



2020 Spring Sport Information

SPRING REGISTRATION DEADLINE is Wednesday, February 26, 2020

The following sports will be offered for the 2020 spring season. Athletes may practice or participate in multiple sports but may only choose to compete in ONE. ALL athletes must be at least 8 years of age (unless otherwise noted) and have valid Special Olympics Medical and Parent Permission forms on file with our office prior to the first date of practice. It is the parent/guardian's responsibility to inquire about the expiration date of these forms. Athletes must wear appropriate athletic clothing (not jeans), sneakers, and bring a labeled water bottle to each practice.

AQUATICS/SWIMMING

Our swim team, The Raleigh Racers, started practice in January. If you are interested in trying-out for the team, please contact Coach Chris Underwood (chris@raleighracers.org). There may not be space available for the 2020 season, but we will add you to our waiting list for the 2021 season.

ATHLETICS (TRACK & FIELD) - NEW LOCATION

- **Practice Location:** Buffaloe Road Athletic Park (5812 Buffaloe Rd, Raleigh, NC 27616)
- **Practice Dates:** Sundays, March 8 – May 26, 2020
- **Practice Time:** 1:00pm-2:30pm
- **Additional Information:**
 - Athletes should be dropped off **NO EARLIER** than 12:45pm on practice days and then picked up at 2:30pm sharp.
 - Parking is limited and **NOT PERMITTED** at the track.

BOWLING

- **Practice Location:** AMF Pleasant Valley (5501 Commercial Ave. Raleigh, NC 27612)
- **Practice Dates:** Mondays, March 9 – May 27, 2020
- **Practice Time:** 5:30pm-7:00pm
- **Additional Information:**
 - Athletes should bring/wear the following items to practice: comfortable athletic clothing and socks to wear with bowling shoes.

GYMNASTICS

- **Practice Location:** Sonshine Gymnastics & eNeRGy Kidz (formerly North Raleigh Gymnastics)
- **Practice Dates/Times:** Vary depending on practice location
- **Additional Information:** Please contact each gym for registration information
 - Sonshine Gymnastics: 919-557-9990
 - eNeRGy Kidz: 919-790-9400

SOFTBALL SKILLS

- **Practice Location:** Creech Road Elementary School Park (400 Creech Road, Garner, NC 27529)
- **Practice Dates:** Sundays, March 8 – May 27, 2020
- **Practice Time:** 3:00pm-4:30pm

POWERLIFTING – NEW LOCATION, DAY, & TIME

Athletes will train in bench-press and dead-lift events this year, as well as squat for a limited number of experienced athletes. To assure each player's safety, you must be at least 16 years old to participate; be able to lift at least 45 pounds (the weight of the bar) in the bench press and deadlift exercises; and be able to follow directions and behave appropriately with a 1:4 coach to athlete ratio.

- **Practice Location:** The Athletic Lab (110 Competition Center Dr, Cary, NC 27513)
- **Practice Dates:** Sundays, March 8 – May 24, 2020
- **Practice Time:** 11:15am-12:30pm

SOFTBALL (TEAM PLAY)

To assure each player's safety, players will be placed on teams by age, size and skill level. It is difficult to place those younger than 14 on a team, due to the size of our players. To be on a team, athletes must have some knowledge of the game of softball and team play; have the necessary skills and fitness level to run the length of the field and actively participate; be able to follow directions; function well on a 1:6 coach to athlete ratio; and have appropriate behavior to travel with the team. Athletes who are unable to meet these requirements should participate in the Skills level (information noted above).

****NEW PLAYERS:** If you have never played softball or were not on a team roster for the 2019 season, you are a new player and must attend try-outs on **Sunday, March 9, 2020** at **3:00pm** at Lions Park Community Center (516 Dennis Ave, Raleigh, 27604), on **FIELD 1**. Each athlete will be assessed and placed on the team most appropriate for the athlete's maximum safety and playing time.

