City of Tempe Special Olympics

SPRING SPORTS, FEB 2013—APR 2013

Youth (8 yrs+) and adults with intellectual disabilities are invited to join Special Olympics Arizona to learn sportsmanship and teamwork while achieving their personal goals! For more information about the City of Tempe's Special Olympics programs, please contact Josh Bell, Recreation Coordinator, at 480-858-2469 or visit our website at www.tempe.gov/adaptedrecreation. A Special Olympics Medical Release Form signed by a medical examiner (good for three years) is required for all athletes to participate, as well as a City of Tempe registration form. Visit www.tempe.gov/adaptedrecreation for registration information and to download the forms. Registering in advance is recommended. You can register in advance one of the following ways:

- Register online at www.tempe.gov/brochure (and use the registration code for the program).
- Mail registration to Attn: Josh Bell, Adapted Recreation, 3340 S. Rural Rd., Tempe, AZ 85282.
- Register in person at the Recreation Office, 3500 S. Rural Rd. (2nd floor of Library), Pyle Adult Recreation Center, 655 E. Southern Ave., or another City facility that processes registrations.

Special Olympics Track and Field

Notice to track athletes: please choose up to three track and field events to compete in and note on the registration form. Please refer to attached list of track and field events. List is also available on Adapted Rec website.

When: Mondays, 5pm—6pm, February 11—April 22**
***no practice February 18 and March 11.*

Where: Marcos de Niza High School track area, 6000 S. Lakeshore Dr., Tempe 85283.

Who: Ages 8 years and older.

Fees: $10 registration fee.

Registration Deadline: Monday, March 4.

Reg. Code: 34148

Special Olympics Kayaking

Mandatory Kayaking Test: As a requirement for participating in City of Tempe Special Olympics kayaking, each athlete must successfully pass a float test and self-rescue test. If you fail to pass one or both tests, or not show for the testing, you will not be able to participate in the program. This is implemented for safety reasons for all participants in the kayaking program. It's very important to attend this testing. Each athlete should wear a swimsuit/water clothes and bring a towel. All other equipment will be provided. For more information please contact Josh Bell at 480.858.2469.

When: ***Mandatory*** kayaking float and self-rescue test for all athletes participating in kayaking will be on Tuesday, February 26, 7pm—8:30pm, at Kiwanis Recreation Center Pool, 6111 S. All-America Way, Tempe 85283.

Practices: Tuesdays, 4:45pm—6:30pm, March 5—April 23

Where: Tempe Town Lake Marina, Tempe. Map available on Adapted Rec website.

Who: Ages 8 years and older.

Fees: $10 registration fee.

Registration Deadline: Tuesday, February 26 (kayaking test).

Reg. Code: 34151.

— More Special Olympics sports on the other side —

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Special Olympics Volleyball

Practices will focus on athletes learning the fundamental skills of volleyball and participating in practice game settings.

When: Saturdays, 3pm—5pm, February 23—April 20

Where: Aspire Volleyball Gym, 8350 S. Kyrene Rd. #107, Tempe 85284.

Who: Ages 8 years and older.

Fees: $10 registration fee

Registration Deadline: Saturday, March 9.

Reg. Code: 34147

Notes: It's recommended that athletes have knee pads when participating in volleyball.

Special Olympics Powerlifting

In powerlifting, athletes will participate in a workout regiment to build strength and train to compete in the deadlift and bench press events.

When: Saturdays, 1pm—3pm, February 16—April 20**
***no practice February 23*

Where: Performance One Gym, 916 E. Baseline Rd. #130, Mesa 85204.

Who: Ages 16 years and older.

Fees: $10 registration fee

Registration Deadline: Saturday, March 9.

Reg. Code: 34149

Special Olympics Tennis

Tennis Skills is for athletes who need to develop the fundamental skills of tennis, including serving, forehand, backhand, movement and other areas. Singles/Doubles is for athletes who have the fundamental tennis skills to play tennis in a competitive game setting.

When: **Skills:** Wednesdays, 5pm—6pm, February 20—April 24
Singles/Doubles: Wednesdays, 6pm—7pm, February 20—April 24

Where: Kiwanis Recreation Center, 6111 S. All-America Way, Tempe 85283.

Who: Ages 8 years and older.

Fees: $10 registration fee

Registration Deadline: Wednesday, March 6 (if space is still available).

Reg. Code: **Skills:** 34150 (maximum of 8 athletes in Skills)
Singles/Doubles: 34152 (maximum of 8 athletes in Singles/Doubles)

— More Special Olympics sports on the other side —

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Josh Bell, Recreation Coordinator ■ josh_bell@tempe.gov ■ Ph: 480.858.2469 ■ TDD: 480.350.5050

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Registration Form

Please check which sports to be registered into:

[ ] Kayaking** (reg. code: 34151, reg. fee: $10)

***athletes are required to participate in kayaking test on 2/26.*

[ ] Powerlifting (reg. code: 34149, reg. fee: $10)

[ ] Tennis—Skills (reg. code: 34150, reg. fee: $10)

[ ] Tennis—Singles/Doubles (reg. code: 34152, reg. fee: $10)

[ ] Track and Field** (reg. code: 34148, reg. fee: $10)

***please designate up to 3 track events to compete in → → → →*

[ ] Volleyball (reg. code: 34147, reg. fee: $10)

Please circle shirt/jersey size:

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

Track & Field athletes please designate up to three events to compete in. See attached list of tracks events.

1.) _____

2.) _____

3.) _____

Participant Last Name	Participant First Name	MI	DOB

Street Address	Apartment/Unit No.	City	Zip Code

Phone (evening)	(work)	(cell)

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 info:

- 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

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SPECIAL OLYMPICS ARIZONA TRACK & FIELD EVENTS

100m Run	AT100M
100M Walk	AT100W
100M Wheelchair Race	A100WC
10M Assisted Walk	AT10AW
10M Wheelchair Race	AT10WC
1500M Run	A1500M
1500M Walk	A1500W
200M Run	AT200M
25M Assisted Walk	AT25AW
25M Dash	AT25M
25M Walk	AT25W
25M Wheelchair Race	AT25WC
3000M Run	A3000M
30M Motorized Wheelchair Slalom	A30MWC
30M Wheelchair Slalom	A30WCS
400M Run	AT400M
400M Walk	AT400W
4x100M Relay	AT4x1R
50M Dash	AT50M
50M Motorized Wheelchair slalom	A50MWC
800M Run	AT800M
800M Walk	AT800W
Exhibition 4x100M Relay Wheelchair	A4x1WC
Pentathlon	ATPENT
Running Long Jump	ATRLJ
Shotput – Men	ATSP1M
Shotput – Women	ATSP2F
Softball Throw	ATSOBT
Standing Long Jump	ATSTLJ
Tennis Ball Throw	ATTBT
Turbojav 300g	ATJAV3
Turbojav 400g	ATJAV4
Unified 2x Running Long Jump	UARLJ
Unified 2x Shotput	UASHOT
Unified 2x Standing Long Jump	UASTLJ
Unified 2x50M Relay	UA2X5R
Unified 4x100M Relay	UA4X1R
Unified 2x Turbojav 300g	UAJAV3