



## Welcome to Hastings Sharks Special Olympics 2022 Bowling and Unified Bowling Season!

Practices will be held at Island Xtreme Bowl at Treasure Island Resort and Casino,  
5734 Sturgeon Lake Road, Welch, MN 55089 on the following Thursday evenings:

September 15, 22 & 29

October 6, 13, 20 & 27

November 3, 10 & 17

**Only Hastings Sharks athletes and their unified partners will be allowed to practice with our team. Unified partners should plan to attend every practice with their athlete. The Sharks do not allow substitute Unified Partners to practice.**

**PRACTICE TIME:** Please arrive by **6:00 PM** for a team meeting in the party room and warm-up exercises. Please have your shoes on, use the restroom and be ready to bowl! **If you arrive after 6:30**, you will not be allowed to bowl your first game. Do not go down onto the lanes until instructed by your coach. Athletes must be escorted to the restroom.

**BOWLING LANES:** Out of respect for our fellow athletes, food and beverages are not allowed on the lanes. We hope that water will be available at the snack bar during practice; at this time we are not sure the snack bar will be open. It may be a good idea to bring a water bottle from home. It is not okay to bring outside food or beverages into Xtreme Bowl.

**COMPETITION:** The SOMN Regional Bowling Tournament is November 19<sup>th</sup> and 20<sup>th</sup> at Treasure Island. A parent, friend or staff must accompany the athlete to the competition and make sure that they are ready to compete in each of their events. If you do not plan to compete, please do not register for the team.

**UNIFIED PARTNERS:** Unified Partners compete alongside Special Olympics athletes. Training together and playing together becomes a quick path to friendship and understanding. Unified Partners must be 8 years or older and should compete at approximately the same level as their athlete. Unified Partners must complete the online [Level 1 training & volunteer application](#) and online [COVID-19 Training & Waiver](#) before the first practice. A background check is required if the partner is over 18.

## SPORT RULES

**ATTENDANCE:** Please notify Coach, Ray Kennedy (651) 402-8786, if your athlete is unable to attend practice. **Two** unexcused absences from practice may prevent your athlete from competing in the Special Olympics bowling competition, or from qualifying for a Hastings High School letter. Athletes must attend practice to compete.

**CODE OF CONDUCT:** All Hastings Sharks athletes, unified partners and caregivers are required to read the attached Code of Conduct and **sign at the bottom of the registration form**. This is required at the beginning of each practice season. Athletes and unified partners will not be registered for bowling until this requirement is met. Alcohol, tobacco and/or vaping products are not allowed at practice. If you have any questions about this requirement, please contact Lisa Sieben at (651) 308-7475.

**PARTICIPATION FORMS:** The Hastings Sharks must receive all required Special Olympics paperwork, including a current physical examination before the first practice. Your athlete will not be allowed to begin practice unless all paperwork is on file with our team and Special Olympics Minnesota. You will be notified at registration if any paperwork is needed. **All athletes must complete the on-line Covid 19 waiver before starting practice.**

**SUPPORT THE COACHES:** We are all volunteers! If your athlete isn't participating, step in and help the coaches. If behavior is an issue, please share a strategy with the coaches that will work for your athlete.

**We need coaches!** SOMN has a trained coach to athlete ratio in every sport. Please consider becoming a certified coach. Coaching is very rewarding, and Ray will be happy to help you get started on your certification.

**SAFETY:** You are responsible for your athlete's safety.

1. A parent, staff or friend must attend all practices with your athlete.
2. If you must leave, make sure another adult is willing to be responsible for your athlete and be sure they have a way to contact you in the event of an emergency. Leave your cell number. Notify the coach if you must leave.
3. Athletes must be accompanied to the rest room by a parent or guardian. Coaches will not leave the practice area to support an athlete in the restroom.
4. Children in your care must be supervised at all time and may not wander throughout the area.
5. Be prepared to take your athlete home when practice ends.

**Please leave headphones and electronic devices at home. We want you athlete to be safe at practice and the Sharks are not responsible for lost or stolen items.**

**RESPECT:** Treasure Island has generously offered their facility to our athletes. Please respect the lanes. Street shoes are not allowed beyond the carpet area. After bowling, athletes must return their shoes to the rental desk and their balls to the ball stand. The Sharks will not be the only customers in the lanes during our practice, so please respect other bowlers.

**UNIFORMS AND EQUIPMENT:** If your athlete doesn't have equipment, bowling balls and bowling shoes are available free of charge from the lanes. Choose a ball and shoes before practice begins. Athletes must wear appropriate clothing during practice. Hats are not allowed at competitions.

The Hastings Sharks will provide each athlete and Unified Partner with a team shirt for use during competitions. Shirts must be returned to the coaches at the end of the state tournament. Athletes interested in purchasing a team bowling shirt may have the opportunity to order a shirt early in the season. The cost for the shirt will be announced at practice.