

Team Illinois Newsletter

March 2014

Welcome to the second edition of the Team Illinois Newsletter for the 2014 USA Games!

Throughout the months ahead, continuous newsletters and other mailings will be sent to keep you updated on all that is happening in preparation for the 2014 USA Games.

USA Games athletes, alternate athletes, coaches, alternate coaches, local coaches and parents/guardians who do not live at the same address as athletes or alternate athletes will receive a copy of each newsletter.

Please read each section of this newsletter very carefully to ensure you become familiar with all that is being shared. If you have questions regarding information in any section, please contact Brianna or Carolyn.

Team Illinois Team & Contact Information

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2014 USA Games Training Camp

The Training Camp will be held in Normal, Illinois on April 4, 5 & 6, 2014. Athletes, coaches, alternate athletes and alternate coaches are required to attend the Training Camp. Failure to attend will result in your removal from the team.

The team will be housed at the Chateau Hotel. We will use various local facilities for the training sessions. Special Olympics Illinois will make all arrangements and cover expenses for the Training Camp. Travel to and from the camp is the responsibility of each athlete, alternate athlete, coach and alternate coach.

All Training Camp practice sessions and activities are closed to non-delegation members. Family members, friends and other spectators will not be allowed into the practice sessions in order to give Team Illinois the opportunity to bond as a team. We would also ask that if families decide to spend the night, do not make reservations at the Chateau.

****FAMILIES** and others bringing athletes to the Training Camp that would like to stay in town: We have set up a block of rooms at the **Holiday Inn Express, Normal** (just down the street from the Chateau) at a rate of **\$99/night** for both Friday and Saturday nights. Breakfast is included and both King and Double Queen rooms are available. The hotel also has a fitness facility and swimming pool. Please use CODE UGF (USA GAMES FAMILIES) to get into this block.

Holiday Inn Express – 309-862-1600

1715 Parkway Plaza Drive, Normal (Right by the Walmart on Veterans Pkwy.)

Room Block Code: UGF

Final Schedule

Chateau Hotel and Conference Center, 1601 Jumer Drive, Bloomington, Illinois, 61704

Friday, April 4, 2014

| | |
|------------------|---|
| 4:00pm – 4:30pm | Coach Check-In – Conference Center Entrance |
| 4:30pm – 6:00pm | Check-In – Conference Center Entrance |
| 6:30pm – 7:00pm | Meet with Individual Sport Coaches |
| 7:00pm – 8:00pm | Team Illinois Dinner at Hotel |
| 8:00pm – 10:00pm | Team Meeting & Uniform Try-On |
| 10:00pm | Coaches Meeting |

Saturday, April 5, 2014

| | |
|------------------|---------------------------------|
| 6:30am – 9:00am | Breakfast |
| 10:00am – 5:00pm | Athletes at Training Facilities |
| 5:00pm – 7:00pm | Uniform Try-On |
| 7:00pm – 8:00pm | Team Dinner at Hotel |
| 8:00pm – 9:30pm | Dance & Uniform Try-On |
| 10:00pm | Coaches Meeting |

Sunday, April 6, 2014

| | |
|-----------------|--|
| 6:30am – 9:00am | Breakfast at Hotel/Room Check-Out |
| 9:00am – 2:00pm | Athletes at Training Facilities |
| 1:00pm | Parent Meeting; Spectator Pkg. Samples; Meet & Greet (Chateau Hotel) |
| 3:00pm | Athletes to be picked up from Hotel |

Packing List

General:

Toiletries (Shampoo, Conditioner, Toothbrush, Toothpaste, Soap, Deodorant, Comb or Brush)
Feminine Hygiene Products for females
Medication (please consult medications and medical form section if applicable)
Money for snacks to purchase
Healthy snacks from home
Water Bottle
4 T-Shirts
2 Pair Athletic Shorts
2 Sweatshirts
1 Pair Athletic Pants / Sweat Pants
1 Pair Gym Shoes
4 Pairs Underwear
2 Sports Bras (Female Athletes Only)
2 Pairs Jeans
Outdoor Gear – Some athletes will be training outside so please come prepared for weather
Cup if needed

Sport Specific Wear:

