

Welcome to Special Olympics Golf!

PRACTICES: We practice on the following Tuesday and Thursday evenings at the **Hidden Greens Golf Course at 12977 200th Street East, Hastings**. The course is located south of Hastings on Highway 61.

July: 11, 13, 18, 20, 25 and 27

August: 1, 3, 8, 10, 15, 17, 22 and 24

In the event of bad weather, please call Hidden Greens at (651) 437-3085 to find out if the course is open.

PRACTICE DETAILS: All practice starts at 6:30 PM and ends at about 8:00 PM. Meet near the Driving Range for a team meeting. Do not head out on the course until after the team meeting.

Use the restroom before you arrive at practice. Athletes must be escorted by an adult when using the restroom in the Clubhouse.

Unified partners should plan to attend every practice with their athlete. All athletes practicing on the course must be accompanied by their Unified Partner and supported by family or staff.

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

Only Hastings Sharks athletes and their unified partners will be allowed to practice with our team. Athletes participating in a three, five or nine-hole competition will practice their skills on the driving range during one night of practice and on the course the opposite night.

Special Olympic Coaches prepare athletes to compete individually and as a team. Parents and caregivers play an important part in athlete supervision. Please plan to attend practice with your athlete on the driving range and out on the course. Hidden Greens has generously opened their course to our team. Please help our athletes to follow proper golf etiquette.

COMPETITIONS: A parent, friend or staff must accompany the athlete to the competitions.

Regional Competition: Monday, July 31st
Hidden Greens Golf Course
12977 200th Street E
Hastings, MN 55033

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

State Competition: Sunday, August 27th
Oak Marsh Golf Course
526 Inwood Ave N
Oakdale, MN 55128

SPORT RULES

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

ATTENDANCE: Please notify Coach Bob Petersen at (612) 414-0517 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, including unified partners, 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/golf 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.