

Special Olympics Alaska Mat-Su Community
2017 Bowling Season Memo
August 16, 2017

Practice Location: North Bowl
3250 E. Palmer Wasilla Hwy, Wasilla, AK 99654

Practice Day: Tuesdays 5:30pm-7:30pm. Arrive by 5:15pm, on the lanes by 5:30pm.
*practices will be held on Wednesdays for the first 3 practices

Head Coach: TBD
Assistant Coach: TBD
Team Assistant: TBD (*assists coach with communication, local games preparation and state games registration/participation.*)

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facebook page "special olympics alaska mat su community program"
webpage: <http://specialolympicsalaska.org/programs/community-programs/>

SCHEDULE

August 16	Pre-season meeting All athletes, family, DSP, etc asked to attend & Practice
August 23	1 st Practice (Wednesday)
August 30	Regular Practice (Wednesday)
September 5	Regular Practice (first Tuesday Practice. Tuesdays from this point on.)
September 12	Regular Practice
September 19	Team Meeting (All athletes, family, DSP, etc asked to attend) & Practice
September 26	Regular Practice
October 3	Regular Practice
October 10	Team Meeting (All athletes, family, DSP, etc asked to attend) & Practice (<i>Team Meeting to cover local competition</i>)
October 17	Local Competition Day 1 (ALL BOWLERS)
October 22	Local Competition Day 2 & Awards Ceremony (ALL BOWLERS)
October 24	Regular Practice (<u>for athletes advancing to state competition only</u>)
October 31	Regular Practice (<u>for athletes advancing to state competition only</u>)
November 7	Bowling Tournament Delegation/Travel Meeting & Practice
November 14	Regular Practice (<u>for athletes advancing to state competition only</u>)
Nov 17-19	2017 Bowling Tournament
TBD	End of Season Celebration

Please note: Athletes/partners will bowl 3 games per practice. Athletes/partners need to have bowled 24 games (8 weeks of practice) to be eligible to compete at the local competition. Athletes/partners will be **allowed two make up practices** during the season, which will need to be made up at the other practice (Sundays 1-3pm). Make up practices will need to be **pre-arranged with the coach.**

Bowling Practice Rules: No food, no electronics, stay on your lane, be ready to bowl when it is your turn, be on time & be respectful to others. If you are late to a practice and the game is past the 3rd frame, you wont be able to bowl that game and it will need to be made up at a later date.

Special Olympics Alaska, Mat-Su Community

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Created by the Joseph P. Kennedy Jr. Foundation for the benefit of persons with intellectual disabilities

Team Commitment

- Always do your best.
- Think and communicate positively.
- Be a team player.
- Encourage each other.
- Thank volunteers, family support and DSPs as much as you can.
- Review, sign and abide by the Special Olympics Alaska Code of Conduct
- Attend all practices*
- Come ready to train and have some fun!
 - What and when do you eat last? Was it healthy?
 - Did you drink enough water today?
 - Do you have the right shoes?
 - Are you in proper bowling attire (no jeans)?
 - Is there anything you need to tell coach before practice? (Not feeling well? Need to take a break? etc?)
- Communicate with your coach regarding questions, concerns and important things they should know about you.
- **Arrive at practice by 5:15pm** so you can be on the lanes ready to bowl by 5:30pm
- **Ensure your ride home is at practice by 7:30pm.**

Coach's Commitment

- Complete the coach's code of conduct
- Provide a safe environment and practice for all involved.
- Abide by the Special Olympics Alaska sports rules
- Provide a positive and encouraging sports environment for all involved.
- Work with Team Assistant to communicate to team when needed (phone, email, facebook)
- Work directly with Team Assistant and sports lead/CMT to prepare for local and state competition including volunteer and chaperone recruitment, housing assignments, etc.
- Communicate throughout the season with Special Olympics Alaska, CMT, athletes and families on the status of participation and advancing to state games.

Local & State Competition

**Attitude, participation and attendance
will help determine advancing to local and state competition.**