




City of Tempe Special Olympics


SPRING SPORTS, FEB 2018 - MAY 2018

POWERLIFTING



Practices: Saturdays
12:00 - 1:30pm
February 24 - April 28
Performance One Gym
Ages 16 and older

VOLLEYBALL



Practices: Saturdays
3:30 - 4:30pm; 4:30 - 5:30pm**
***see activity description for more info*
March 3 - April 28
Aspire Volleyball Gym
Ages 8 and older

TRACK & FIELD



Practices: Thursdays
5:15 - 6:30pm
February 22 - April 26
Tempe High School**
***see activity description for more info*
Ages 8 and older

KAYAKING



Please note: Due to the cancellation of kayaking as a competitive sport by Special Olympics Arizona, City of Tempe Adapted Rec is temporarily suspending offering the activity this spring. Our hope is to re-introduce it as an Adapted Rec activity this fall and the following spring. If you are interested in having us continue to offer kayaking please contact us!

What is City of Tempe Special Olympics?

Youth (8 yrs+) and adults with intellectual/developmental disabilities are invited to participate in Special Olympics Arizona to learn sportsmanship and teamwork while achieving their personal goals! City of Tempe Adapted Recreation is a delegation within Special Olympics Arizona and offers a variety of sports throughout the year. Each sport is offered during an 8 - 12 week season. Athletes practice on a weekly basis in preparation for area, regional and/or state competitions hosted by Special Olympics Arizona.

What do I need to participate?

- You need to do two things to participate: register and have a Special Olympics Arizona medical and consent form on file.
 - You can either register online at www.tempe.gov/brochure, mail in registration to City of Tempe Adapted Recreation, 3500 S Rural Road, Tempe, AZ 85282, or register in person at a City of Tempe recreation facility or the main office at the aforementioned address.
 - Current Special Olympics Arizona medical and consent forms are required by Special Olympics in order to participate in any of their area, regional or state competitions. This is not required if you do not want to compete in a competition. If you are interested in just participating in the weekly practices then the medical and consent forms are not required. We just ask that you let us know at the time of registration or at the start of the season.
 - Registration documentation and the medical and consent forms can be downloaded at our website at www.tempe.gov/adaptedrecreation.




What skill and ability level is required?

All ability and skill levels are welcome! Please read up on each specific sport to see the specific types of events offered. Some sports offer individual events, while others are team-based. Sports can offer **Skills**, which is for athletes who are either new to a sport or maybe need additional time to learn and develop skills of a particular sport. Some sports also offer **Traditional** and **Unified**. **Traditional** is when only Special Olympics Athletes are competing and **Unified** is when a combination of Athletes and Partners (individuals without a disability) are participating together.

Scholarships

Team Asa is a non-profit organization that provides financial support for children and adults with physical and/or developmental disabilities, enabling them to join clubs, organizations and leagues that foster a sense of self, a sense of team, and an extended family. Scholarships are available to aide in covering the cost of registration fees, uniforms, or medicals. Please contact us if you are looking for financial assistance or would like more information.

Fall: Aug - Nov

AQUATICS 	BOWLING 	GOLF 
---	---	--

Winter: Dec - Mar

BASKETBALL 	CHEERLEADING 
--	--

Spring: Feb - May

POWERLIFTING 	TRACK & FIELD 	VOLLEYBALL 
---	---	--

City of Tempe Adapted Recreation • 3500 S. Rural Rd., Tempe, AZ 85282 • www.tempe.gov/adaptedrecreation

Josh Bell, Recreation Coordinator • josh_bell@tempe.gov • Ph: 480.858.2469 • Fax: 480.350.5058

Joe Steele, Program Coordinator - Special Olympics • joe_steele@tempe.gov • Ph: 480.350.5506 • Fax: 480.350.5058



City of Tempe Special Olympics

SPRING SPORTS, FEB 2018 - MAY 2018

****City of Tempe staff: please forward processed registrations to Adapted Recreation****

Please check which sports to be registered into:

- Powerlifting (reg. code: 58085, reg. fee: \$10)
- Track & Field (reg. code: 58086, reg. fee: \$10)
- Volleyball; Beginner/Intermediate (reg. code: 58087, reg. fee: \$10)
- Volleyball; Intermediate/Advanced (reg. code: 58088, reg. fee: \$10)
- Requesting Team Asa scholarship (see below)

If known, please circle shirt/jersey size:

Adult: S M L XL 2XL 3XL **Youth:** S M L

Track Field Note: athletes designate up to two individual events to compete in. A third relay event is optional.

- 1.) _____
- 2.) _____
- 3.) Relay: _____

Participant Last Name	Participant First Name	MI	DOB

Street Address	Apartment/Unit No.	City	Zip Code

Primary (home)	Secondary (work)	Cell Phone

E-mail address (e-mail address will be used for City of Tempe Special Olympics and Adapted Recreation-related updates only)

Parent/Guardian name	Phone

Emergency contact name	Phone	Relationship

Payment and Scholarship Information

- Team Asa is a non-profit organization that provides financial support for children and adults with physical and/or developmental disabilities, enabling them to join clubs, organizations and leagues that foster a sense of self, a sense of team, and an extended family. Scholarships are available to aide in covering the cost of fees. Please contact Josh Bell for more information.
- Check, cash, or credit card payment accepted.
- If paying by check, please make check out to City of Tempe. If paying by credit card, please register online at www.tempe.gov/brochure or register in person at a City of Tempe Recreation Facility.

