

Welcome to Special Olympics 2023 Bowling!

PRACTICES: We practice on the following Tuesday evenings at the Island Xtreme Bowl Lanes located at Treasure Island Resort and Casino, 5734 Sturgeon Lake Road, Welch, MN 55089.

September: 12, 19 & 26

October: 3, 10, 17, 24, No practice on 10/31

November: 7 & 14

PRACTICE DETAILS: Practice starts at 6:00 PM. Arrive at Treasure Island by 6:00 PM for a team meeting in the Xtreme Lanes party room. Please have your bowling shoes on and be ready to bowl!

Use the restroom before practice begins. Athletes must be escorted to the restroom by staff/family.

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

If you arrive after 6:30, you may not be allowed to bowl for your first game. Do not go down onto the

Alcohol, tobacco and/or vaping products are not allowed by anyone during practices or competitions.

BOWLING LANES: Out of respect for our fellow athletes, food and beverages are not allowed on the lanes. Water should be available at the snack bar during practice. It is not okay to bring outside food or beverages into Xtreme Bowl.

STATE COMPETITION: Saturday, November 18th and Sunday, November 19th
Island Xtreme Bowl
Treasure Island Resort and Casino
5734 Sturgeon Lake Road
Welch, MN 55089

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. Please arrive early for the competition. A late arrival may result in being your athlete being scratched.

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](#) before the first practice. A background check is required if the partner is over 18. Unified partners will not be allowed to practice until SOMN notifies the Sharks that all paperwork is complete.

SPORT RULES

ATTENDANCE: Please notify Coach, Sid Rioux (651) 955-8845, 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 must agree to follow the Sharks Code of Conduct. Please review the Code of Conduct with your athlete. Alcohol, tobacco and/or vaping products are not allowed at practice or competitions by athletes, unified partners, family, 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 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. Please make sure you complete the entire form.

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 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 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 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 supervised at all times 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 practice or competitions. Please have your athlete wear their Sharks shirt and black shorts or pants to the State competition.