



# Team Illinois Newsletter

**Welcome to the third edition of the Team Illinois Newsletter for the 2018 USA Games!** Throughout the months ahead, continuous newsletters and other notifications will be sent to keep you updated on all that is happening in preparation for the 2018 USA Games.

USA Games athletes, alternate athletes, coaches, alternate coaches, local coaches, and parents/guardians will all be emailed each newsletter.

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

## Team Illinois Staff & Contact Information

Carolyn Klocek - Head of Delegation – 920-988-2838 / [cklocek@soill.org](mailto:cklocek@soill.org)  
Brianna Beers – Assistant Head of Delegation – 847-845-6481 / [bbeers@soill.org](mailto:bbeers@soill.org)  
Karen Milligan - Family Coordinator – 309-888-2013 / [kmilligan@soill.org](mailto:kmilligan@soill.org)  
Brenden Cannon – Additional Staff – 773-879-0034 / [bcannon@soill.org](mailto:bcannon@soill.org)  
Alex McMillin – Communications – 312-502-7954 / [amcmillin@soill.org](mailto:amcmillin@soill.org)  
Teresa Crudele – Communications – 312-405-7335 / [tcrudele@soill.org](mailto:tcrudele@soill.org)

## 2018 USA Games Training Camp – Wrap Up

Thank you to all athletes, coaches, families and volunteers for assisting us in putting on a successful training camp!

Training camp was a time for us to get to know all of the athletes in addition to giving them time to get to know each another.

We were able to see what each athlete is capable of when competing. All athletes tried out the events selected at the November Processing Day. All of the athlete's scores / times were recorded and submitted to the Games Organizing Committee for divisioning purposes.

We would like to thank all of the families and coaches for getting their athlete to the training camp and for participating in the family meeting on Sunday, April 8.

Additionally, we would like to send a big “thank you” out to all the venues that helped make the weekend so successful:

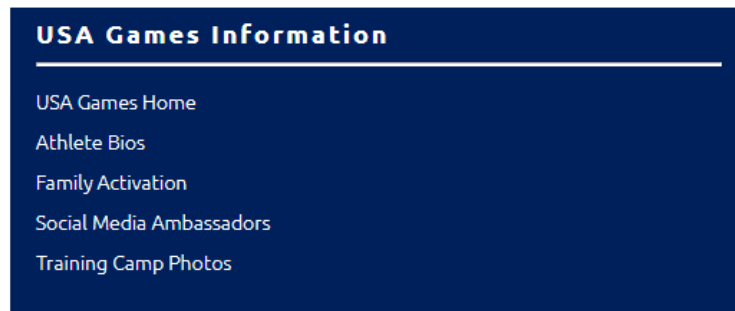
**The Radisson Normal Hotel & Conference Center** and their staff for the great rooms, meals and banquet facilities for evening activities.

All of the athletic venues we trained at throughout the weekend: **Illinois State University, Evergreen Racquet Club, Four Seasons I, Four Seasons II, Gymnastics Etc., Rising Stars Gymnastics Academy, and Twin City Lanes.**

## Communications

Please visit the USA Games portion of the Special Olympics Illinois's webpage for everything Team IL! <https://www.soill.org/usa-games/>.

On the right hand of the page is a navy blue box with links to related items. (See below)



Please contact Alex McMillin & Teresa Crudele with any social media, photography or local media questions.

## Families

### UPCOMING DATES:

April 15, 2018 – Deadline for Guaranteed Family Section seating – Opening Ceremony

May 15 – Family Registration Closes and Deadline to buy tickets for Opening Ceremony family section

June – Special Event invitations sent to families

### USA GAMES FAMILY REGISTRATION:

All family members of athletes and Unified partners should be sure to register online at <https://www.specialolympicsusagames.org/families/> by May 15.

If you're having problems adding or editing people to your profile, please contact [Karen Milligan](mailto:karen.milligan@soill.org) – 309.888.2013.

### OPENING CEREMONY TICKETS AND INFORMATION

*\*Family members who want to redeem their two complimentary tickets for the Opening Ceremony have to go through the ticketing system to reserve the tickets. They aren't reserved simply by registering for the Family Program.*

- After May 15<sup>th</sup>, all tickets will be priced at the \$10 discounted rate. There will not be complimentary tickets available.
- You will not be able to reserve seats in the family section. However, General Admission tickets will be available for purchase.
- Tickets purchased after May 15<sup>th</sup> will need to be printed at home, mailed, or picked up from the stadium Will Call window. They cannot be picked up at the Family Welcome Center.