- If you do not attend try-outs; you will be ineligible for team play but can participate in softball skills.
- If you attend try outs but we do not have space on a roster, you may choose to participate in softball skills or of being an "alternate player" with a team. Alternate players can attend practice but may not be able to travel/play with the team unless someone drops from the roster.

RETURNING PLAYERS: If you played on a team for the 2019 season, you are a returning player and have priority to play again on a team and will most likely be on the same team. If athletes need to be shifted to a different team, you will be notified ASAP. Athletes who would like to request to be placed on a different team must contact our office by **Friday, March 1, 2019**. Your request must have reason why, and name of proposed new team, if known. Requests will be fulfilled if appropriate but are not guaranteed.

- **Practice Location:** Lions Park (516 Dennis Ave, Raleigh, NC 27604)
- **Practice Dates:** Sundays, March 8, 2020 – May 24, 2020; Monday, Apr 13; Monday, May 25 (NO PRACTICE 4/12 & 5/24)
- **Practice Times:** **3:00pm-4:30pm** **Field 1:** Hurricanes **Field 3:** Tornados
4:30pm-6:00pm **Field 1:** Chargers

MODIFIED VOLLEYBALL (TEAM PLAY)

Modified volleyball uses a larger and slower yellow ball and a shorter service line. Our team can have up to 12 players with 6 on the court at a time. To assure each player's safety, players will be placed on teams by age, size and skill level. It is difficult to place those younger than 12 on a team, due to the size of our players. To be on a team, athletes must have some knowledge of the game of volleyball and team play; have the necessary skills and fitness level to run the length of the court and actively participate; be able to follow directions; function well on a 1:5 coach to athlete ratio; and have appropriate behavior to travel with the team.

****NEW PLAYERS:** If you have never played volleyball before or were not on a team roster for the 2018 season, you are a new player and must attend try-outs on **Monday, March 9, 2020** at 6:45pm at Laurel Hill Community Center (3808 Edwards Mill Rd, Raleigh, NC 27612)

Each athlete will be assessed and placed on the team most appropriate for the athlete's maximum safety and playing time.

- If you do not attend try-outs; you will be ineligible for team play.
- If you attend try outs but we do not have space on a roster, you may choose to be an "alternate player" with a team. Alternate players can attend practice but may not be able to travel/play with the team unless someone drops from the roster.

RETURNING PLAYERS: If you played on a team for the 2019 season, you are a returning player and have priority to play again.

- **Practice Location:** Laurel Hills Community Center (3808 Edwards Mill Rd, Raleigh, NC 27612)
- **Practice Dates:** Mondays, March 9 – May 25, 2020
- **Practice Times:** 6:45pm-8:00pm

COMPETITION ELIGIBILITY

As sports participation continues to grow at the local level, SONC will increasingly be unable to accommodate all athletes at the state-level competitions. Attending a state-level event is a privilege, not a guarantee. In order to be fair and equitable to all athletes, the following will be used to determine advancement beyond local competition. If all of the criteria below are met, an athlete's name or team will be entered into a random drawing to potentially be selected for state-level competition.

- 1) Attends 75% of all scheduled practices.
- 2) Follows the Athlete Code of Conduct.
- 3) Exhibits sportsmanship at all practices and competition opportunities.
- 4) Gives 100% effort at all practices.
- 5) Age and/or length of time participating in Specialized Recreation programs.
- 6) Appropriate to travel.

Situations may vary by sport and will be handled on a case-by-case basis.

COMPETITION OPPORTUNITIES

LOCAL INVITATIONALS

- Athletics Invitational – Orange County (April 2020)
- Softball Invitational – Orange County (April 2020)
- Additional Sport Invitational Dates & Locations TBA - we are working with other local counties to provide invitationals for additional spring sports. More details will be provided throughout the season.

SUMMER GAMES

- **May 29-31, 2020** - SONC Summer Games (Raleigh, NC) – This is a state-level competition for athletes who are chosen to go compete and represent Wake County. It is important to know that not all athletes will be eligible or selected to attend. Athletes **MUST** attend all three days of competition.



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