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**EVENT CALENDAR**



Check the calendar for regional basketball tournaments and all scheduled events



**John L Cassidy Heartland Winter Games**

**February 1-3**

Skiing & Snowshoeing - Snow Creek, Weston, MO  
Ice Skating - Bode Ice Arena, St Joseph, MO

**February 18-19**

Floor Hockey  
University of Nebraska, Omaha

[Click on the link for schedules and venues](#)

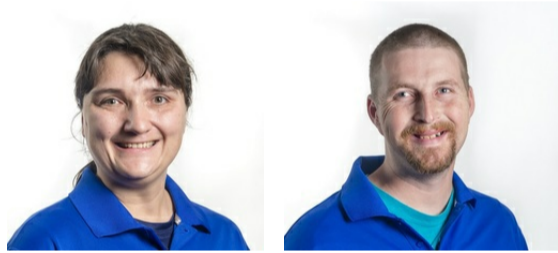
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**Will you take a chilly Plunge, so we can burn up the courts?**



[Are you brrr...ave enough to take the Plunge! Sign up today at any of our nine locations!](#)

[#GofortheCold](#)



Congratulations to **Ashley Spriggs** and **Jerad Leatherman**, who will be part of Team Special Olympics USA at the 2017 World Winter Games in Austria. [Click here to read more about them and support the quest to](#)

[#goforthegold](#) [#Cheer4USA](#) [#kansasproud](#)

**Mark your calendar and Save the Date for the Program Conference**



**August 4-6th**

Prairie Band Casino & Resort, Mayetta, KS

We invite coaches, family members, Local Program Coordinators, LETR and other key volunteers to attend.

Gain Knowledge - Network - Learn More About SOKS

Registration and details to follow.

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**Don't Forget to Save these Dates**

[Heroes Pull - March 12](#)

[Shoot Out - April 22](#)

[SW Truck Convoy - April 29](#)

**Thank You to Procter & Gamble who have donated \$500,000**



**to Special Olympics in this 37th Year of P&G support!**

**There is an additional \$75,000 to be won.** Those of you able to shop at Fort Riley, Fort Leavenworth and McConnell Airforce Base Commissaries can help SOKS win a state specific donation. For the month of January purchase 5 P&G products and \$5 per transaction will be donated to Special Olympics.

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**A Great New Year for Young Athletes starts January 29th!**

**Metro Lawrence** starts Jan. 29th, ends April 9th.  
**South Central**

St. Joseph Parish starts March 8th, ends June 7th.

Wichita Collegiate starts January 17th, ends April 18th. Contact Ali for more information.

If you have a Young Athlete in the Wichita area that is interested in soccer, please contact Ali at [barnarda@kssso.org](mailto:barnarda@kssso.org).

**Unified Bocce**

2017 competitions are scheduled 2/12 at Gardner High School and 2/26 at Pinstripes.

All Local Programs, school-age or adults, are invited to register - deadline is January 31.

Download the [Registration and email or mail to Clint Armistead](#) [armisteadc@kssso.org](mailto:armisteadc@kssso.org)

The format will be 4-person team bocce: 2 athletes and 2 partners, one athlete and one partner alternate is allowed for each team. Teams are guaranteed two games at each competition but must attend 2/12 to compete on 2/26.

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**Coaches Training**

Congratulations to all the Coaches who completed the Basketball Training in November 2016.

SOKS has put together a helpful instructional video on forming teams and running basketball drills.

Click on the link to review the Basketball Skills Assessment Test (BSAT) instructional video:

<https://youtu.be/-6GqjT7MtOQ> The video is also available on the [website](#).

**Basketball Training School - Pittsburg State University, Wednesday, January 25th.**

**Soccer, Softball, Volleyball and Cycling - Emporia State University, Saturday, June 24th.** Tentative time frame 8:30 a.m. - 4:30 p.m. More information to follow.

**Clinicians Wanted**

In 2017, and beyond SOKS will be organizing training schools for coaches throughout the State. We are looking for individuals to volunteer to serve as clinicians to assist an SOKS staff member in conducting a training school(s). These are not paid positions.

We are looking for clinicians in the following sports: athletics, basketball, bocce, bowling, cheerleading, cycling, golf, power-lifting, soccer, softball, swimming, tennis, and volleyball.

In order to be considered as a potential clinician a volunteer must meet the following standards:

- 1) Be age 25 or older, and
- 2) Have coached the sport for at least 5 years, and
- 3) Have certification from Special Olympics Kansas or the National Federation of High Schools or the National Governing Body of the Sport.

Please contact Terri Price or your Regional Director by **2/1/2017**. Please submit the following information contact information, sport you're interested in, sports background, and range (in miles) you are willing to travel.

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## Thank you to Civic

### Live Solutions

for providing the Mass Notification System for SOKS to use during events, allowing us to text or email significant updates at a moment's notice.



## Health Information

Terri Price attended the Special Olympics Health Conference in early December with staff and athlete leaders from across the US & Canada. The purpose of the conference was to identify additional ways to incorporate health/fitness into sports and other events we offer. [Click on this link to read the inspiring speech from athlete Nathan McClain, SOAR, who emphasizes the value of health and fitness and the role it plays in sport and LIFE.](#)

SOKS would like your help in developing a culture of health/fitness within the Special Olympics Kansas program. As a start, we would like to hear how programs out in the field are already promoting health and fitness OR maybe your program's New Years' resolution (it's not too late) is to do this. Feel free to share your plans with Terri - [pricet@kssso.org](mailto:pricet@kssso.org).

Also of interest:

### 2015 SOI Global Health Data Highlights

#### Reported December 2016

- 59% of Adult athletes are obese
- 19% have never had an eye exam, 41% need new eye glasses
- 36% have untreated health decay
- 24% failed hearing test
- 40% had exposure to second hand smoke

[Click here to view Comparative Health Indicators SO Athletes v General Population](#)

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## Workplace Giving

SOKS is not a United Way designated agency, however you can still donate to SOKS by using our Campaign codes **#62089** for the Combined Federal Campaign and **#0052** for the State of Kansas Charitable Giving Campaign.

[Visit our Individual Giving Page for more information on the campaigns and other ways to donate to SOKS](#)

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## January- Focus on Nutrition

How can I make sure I am eating healthier?

- When you are shopping, keep to the outside aisles where the fresh foods are.
- Choose MyPlate.gov to help you track your meals and find healthy recipes
- Keep a log of your meals and snacks to see what you need to change

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