

# Welcome to Special Olympics Flag Football!

**PRACTICES:** We will practice on the following Wednesday evenings and Sunday afternoons at the Hastings Middle School Football Field, 1000 11<sup>th</sup> St West, Hastings, MN 55033.

**Wednesday Evenings, 5:30-7:00 PM:**

August 30

September 6, 13, 20 & 27

**Sunday afternoons from 2:30 – 4:00 PM:**

September 10 & 24, no practice on September 17

October 1 & 8

In the event of bad weather, please call Coach Jeff Seubert at (651) 403-9140 to see if practice has been cancelled or delayed.

**PRACTICE DETAILS:** Please arrive 15 minutes before practice starts. Be ready to participate in warm up exercises at the practice start times!

Use the restroom before you arrive at practice. Restrooms may not be available in the field. If restrooms are available, athletes must be escorted by an adult.

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

**Regional Metro Competition:** Saturday, September 16 & Sunday September 17  
West St Paul Sports Center  
1655 Livingston Ave  
West St Paul, MN 55118

**State Flag Football Competition:** Saturday, October 14 & Sunday, October 15  
M Health Fairview Sports Center  
4125 Radio Drive  
Woodbury, MN 55129

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. Flag Football is a team sport, and it is important that all athletes attend the competitions.

**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 Jeff Seubert at (651) 403-9140 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 must 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 spectators. Questions? Please contact Lisa Sieben at [12.Hastings.Sharks@gmail.com](mailto: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. Make sure you and your doctor 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 always be supervised 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 your athlete to be safe at practice and the Sharks are not responsible for lost or stolen items.**

**RESPECT:** Please respect our coaches, fellow athletes and the football facilities.

**UNIFORMS AND EQUIPMENT:** The Sharks will provide the athletes with a numbered jersey that they must return at the end of the season. Athletes will wear their own black shorts and tennis shoes on the field.