Make sure to note that there are two steps to reserving your seats at the Opening Ceremony. First, complete the Family Registration information and then follow the link provided below for ticket redemption or purchase. Your two complimentary tickets are not redeemed simply by registering for the Family Program.

[Redeem and Buy Tickets](#)

**PROMO CODE: seattle2018**

### **TRADING PINS**

Families who placed an order for Trading Pins at the Training Camp Family Meeting and did not receive them will get them with your athletes' uniforms & bags in June.

### **Fan Gear – Spectator Package**

The online store to order your Fan Gear will be LIVE on Friday (April 20<sup>th</sup>). Orders can be placed through May 21<sup>st</sup>.

Link for online Fan Gear Store:

<https://costore.cmpromotionsinc.com/soill/default.aspx>



**50 YEARS**  
1968-2018

### **USA GAMES FAMILY NIGHT AT THE MARINERS**

Join the 2018 Special Olympics USA Games for an exciting night with the Seattle Mariners! Special Olympics athletes, coaches, and support staff from across the country will celebrate together when the Seattle Mariners take on the Los Angeles Angels of Anaheim on July 5<sup>th</sup>. The Mariners are offering a discount for all Family Members to join. Use the link and Promo Code below and we will see you at Safeco Field!

[BUY TICKETS HERE](#)

**PROMO CODE: USAGAMES**

### **PLAN YOUR VISIT**

Visit Seattle has some discounted attractions and other helpful information as you plan your trip to Seattle. Visit this link for details:

<https://www.visitseattle.org/site/2018specialolympicsusagames/>

### **FREE Events**

- **Pacific Science Center – July 3<sup>rd</sup>** Staying open late and offering free admission for families.
- **The Woodland Park Zoo – July 5<sup>th</sup>** Offering free admission to families for the day.

### **TRANSPORTATION**

There are a number of options for getting around Seattle. Please visit here to get more details including a link to getting an ORCA card that we discussed at the Training Camp Family Meeting -

<https://www.visitseattle.org/visitor-information/getting-around/>

## Required Competition for Athletes

All 2018 USA Games athletics, bocce, gymnastics, powerlifting and swimming athletes and partners are required to participate in your Region's assigned event. These athletes will be advanced to State in their USA Games sport and events (besides relays) automatically. If you are unsure of your events, please contact your USA Games coach.

## SOILL Summer Games Opening Ceremony

- On Friday, June 15, every Team Illinois Athlete & Coach, regardless of Summer Games participation is invited to attend the Opening Ceremony and participate in the Parade of Athletes as Team Illinois.
- Prior to the Opening Ceremony Team IL Athletes & Coaches are invited to attend the LETR (Law Enforcement Torch Run) Picnic at Illinois State University. (Exact location and Time TBD).
- If you are attending Summer Games with your home agency please determine if this will fit into your team's schedule. If you are not competing at Summer Games travel to and from ISU is on your own.

## Expenses & Souvenirs

Special Olympics Illinois will cover most expenses related to each delegation member's participation in the 2018 USA Games. Special Olympics will pay for: competition uniforms, most general wear clothing items, round trip travel to Seattle, 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 from Seattle, competition shoes, competition equipment as required by individual sports and spending money for souvenirs or other items individuals may want to purchase at USA Games.

Souvenirs will be available for purchase at the 2018 USA Games. However if you would like to purchase souvenirs ahead of time, please visit the following website: <https://www.specialolympicsusagames.org/shop/>

## Movbands - 2018 USA Games Fitness Challenge

Special Olympics challenges you to complete a total of **1 million steps** before USA Games. All USA Programs will compete together towards this step goal. (1 million steps is about *7,000 steps per day, per person.*)

Please remember to sync your Movband with your phone/tablet to update your step information as this is where our Illinois totals will be compiled. We want to be the fittest state going into the Games!

## A special shot-out our current Top Team Members in the step count!

1. Brandon Williams – Swimming – 646,673
2. Grace Seiboldt – Swimming – 621,941
3. Brittany Nippes – Swimming – 442,153
4. Aidon Fallon – Powerlifting - 401,684
5. Matt Nelson – Coach, Athletics – 387,426

### Charging Safety Tips:

1. Movbands do not need to be charged every day. Doing so will cause the Movband to malfunction and it will need to be replaced.
2. Use only name brand cords that have the UL mark when charging.
3. Make sure the band and battery are not charging on hot surfaces. Electronics like computers can become warm and cause the devices to melt.

