

JANUARY 2023

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Happy New Year Knights family! Our goal for the new year is to stay active (even if we are not participating in a sport) and drink 8 cups of water every day! Its amazing how much better our teams will perform if they continue their training all year round. Special Olympics has a great resource that anyone with internet access can use for a daily workout. Try this [resource](#) and add it to your daily routine. If level 1 is easy, try level 2. There are 5 levels and each level will be a little more advanced. Remember to drink your water every day!

Parents Meeting and Planning Committee January 21 at 12:30 at Steinbeck's in the back room. Athletes are welcome.

Dalton Beldon has been a unified partner for the Sioux City Knights for many years. He is now working at the Boy's and Girl's club. He presented them with the challenge of raising \$100 in their penny drive in December. The prize was the fun of shaving his head! Thank you members of the Boy's and Girl's club for your donations! and thank you Dalton for your support of the Sioux City Knights! Great new haircut!





The teams for basketball, powerlifting, dance team and basketball skills are all set! Basketball skills district competition will be at Dordt University in Sioux Center on Jan 28. Basketball team district is in Mondamin on Feb 4. Everyone else is practicing for the state games in Iowa City March 11.



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
 Marto 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](#), (click here) 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:

- 1/22/23 - swim team sign up deadline
- 2/18/23 - Bocce team sign up deadline
- 2/25/23 - Track team sign up deadline
- 2/24/23 - swim team registration due

3/18/23 - Soccer team sign up deadline

3/18/23 - Cycling team sign up deadline

3/24/23 - 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

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

2/11 9 am - @ North Middle School

Dance Team

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

1/22 1:30 @ Morningside College

1/29 1:30 @ Morningside College

2/5 1:30 @ Morningside College

Swimming

1/15 1:30 @ Morningside College tentatively

1/22 1:30 @ Morningside College

1/29 1:30 @ Morningside College

2/5 1:30 @ Morningside College

LOOK AHEAD

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

Weekly practices are not included in this section.

- 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
- 6/4/23 - Softball practice
- 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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