Aquatics Athletes – 1 Swimsuit, Deck Shoes, Towel, Goggles
Athletics – Track Shoes (soft spike only) - optional
Bowling – Bowling Ball & Bowling Shoes
Golf – Golf Clubs, Balls, Glove, Shoes (soft spike only), Hat
Gymnastics – Leotard, Hair ties
Powerlifting – Lifting Suit, T-shirt, Belt and Knee Length Socks
Soccer – Shin guards, Soccer Socks, Cleats
Volleyball – Tennis Shoes (no black soles)

Training Camp Check In

General Check-In Information:

- Chateau located at 1601 Jumer Drive, Bloomington, Illinois, 61704
- Coach Check-In – 4:00pm
- Athlete Check-In – 4:30pm -6:00pm
- Check-In will be located through the Conference Center Entrance located in the back of hotel
- Head coaches will pick up rooming list and keys for all athletes.
- ***Do not have any additional keys made at the lobby front desk***
- Athletes and coaches need to submit paperwork and medications (details in next 2 sections)
- Athletes will be escorted up to their room by their USA Games Coach
- Family members will not be allowed to go up to athletes floor

If you have any questions, please notify us immediately.

Medications and Medical Form

Upon arrival on April 4, all coaches and athletes will need to submit the updated medical form (attached) along with all packaged medications. Training Camp is Friday, Saturday and Sunday. We would like you to package 3 full days of your medications in separate envelopes by dosage. On each envelope, please write (using a pen) your name, date to take medication, time to take the medication, the name of the medication and the number of milligrams and any additional information. You can get small “pill pouches” at a local Walgreens or CVS pharmacy store. You can also use small “coin envelopes” or small zip lock bags.

Example:

Name

Name of Medication and Dosage

Date to take Medication

Time to take Medication

Any additional information (Take with food/water, etc.)

Authorization for Release

All athletes and coaches must travel to and from Illinois as a team. Individuals will not be able to travel with their families.

For the safety of our athletes, if the parent or guardian is not available to pick them up, we would like to gather a list of individuals who are allowed to pick up the athlete from Training Camp and from the 2014 USA Games.

Families have been sent an [Authorization Form](#) along with this newsletter. Authorization forms will need to be submitted upon Check-In at Training Camp. Only individuals on the form will be able to pick up athletes from Training Camp and the 2014 USA Games.

This form is utilized in order to keep our athletes safe. If you have any questions on how to fill this form out, please let us know.

Families

2014 Special Olympics USA Games Family Services Program: This is available to family members of athletes and Unified Partners attending the 2014 Special Olympics USA Games. Family members include parents, spouses, siblings, caregivers, grandparents, uncles, aunts, nephews, nieces and cousins. Families planning on attending the USA Games should be sure to register. By registering you will receive the following benefits:

- Access to official “Family” Housing options, at own expense. A link to register for hotel rooms will be included with your confirmation email once you register.
- Access to special rental car rates. A link to register will be included with your confirmation page.
- Access to the Family Service Center (registration, hospitality, activities, and information services)
- Official 2014 USA Games Credential & Welcome packet
- Family handbook
- Access to Olympic Town
- Two (2) tickets per athlete or Unified Partner family to Opening & Closing Ceremonies and two (2) tickets per athlete or Unified Partner family for Trenton Thunder Family Night
- Access to family hospitality areas at competition venues

REGISTRATION DEADLINE HAS BEEN EXTENDED TO MARCH 31, 2014

Training Camp Family Meeting: There will be a Family Meeting on **Sunday, April 6 at 1:00pm** at the Chateau Hotel and Conference Center prior to families picking up their athletes. We plan to cover all NEW information including transportation arrangements, dates/deadlines, spectator package samples; pin orders; required forms; updated schedules and more. Please plan to have at least 1 family member present.

Required Competition for Athletes

All 2014 USA Games aquatics, athletics, bocce, gymnastics and powerlifting athletes and Unified Partners are required to participate in your Area’s assigned Area or District event. If you are unsure of your events, please contact your USA Games coach.

2014 SOILL Summer Games

Due to the overlap in dates, all aquatics, bocce, gymnastics, powerlifting and athletics athletes will not be able to participate in the 2014 Special Olympics Illinois Summer Games regardless of their place of finish in their District or Qualifier events.

Fitness & Conditioning

It is VERY important that all athletes and coaches make the commitment to be physically ready for the rigors of a very hot and humid 2014 USA Games. You must start your fitness and conditioning program now.