If you need assistance with your MovBand please contact Jordan Smith, Fitness Program Consultant for Special Olympics Inc. [jrdnsmith02@gmail.com](mailto:jrdnsmith02@gmail.com)

## Athlete Health Corner



**Allison:** Hi everybody! It was really fun to meet everyone downstate at Training Camp. I felt really tired after all the training!

A few reminders: It's important to eat healthy foods. I like to make banana and strawberry smoothies as part of my diet. Sandwiches and veggies are good and try not to eat too many candy bars! I am looking forward to seeing new places in Seattle and making new friends there. As well as trying all the food! My coaches cheer me on and they show me new exercises to practice. I think about how much fun it will be in Seattle 😊

**Mike:** Since we just had training camp this past month I'm motivated to get more and better training in for the Games. It was a fun and tiring weekend because I practiced with my team for 8 hours that Saturday and 6 that Sunday! How was training camp for all of you?

This month, I wanted to give some advice as to how much water you need in a day. Honestly, it's hard to say as there's different answers based on gender and body weight. As a basic rule, 8, eight-ounce glasses a day. Or, 15.5 cups for men and 11.5 cups for women.

## 2018 USA Games General Schedule

June 29, 2018: Team Illinois Send-Off Dinner & Overnight (Chicago)

June 30, 2018: Team Illinois travels to Seattle

July 1, 2018: Opening Ceremony – 12:00pm, Husky Stadium

July 2 – 6, 2018: Competition

July 4, 2018: Family 4<sup>th</sup> Celebration, Husky Stadium

July 5, 2018: Seattle Mariners Baseball Night, Safeco Field

July 6, 2018: Closing Ceremony – 7pm, Lake Union Park

July 7, 2018: Team Illinois Departs for Chicago, pick-up from O'Hare Airport

**\*Specific Sport Competition/Event Schedules were emailed out last week (subject to change). Schedules are not yet posted on the official USA Games website.**

Please visit the official USA Games website for any other Games related information:  
<https://www.specialolympicsusagames.org/>

## **Team Illinois Flight Details & Travel Information**

Adult athlete passengers 18 and over must show valid identification at the airport checkpoint in order to travel.

- Driver's licenses or other state photo identity cards issued by Department of Motor Vehicles (or equivalent)
- U.S. passport
- Permanent resident card
- DHS-designated enhanced driver's license

\*Any existing Driver's License will be accepted for the flight to Seattle. **Illinois** has an **extension** for REAL ID enforcement, allowing Federal agencies to accept driver's licenses and identification cards from **Illinois** on federally regulated commercial aircraft until October 10, 2018.

***Children under the age of 18 will still need to show an ID since they are not travelling with their guardian.*** These forms of ID include:

- Driver's License
- Passport
- School ID
- Birth Certificate

### **Departure Flight to Seattle: June 30, O'Hare Airport, Chicago**

- United Airlines Flight 241V
  - Depart Chicago O'Hare at 1:00pm
  - Arrive Seattle Sea-Tac at 3:26pm

### **Return Flight to Chicago O'Hare: July 7, SeaTac Airport, Seattle**

- United Airlines Flight 278V
  - Depart Seattle Sea-Tac at 11:00am
  - Arrive Chicago O'Hare at 4:53pm

### **Flight Uniform:**

All athletes and coaches will need to wear the same uniform for the departing flight:

- Tan khaki shorts, capri pants or long pants – provided by athlete or coach
- Navy blue T-shirt provided by SOILL
- French Terry Hoody – Provided by SOILL
- Tennis Shoes & white socks – Provided by athlete or coach

# Team Illinois Send-Off

Friday, June 29 – 4pm

- Holiday Inn Chicago O'Hare, 5615 N. Cumberland Ave., Chicago, IL 60631
  - Family members are responsible for getting athletes to the Holiday Inn on June 29. SOILL Staff will not be able to transport athletes.
  - Athletes will say good-bye to parent/guardian/local coach upon drop-off.
  - Dinner will be provided to team on June 29 by Sugar Factory.
  - Breakfast will be provided to team on June 30 by hotel.

## USA Games Uniforms

Special Olympics Illinois has finalized the Team Illinois uniform colors, styles and sizes and all uniforms have been ordered. We will provide both general wear clothing for athletes and coaches and competition specific uniforms for all athletes. When items arrive, we will contact you to let you know when and where to pick them up.

Below is 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.

