

Special Olympics Sports Program 2022-2023

Today's sign-ups will be used to give Special Olympics Cabarrus County an idea of how to set up the sports program Fall 2022 through Spring 2023. At this time, we do not have practice days, times or locations set for any of the available sports.

Cabarrus County Sports Calendar

Every county has their program set up differently. Special Olympics Cabarrus County will most likely offer 14 sports in the upcoming sports season. Below is how Special Olympics Cabarrus County **TENTATIVELY** plans to offer their sports for Fall 2022-Spring 2023. Whether we offer a sport is determined by the number of athletes who sign up, if we can get a facility for practice and if we have volunteers willing to coach. Once we get practice information, each athlete will be contacted by either Emily Riley or the coach before the season to let him/her know the practice information and to ensure that the athlete still can or wants to participate in that specific sport. For this reason, it is imperative that you complete the sign-up form.

Fall Sports

Bocce
Cycling
Golf
Soccer (skills & team play)
Softball (skills & team play)
Tennis (skills & match play)
Bowling

Winter Sports

Alpine Skiing/Snowboarding
Cheerleading

Spring Sports

Athletics (track & field)
Basketball (skills, 3v3, & 5v5)
Bowling Spring Team (invite only)
Powerlifting
Swimming
Volleyball (skills & team play)

Fall Sports

- Practices for all fall sports start mid-August to beginning of September.
- Special Olympics NC will host Fall Tournament this year November 10-12 in Charlotte (note: Fall Tournament is Thursday to Saturday this year so athletes may have to get out of school for the event depending on the competition schedule).
- SONC is encouraging invitationals/league play and scrimmages among the counties so hopefully all athletes will have competition opportunities even if they can't attend Fall Tournament. More information about these events to come.
- Bowling is not considered a fall sport to SONC. This is an opportunity for athletes to practice their bowling skills and enjoy the sport. Cabarrus County will host their own local bowling event in November. We will have to limit the number of athletes who can participate in bowling due to the popularity of the sport. We are hoping to use two locations (Foxfire Lanes, Kannapolis and Stars & Stripes, Concord) but nothing has been decided at this time. **Athletes who express interest in bowling are not necessarily automatically signed up for bowling. We may need to do a lottery depending on the interest and space available.** We are in desperate need of coaches & volunteers for this sport in the fall. There will be a meeting in September for everyone to attend to go over this information.

Winter Sports

- Alpine Skiing & Snowboarding practices are usually October-January with breaks during the holidays. Most practices are on dry land except one practice in December at Appalachian Ski Mountain (if possible). We will have a meeting with all details in October.
 - At this time, we do not have a date for SONC Winter Games 2023.

- Cheerleading: In the fall, we usually offer cheer camps to practice skills and figure out who is interested in participating on the cheer team. Actual practice begins in January and goes to mid-March. We will have a meeting in the fall to discuss more details.
 - At this time, we do not have a date for Cheer Tournament 2023

Spring Sports

- Practices for all spring sports start mid-March to end of May.
- At this time, we do not know the dates for Summer Games 2023 in Raleigh
- We do plan to attend invitationals & other local competition opportunities.
- Bowling: From those who qualify from the local competition and are interested in competing at state level, the coordinator and coaches will choose no more than 10 athletes to practice in the Spring and compete in bowling at Summer Games.

Things to Know

- Special Olympics NC does not have any COVID guidelines to follow for inside or outside events. However, they make ask athletes to sign the Communicable Disease Waiver Form they created. SONC actively follows the COVID trends so guidelines may change at any time.
- Special Olympics NC will once again offer *Partner Up Power Up* in Fall & Spring for those who aren't participating in a sport but want to stay active or to add on to your sports training. PUPU is an 8-week program where athletes, coaches & volunteers are given a playbook with wellness activities to do each day. There are opportunities to earn incentives for those who are active in the program.
- Athletes can sign up for more than 1 sport each season, but we prefer them to do no more than 2. On the registration form, check the sports your athlete wishes to participate in. If you choose more than 2, Emily Riley will choose which sports the athlete will do. Also, there is no guarantee that we will have a sport just because it is on the above lists.
- If your child/client has never participated in Special Olympics (sports or Spring Games), you need to complete an *Application For Participation* and get a physical completed on your child/client. This form does expire every 3 years so if your child/client's form expires this year Emily Riley will let you know.
- Special Olympics Cabarrus County is recruiting coaches for all seasons. If you know anyone who may be interested in coaching, please have them contact Emily Riley. Here are our volunteer needs:

Head Coach

Golf (1)
Bowling (1)

Assistant Coaches

Golf
Soccer
Softball
Basketball

Volunteers

Golf
Tennis
Bowling
Cheerleading
Athletics
Swimming

If anyone has any questions or concerns, please contact Emily Riley, Local Coordinator, at cabarrus@sonc.net or (704) 490-8036.