



Fall Sports 2022

Athletes must be at least 8 years old and have a current APP (athlete participation packet) on file. These have to be updated every 3 years. Athletes may participate in multiple sports, but are encouraged to join at the beginning of the season for interested sports. There will be local competition opportunities for our league play this fall (cornhole and bowling). There will be scheduled scrimmages and invitationals for our teams and individual sports (soccer, softball, skating, and bocce). Athletes will have the opportunity to attend state games with Special Olympics N.C. in November for bocce, skating, soccer, soccer and softball skills, and softball.

Questions? Please email us at gaston@sonc.net

Bocce: Mondays @ Dallas Park (Dallas) 5:30pm-6:30pm August 22nd-November 7th

Skating: Sundays @ Kate's Skating Rink in Lowell 11:30am-12:30pm August 28th-November 6th (no practice the weekend of Labor Day)

Bowling League (recreational 6 week league only): Sundays @ Liberty Lanes (Gastonia) 1:30pm-4:00pm (2 games per athlete each week) September 18th-October 30th

*Open to both traditional athletes and unified partners

Cornhole League (recreational 4-week training season only): Mondays @ Adult Recreation Center (Gastonia) 6:15pm-8:15pm September 12th-October 3rd (competition event to follow league play in October)

Softball Team: Thursdays @ Forestview High School August 11th to November 8th 6:00-8:00pm

Swimming (Training Season/Recreational-no competition): 6 weeks- Time & Date TBA

Soccer Team: Wednesdays @ T. Jeffers Center field (Gastonia) 5:30pm-7:00pm August 24th-November 9th

Soccer Skills: Wednesdays @ T. Jeffers Center field (Gastonia) 5:00pm-5:30pm (athletes are welcome to also stay for soccer team practice immediately following at 5:30pm) August 24th-November 9th

Softball Skills: Wednesdays @ T. Jeffers Center field (Gastonia) 4:15pm-5:00pm August 24th-November 9th