

# Welcome to Special Olympics Track!

**PRACTICES:** We will practice on the following Tuesday and Thursday nights at the Hastings Middle School Outdoor Track, 1000 11<sup>th</sup> Street W, Hastings, MN:

April 23, 25 & 30

May 2, 7, 9, 14, 16, 21, 23, 28 & 30

June 4, 6, 11, 13, 18 & 20

The track is located on the south side of the Middle School. Limited parking is available close to the track. Additional parking is available in the Middle School lot or the bus lot.

Be ready to participate in warm up exercises at the practice start time! Use the restroom before practice begins. Once the school closes for the year there will not be a portable toilet available at the track.

Unified partners should plan to attend every practice with their athlete. Unified athletes must be running at a level at or above their athlete.

Practice dates may change, so please listen for announcements at the beginning of each practice.

## COMPETITIONS:

**REGIONAL COMPETITION:** Saturday, May 18<sup>th</sup> at Eastview High School  
6200 140<sup>th</sup> St W, Apple Valley, MN 55124

**STATE SUMMER GAMES:** Friday, June 21 - Sunday, June 23 at Stillwater  
High School, 5701 Stillwater Blvd N, Stillwater,  
MN 55082

**A parent, friend or staff must accompany the athlete to the competitions. Athletes must compete in the Regional Competition to compete in the Summer Games. Participation in both competitions is expected.**

Athletes will never be turned away if they are unable to pay the participation fee. Contact Liz Alexander at (651) 437-4277 to request a scholarship. Information is confidential.

## Track Rules

**TRACK EQUIPMENT:** Black gym shorts or pants and tennis shoes are a must. Bring a water bottle. A Hastings Sharks t-shirt will be provided by the team.

**ATTENDANCE:** Please notify Head Coach Amanda Blanchette at (651) 675-6615 if your athlete is unable to attend practice. **Two** unexcused absences from practice may prevent your athlete from competing in the Special Olympics competitions, 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 agree to follow the Shark's Code of Conduct. Please review the code with your athlete.

Alcohol, tobacco and/or vaping products are not allowed at practice or competitions. 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 to be 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 cannot participate if their paperwork is incomplete.

**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](#) at **SOMN before the first practice**. **A background check is required if the partner is over 18.**

**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 very rewarding! Contact Ray Kennedy (651) 402-8786 to start your certification.

**SAFETY:** You are responsible for your athlete's safety! **A parent, friend or staff is required to be in the track area during all practices.** Be prepared to take your athlete home when practice ends, especially if bad weather forces practice to end early. Athletes must be escorted by an adult/staff when using the restroom. Children in your care must always be supervised.

**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.**