

NOVEMBER 2022

[View this email in your browser](#)

Basketball evaluations will be Nov 5 at 9 am at North Middle School. Those wishing to participate in a team sport will be asked to sign the commitment form. The Sioux City Knights will have a planning committee meeting on Nov 5th at 10:00 at North Middle School to discuss the upcoming sports seasons. We will be looking at basketball, dance and powerlifting schedules. The District events and Iowa City trip. Everyone is invited to attend our meetings to gather information or make suggestions. We appreciate everyone's help and suggestions. Athletes are welcome to be at the meetings also. Several Class A Volunteers need to be updated and coaches need to complete their yearly certifications.



Many Sioux City Knights participated in the Siouxland Unified Golf Tournament at Green Valley Golf Course on Oct 1st. Each athlete along with their unified partner golfed 9 holes. After everyone finished we tallied the scores and awarded medals to the teams. Thank you to Green Valley for hosting our tournament and to all the volunteers and unified partners who made this a fun day!



Freezin' for a Reason! Our hats off to all those who supported the Siouxland Polar Plunge!

Funds raised from local Sponsors and from the individuals who participated in the polar plunge will be used to pay for the charter buses that will take our



District Bowling was held on Oct 7-8th. The Sioux City Knights had 62 bowlers competing in singles, doubles or team bowling. 32 bowlers received a first place medal in their district bowling division and qualified for the state competition. State Bowling will be held at Thunderbowl in Council Bluffs on November 19. Individual bowlers under the age of 22 will register at 8:30am. All doubles bowlers will register at 11 am. All individual bowlers age 22 and over will register at 1:30 pm.

SATURDAY NOVEMBER 19TH
 THUNDERBOWL
 1900 MADISON AVE
 COUNCIL BLUFFS IOWA 51503

SESSION 1	SESSION 2	SESSION 3	
CHECK IN WITH COACH 8:30 AM OPENING CEREMONY 9:20 AM COMPETITIONS BEGINS AT 9:30 AM	CHECK IN WITH COACH 11 AM OPENING CEREMONY 11:50 AM COMPETITIONS BEGINS AT NOON	CHECK IN WITH COACH 1:30 PM OPENING CEREMONY 2:20 PM COMPETITIONS BEGINS AT 2:30 PM	
ATHLETES COMPETING IN THIS SESSION	ATHLETES COMPETING IN THIS SESSION	ATHLETES COMPETING IN THIS SESSION	
Abigail C Preston K Marissa N Wyatt U Bentley V Carson V	Britany/Leslie Austin/Carrie Heather/Desiree Christina/Eric Jacob/Carol	JoAnn B Tabitha B Robin D Anna E Ashley F Lee H Jennifer J Crystal K Michael K Kathey L	Dewey M Ariel O Jesse P Preston S Ryan T Sara U



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

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:

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.

Basketball

11/5 9 am - Basketball evaluations @ North Middle School - followed by a committee/parents meeting

11/12 9 am - @ North Middle School

11/19 9 am - @ North Middle School

12/3 9 am - @ North Middle School

12/10 9 am - @ North Middle School

12/17 9 am - @ North Middle School

LOOK AHEAD

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

Weekly practices are not included in this section.

- 12/16/22 - Basketball Team registration due
- 1/6/23- Basketball Skills registration due
- 1/28/23 - District Basketball Skills in Sioux Center
- 2/4/23 - District Basketball Teams in Mondamin
- 3/11/23 - Iowa City
- 3/24/23 - Track registration due
- 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 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

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼

Sioux City Knights Special Olympics Iowa

P.O. Box 1055
Sioux City, IA 51102
sc_knights@hotmail.com

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
Sioux City Knights Special Olympics · P.O. Box 1055 · Sioux City, IA 51102 · USA

