

9/24/22 - 9:00 am Plaza Bowl

10/7 or 10/8 - District Bowling Plaza Bowl

11/19 - State Bowling Council Bluffs

LOOK AHEAD

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

Weekly practices are not included in this section.

- 10/1/22 - Unified Golf
- 10/7-10/8 - District Bowling
- Oct 15 Polar Plunge
- 11/5/22 - Basketball Practice
- 11/19/22 - State Bowling
- 3/11/23 - Iowa City
- 4/15/23 - District Track (Sioux Center)
- 5/25-5/27/23 - Summer Games

The Knights will be asking all athletes and their parent/staff to sign a team commitment form to make sure that everyone understands the responsibilities of every team member playing on a team sport. We hope to be able to outline practices, district and state competition dates so that everyone knows what is expected of them if they choose to play on a team. Thank you for helping us stay organized as we move into the summer sports!

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