

DECEMBER 2022

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Over the past 10 years the Knights have been very blessed. I am so thankful for the work that Lori Emery and Sue Davis did to get the delegation going, recruit volunteers, gain community support and provide a solid group that will continue on after they are gone. In 2022 the Knights sent 12 athletes, 3 unified partners, and 2 coaches to the USA games. We had very successful fundraisers and recently took 30 athletes to the State Bowling Tournament. Thank you to everyone for all you do for the Sioux City Knights Delegation and our Special Olympics Athletes. Thank you to Special Olympics Iowa staff for all the work you do to provide area and state competitions for our teams. We appreciate you!

**Parents Meeting and Planning Committee December 10 at 12:30 at Steinbeck's in the back room.
Athletes are welcome.**



Congratulations!





State Bowling was held at Thunderbowl in Council Bluffs on November 19. The Knights had bowlers in all 3 sessions and Austin, Preston and Ashley helped with opening ceremonies. Everyone bowled great games and brought home medals! For more pictures check out our Facebook page!



November 29 the NAIA National Volleyball Tournament teams held a clinic for Special Olympics. They helped athletes learn some volleyball skills and played some fun games! The Knights who attended had a great time! Thank you to the NAIA for providing this fun event for our athletes.



Thank you to The Arena, The Hesse Foundation and the Siouland All Abilities Coalition for providing our athletes with the opportunity to participate in a local basketball tournament. On Dec. 2-3 the

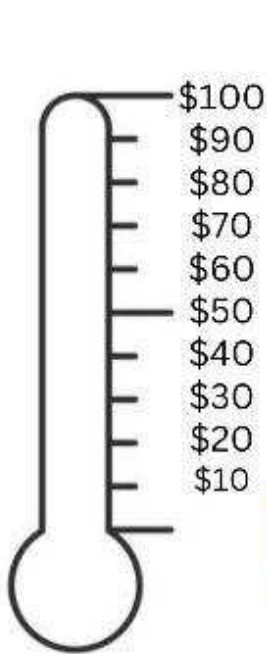


December 2-3 Carson and Christina participated in Global Messenger training. They attended sessions to prepare short speeches to introduce people to Special Olympics and on how to use Social Media as their personal "Brand". They heard from a panel of Iowa State Basketball players who spoke about leadership on and off the court and attended a Health Messenger workshop.



**BOYS & GIRLS CLUBS
OF SIOUXLAND**

PENNY DRIVE



Former Club and current staff member Dalton has challenged BGCS to raise \$100 during the month of December for the Sioux City Knights Special Olympics. If the goal is hit, Club members will get to shave Dalton's head to celebrate!



Gather up your pennies! Dalton has been a unified partner for our basketball and softball teams for several years. Thank you for promoting the Sioux City Knights with this fun challenge!

SIouxLAND AREA

As of June 3rd

These community-minded businesses will donate a percentage of each purchase to the nonprofit, school, place of worship or sports team of your choice! Upload your receipts at TAGG.today within 30 days!



FOOD + DRINK



- Brightside Cafe
- Burger King (5 locations)
- Crumb.
- Hawks Coffee Shop
- Jitters
- Martol Brewing Co. (\$5 cap)
- P's Pizza House
- Stone Bru Coffee Company
- Table 32
- The Hideout Coffee & Smoothie Bar

DELIVERY SERVICE

The Market Delivers (donates \$1 per delivery order)

= Biz on Market Delivers + TAGG Upload receipt twice (once for each business) for a donation from both!

RETAIL

- Gypsy Soul Boutique
- Mod House Interiors (\$100 cap)
- My Jeweler (\$1,000 cap)

CHIROPRACTIC + PHYSICAL THERAPY



Kruse Chiropractic

BEAUTY

- Beautycounter - Katie Kruse
- Belle Salon & Spa (\$5 cap)

FITNESS

Thrive Fitness (\$5 cap)

THINGS TO DO



Promenade Cinema 14

OTHER SERVICES



- AKP Health Insurance
- Aaron Peterson
- Geneva Financial Home Loans
- Mark Owen (\$100 cap)
- Siouxland Magazine
- United Real Estate Solution
- Paula Brown (\$100 cap)

FOR THE HOME



- Flooring MD's Carpet One (\$250 cap)
- Mod House Interiors (\$100 cap)

The Sioux City Knights have an account with TAGG Siouxland. If you set up an account on their [website](http://siouxcityknights.com), you can take a photo of your receipt from any of the above businesses and they will donate a % of your purchase to the Knights. This is a simple way to raise funds for our team without having to sell anything. Places you already frequent will make donations because you shop at their store. Please ask Kathleen if you would like help setting up your account. There are also several videos on the TAGG Siouxland Facebook page.

Visit the Sioux City Knights website: siouxcityknights.com for links to more information

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](#).

DEADLINES

Our Deadline section has important dates to pay attention to:

1/6/23 - basketball skills district registration due

1/22/23 - swim team sign up deadline

2/24/23 - swim team registration due

3/24/22 - track district sign up due

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.

Basketball

12/10 9 am - @ North Middle School
 12/17 9 am - @ North Middle School
 1/7 9 am - @ North Middle School
 1/14 9 am - @ North Middle School
 1/21 9 am - @ North Middle School
 1/28 Skills Districts - Dordt 700 7th St NE Sioux Center IA
 1/28 (Teams) 9 am - @ North Middle School
 2/4 - Districts - W Harrison High School 410 Pine St Mondamin, IA

Dance Team

12/11 4 pm @ Opportunities Unlimited
 12/18 4 pm @ Opportunities Unlimited
 1/8 4 pm @ Opportunities Unlimited
 1/15 4 pm @ Opportunities Unlimited
 1/22 4 pm @ Opportunities Unlimited
 1/29 4 pm @ Opportunities Unlimited
 2/5 4 pm @ Opportunities Unlimited
 2/9 6:30 pm @ Opportunities Unlimited
 2/12 4 pm @ Opportunities Unlimited
 2/16 6:30 pm @ Opportunities Unlimited
 2/19 4 pm @ Opportunities Unlimited
 2/23 6:30 pm @ Opportunities Unlimited
 2/26 4 pm @ Opportunities Unlimited

Powerlifting

1/15 1:30 @ Morningside College tentatively

Swimming

1/15 1:30 @ Morningside College tentatively

LOOK AHEAD

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

Weekly practices are not included in this section.

- 1/6/23- Basketball Skills registration due
- 1/28/23 - District Basketball Skills in Sioux Center
- 2/4/23 - District Basketball Teams in Mondamin
- 3/10 - 3/11/23 - Iowa City
- 3/16/23 - District Swim - Spirit Lake
- 3/24/23 - Track registration due
- 4/15/23 - District Track (Sioux Center)
- 5/25-5/27/23 - Summer Games
- 7/8/23 - District Softball
- 7/15/23 - Dingers Golf Tournament

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 winter sports! We will also ask parents to sign a code of conduct form.

Don't forget to like us on Facebook

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

<http://siouxcityknights.com/>

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