Athletes and coaches who do not demonstrate acceptable fitness and conditioning levels at the April Camp may be removed from the team. Please contact Brianna, Carolyn or your USA Games Sport Coach if you have questions regarding fitness issues.

Head Coaches: If you have not already, please send training, fitness and conditioning information to your athletes and alternate athletes.

OATH: "Let me win. But if I cannot win, let me be brave in the attempt."

Coaches Mailings

Coaches: Please send a copy of any emails or mailings you send to your team to Brianna and Carolyn. We need this information to answer calls that come into our offices.

In addition, please send the correspondence to the local coaches and families of athletes to ensure they are kept up to date on what they should be working on with their athletes.

USA Games Uniforms

Special Olympics Illinois is in the process of finalizing the uniform package from the items revealed at the Processing Day. We will provide both general wear clothing and competition specific uniforms for all athletes. Coaches will receive general wear clothing items.

The next newsletter will contain a complete list of what each delegation member will receive. The list will also indicate what items each person will have to provide on their own. Please wait until you receive the uniform list and the "What to Pack List" before you buy any items for the 2014 USA Games.

We will have samples of the uniform package at the April Training Camp so delegation members can try on items.

USA Games Sports Schedule & Venue Sites

General Schedule:

June 12 or 13, 2014: Advance Delegate Departure for New Jersey
June 13, 2014: Advance Delegate Meeting in New Jersey
June 13, 2014: Teams Gather in Illinois to prepare for Departure
June 14, 2014: Team Illinois Arrives in New Jersey
June 15, 2014: Opening Ceremonies at Prudential Center
June 15 – June 20, 2014: 2014 USA Games Competition
June 20, 2014: Closing Ceremonies
June 21, 2014: Team Illinois Departure for Illinois
June 21, 2014: Team arrival and pick up in Illinois (specific location to be determined)

If you are interested in the tentative schedules for your sport and venue site information, please go to the USA Games website at www.2014specialolympics.org. The sports schedules are tentative. They could change after all entries are received depending on how many athletes register for the various events. If you have any questions in regards to venue location or schedule, please contact Brianna Beers.

Expenses & Souvenirs

Special Olympics Illinois will cover most expenses related to each delegation member's participation in the 2014 USA Games. Special Olympics will pay for: competition uniforms, most general wear clothing items, round-trip travel to New Jersey, on-site housing and food expenses.

Coaches and athletes are responsible to provide travel to and from the Training Camp, travel to and from departure location and return location (both TBA) from New Jersey, competition shoes, competition equipment as required by individual sports and spending money for souvenirs or other items individuals may want to purchase at the camp or at USA Games.

Souvenirs will be available for purchase at the 2014 USA Games. However if you would like to purchase souvenirs ahead of time, please visit the following website:

<https://orders.metrographicsprinting.com/cgi-bin/Xebra?Mixed&s=9t7ibgph&searchType=AND&keywords=&catalogID=123>

Sponsor Thank You

Thank You to **Cessna!**

At this time Cessna has not yet confirmed if Illinois will be included in the 2014 Airlift. Cessna is working with Citation owners to coordinate many details and hopefully will be able to confirm sometime in April which states will be included in the Airlift. If you have any corporate contacts that may own a Cessna Citation, then please reach out and ask them to consider joining the Airlift. They can get more detailed information about the Airlift through the Cessna representative.



Regardless of Team Illinois' participation in the 2014 Airlift, we would like to thank Cessna Citation owners for their generous support of the 2014 USA Games. Citation customers will rally together for the 2014 Citation Special Olympics Airlift June 14 & June 21 to transport 1,000 Special Olympics athletes and coaches from across the country to and from the Special Olympics 2014 USA Games in New Jersey. The Cessna Citations that carry these athletes to the 2014 USA Games are providing more than transportation – they're giving wings to our athletes' dreams. Thank you Cessna and Citation customers!

We would like to thank **Durham Transportation Company!** Durham has been working with Special Olympics Illinois and will be donating 2 buses and 2 bus drivers. The buses and drivers will be shuttling Team Illinois from the Chateau to their training camp facilities.



By providing this transportation, Team USA will have the ability to bond as a team and reach their fitness and sports-specific tactical goals. Thank you Durham!

Thank you to **Alpha Factor** for their generous donation to the 2014 USA Games Gymnastics Team. Alpha Factor donated 4 tank leotards worth \$115.76 in order to enhance the gymnastics team training and competition. Thank you Alpha Factor!

