

Welcome to Special Olympics Bocce Ball!

PRACTICES: We practice on the following Monday evenings at the Tilden Community Center at 310 River Street, Hastings. The bocce ball courts are located near the outdoor courtyard on the west side of the building. Parking lot access is on 4th Street.

June: 19 and 26

July: 3, 10, 17, 24 and 31

August: 7 and 14

In the event of bad weather, please call Coach Liz Alexander at (651)437-4277 or (651)503-7531 to see if practice has been cancelled or delayed.

PRACTICE DETAILS: All practice starts at 6:30 PM and ends at about 8:00 PM. Please arrive 15 minutes before practice starts. Meet near the benches in the fenced patio area on the west side of the building. Be ready to participate in warm up exercises at the practice start times!

Unified partners should plan to attend every practice with their athlete.

Use the restroom before you arrive at practice. Restrooms may not be available at Tilden. If it is possible to go into the Center to use the restroom, athletes must be escorted by an adult.

Tobacco and/or vaping products are not allowed during practices or competitions.

REGIONAL COMPETITION: Saturday, August 5th
West St Paul Sports Center
1655 Livingston Ave
West St Paul, MN 55118

You must attend the Regional Competition to participate in the State Competition

STATE COMPETITION: Saturday, August 19th and Sunday, August 20th
M Health Fairview Sports Center
4125 Radio Drive
Woodbury, MN 55129

A parent, staff or friend must accompany the athlete to the competition.

SPORT RULES

To make this experience enjoyable for all, please follow these rules:

ATTENDANCE: Please notify Coach Liz Alexander at 651-437-4277 or 651-503-7531 if your athlete is unable to attend practice. Two unexcused absences from practice may prevent your athlete from competing in the Special Olympics 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 agree to follow the Sharks Code of Conduct. Please review the code with your athlete. Alcohol, tobacco and/or vaping products are not allowed at practice or competitions by athletes, unified partners or staff. Questions? Please contact Lisa Sieben at 12.Hastings.Sharks@gmail.com.

PARTICIPATION FORMS: You will be notified if your athlete needs their Application for Participation in Special Olympics form updated or if it is incomplete. All athlete and unified partner applications, forms and requirements must be completed one week prior to the first practice. Athletes and or Unified Partners will not be allowed to practice until SOMN confirms that their paperwork is current. Paperwork is not accepted after the first 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, share a strategy with the coaches that will work for your athlete. We encourage you to become a coach.

We need coaches! SOMN has a trained coach to athlete ratio in every sport. Please consider becoming a certified coach. Coaching is extremely rewarding! Contact Ray Kennedy (651) 402-8786 to start your certification.

SAFETY: You are responsible for your athlete's safety

1. A parent, friend or staff must be at all practices.
2. If you must leave, notify a coach and make sure another adult is willing to be responsible for your athlete. Be sure they have a way to contact you in the event of an emergency. Leave your cell number.
3. Athletes must be accompanied to the restroom 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 always supervised and may not wander throughout the building.
5. Be prepared to take your athlete home when practice ends.

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

UNIFORMS: Tennis/running shoes and comfortable clothing including a hat and sunglasses are a must for practice. Dress for the weather. Athletes must bring plenty of water, sunscreen, and bug spray. Wear your Sharks shirt and black pants/shorts to the competition.