Waiver of Liability

- With knowledge and appreciation of the risk of injury, I wish to participate in this Class/Activity. I agree to assume the risk of personal injury while participating.
- I understand the City of Tempe does not carry accident, sickness, or medical insurance for participants.
- I understand that all reasonable efforts will be extended to insure my health and safety.
- If the Class/Activity includes any physical exertion, I agree to perform the exercise at my own ability level.
- I fully understand the nature of this Class/Activity, and I waive and release and hold harmless the City of Tempe and any of its agents, employees, officers, council members, and sponsors for any and all rights and claims for damages or costs I may have against the City of Tempe, its agents, employees, officers, council members, and sponsors for personal injury, death, or property damage suffered by me, or that I may cause to others, as a result of my participation in this Class/Activity.
- I agree, without any right of payment or of editing, to the use of images of me and/or my children, including reproductions of photos, video, film, audio or other reproductions, by the City of Tempe for dissemination in all types of media for public relations purposes.
- I agree to look to my private physician for medical advice and care and to notify my teacher or instructor of any physical limitations I might have or modifications I might need to the Class/Activity. I will require the following accommodation to participate:

I have read and clearly understand the above statements. I realize this is a contract between myself and the City of Tempe and is a release of Liability. I sign it of my own free will.

Signature of Participant: _____ **Date:** _____

Parent/Guardian if participant is under age of 18



City of Tempe Special Olympics

SPRING SPORTS, FEB 2018 - MAY 2018

Special Olympics Track & Field

Track & Field Available Events

Athletes of all ability levels can compete in a variety of individual and team-based events. Note: athletes can choose up to two individual events to compete in. The list is available to the right. Please write selected events on the registration form. Athletes are allowed to choose an optional third event, but it must be a relay.

Athletes can choose up to two individual events. Special Olympics Arizona would like athletes to choose individual events that are not similar, so it is recommended that one event is a track event (run, walk, wheelchair, etc) and the other is a field event (throwing, jump, etc). If they would like to participate in a third event, it must be a relay.

Practice Schedule:

Thursdays, 5:15 - 6:30pm

February 22 - April 26**

***there is no practice March 15*

Location:

Tempe High School, 1730 S Mill Ave, Tempe**

**Our facility site has been temporarily changed for the start of the season due to construction at Marcos de Niza HS. It is expected that we will return to Marcos sometime in March, but for the start of the season please go to the Tempe HS track & field area until further notice.

Ages:

8 years to adult

Fees:

\$10 registration

Registration Code:

58086

Registration Deadline:

March 1

Medical & Consent Deadline to Compete in a Competition:

March 1

Area/Regional/State Competition Information:

Area: April 20 & 21, Location TBD

State: May 3 - 5, Kellis High School, Glendale

Uniform & Equipment Needs:

Wear comfortable and appropriate athletic apparel and shoes for practices. Bring water and sun protection.

Run Events

25M

50M

100M

200M

400M

800M

1500M

Throwing Events

Shotput

Softball Throw

Tennis Ball Throw

TurboJav 300g (Female)

TurboJav 400g (Male)

Other Events

Pentathlon

Running Long Jump

Standing Long Jump

Relays

4x100M Traditional Relay

2x50M Unified Relay

4x100M Unified Relay

Walk Events

25M Walk

100M Walk

400M Walk

800M Walk

1500M Walk

Wheelchair Events

10M Wheelchair Race Non-Motorized

25M Wheelchair Race Non-Motorized

25M Wheelchair Race Motorized

50 M Wheelchair Race Motorized

Assisted Events

10M Assisted Walk

25M Assisted Walk



City of Tempe Special Olympics

SPRING SPORTS, FEB 2018 - MAY 2018

Special Olympics Volleyball

Practices will focus on athletes learning the fundamental skills of volleyball and implementing those skills into scrimmages. Athletes both new and experienced with the sport are welcome to participate. Practices are split into two one-hour practices based on athletes experience and skill levels. Athletes who are new to the sport or still need to develop and hone their fundamental skills should register for the Beginner-Intermediate practice at 3:30pm. Athletes who are more experienced and competitive should register for the Intermediate-Advanced practice at 4:30pm.

Practice Schedule:

Saturdays, 3:30 - 4:30pm (Beginner/Intermediate)

Saturdays, 4:30 - 5:30pm (Intermediate/Advanced)

March 3 - April 28

Location:

Aspire Volleyball Gym

8350 S Kyrene Road #107, Tempe 85284

Ages:

8 years to adult

Fees:

\$10 registration

Registration Code:

58087 (Beginner/Intermediate)

58088 (Intermediate/Advanced)

Registration Deadline:

March 17

Medical & Consent Deadline to Compete in a Competition:

March 17

Area/Regional/State Competition Information:

State: May 3 - 5, Kellis High School, Glendale

Uniform & Equipment Needs:

Comfortable athletic clothing and shoes for practices. Knee pads are also recommended.

Special Olympics Powerlifting

Athletes will participate in a workout regiment to build strength and train to compete in the deadlift and bench press events. ****Please note: due to popularity of this activity and the high probability that max capacity will be reached, day of registration will not be accepted without Coordinator approval.**

Practice Schedule:

Saturdays, 12:00 - 1:30pm**

****Please note the time change from last season**

February 24 - April 28

Location:

Performance One Gym

916 E Baseline Road, Mesa 85204

Ages:

16 years to adult

Fees:

\$10 registration

Registration Code:

58085

Registration Deadline:

February 23 or sooner if max capacity is reached**

****Please note: due to popularity of this activity and the high probability that max capacity will be reached, day of registration will not be accepted without Coordinator approval.**

Medical & Consent Deadline to Compete in a Competition:

March 17

Area/Regional/State Competition Information:

State: May 3 - 5, Kellis High School, Glendale

Uniform & Equipment Needs:

Wear comfortable and appropriate athletic apparel and shoes for practices. Socks that cover the shin are highly recommended.