Athletes and Coaches will be provided a backpack and a large rolling duffel bag to serve as their large piece of luggage for the trip. All of your non-sports clothing, competition clothing and personal items must fit in these 2 bags. ***No extra bags will be allowed.***

All bags will be checked and weighed at the send-off on Friday, June 29. Please pack only what is listed. Bags should not weigh more than 50lbs. If a bag is overweight, extra items will be left in Illinois and given back to the athlete upon our return to Illinois after the USA Games.

***If an athlete is missing items in their bag on June 29, the family member or coach who dropped that individual off will be expected to return home to retrieve the item.***

The uniform items that athletes, partners and coaches receive are not replaceable. YOU are responsible for the care of these items. Please follow all instructions both written here and on the clothing labels to ensure they are not damaged. ***If items are damaged or lost, they will not be replaced.***

**Do:**

- Use a **laundry marker** to put the initial of your first name and your complete last name on the tags on the inside of all the clothing. Some T-shirts do not have tags. You need to mark these items on the bottom inside hem of the item. You also need to mark this for all personal clothing items that you take. This will avoid losing things when we do laundry.
- When you wash the clothing, PLEASE follow the directions provided on the garment labels. Again, damaged items cannot be replaced.

- The travel bags and back packs will have luggage tags attached to them. Do not remove the luggage tags on your bags. You can attach another luggage tag that is your own if you choose.
- Alterations: Some items may be too big or too long. We tried to get things as close as we could. Some items can be altered others are made of a material that cannot be altered. If you want to alter clothing for a better fit, you are responsible for alteration costs. If you alter shorts, you cannot shorten them more than mid-thigh length and stay 1 inch below any logos.

**Don't:**

- Do not embroider, screen print or write any names or other information on the outside of any of the clothing items, the backpack or the travel bag. These are official uniforms and bags and no extra wording or identification can be added to them.
- After trying on your items, do not wear them again prior to departure. Damaged items will not be replaced.
- If you think you have a problem with any of your clothing, please contact Carolyn Klocek immediately.

## Miscellaneous Packing Notes

- Medication – package all medication in individual envelopes by each dosage time.
- Label with athlete name, medication, time to take and other notes (i.e. needs to be taken with food).
- Send 12 day supply.
- Personal electronics and Valuables – Ok to bring iPods/iPads, cell phones, etc., but it is the responsibility of the athlete to keep track of items. Coaches and SO Illinois Staff are not responsible for lost or missing personal items.
- We are still coordinating equipment shipping & medical packing operations. Further information will be sent in a future mailing.

## Authorization for Release

All athletes and coaches must travel to and from Illinois as a team (unless previously communicated otherwise).

For the safety of our athletes, we had all guardians / family members submit at Training Camp an authorization form indicating individuals allowed to pick up/check out the athlete from the 2018 USA Games. Only individuals on the form will be able to check out athletes from 2018 USA Games. If you need to add someone to the list, please notify us by **June 15<sup>th</sup>**

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



# USA Games Packing List

**General Uniform Items - provided to all Athletes and Coaches by Special Olympics Illinois:**

Piece Count	Item	Color / Description
1	Puma Backpack	Navy Blue & Black
1	Rolling Duffel Bag	Navy Blue & Black with wheels
1	Baseball Cap	Navy Blue
1	Warm Up Jacket	Navy Blue
1	Wind Pants	Navy Blue
2	Cotton T-shirt	1 Orange, 1 Navy – will wear on flight
2	DriFit T-shirt	1 Orange, 1 Navy blue
1	DriFit Polo	Navy Blue
2	DriFit Short with Colorblock	1 Orange, 1 Navy Blue
2	DriFit Long Sleeve	1 Orange, 1 Navy Blue
1	French Terry Hoody	Navy Blue

**Sport Specific Uniform Items – provided to athletes by Special Olympics Illinois:**

Sport	Piece Count	Item	Color Description
Swimming	1	Female Swimsuit	Navy Blue, Orange & White
Swimming	1	Male Swimsuit	Navy Blue Orange & White
Swimming	1	Swimcap	White, Orange a& Navy Blue
Athletics	2	Track Jersey	1 Orange, 1 Navy Blue
Athletics	2	Track Shorts	1 Orange, 1 Navy Blue
Basketball	2	Jerseys	1 Navy Blue, 1 White
Basketball	2	Shorts	Reversible – Navy Blue & White
Bocce	2	Polo	1 Navy Blue, 1 White
Bowling	2	Polo	1 Navy Blue, 1 White
Gymnastics	1	Leotard	Long Sleeve Royal & Black
Gymnastics	1	Leotard	Long Sleeve Turquoise & White
Gymnastics	1	Leotard	Long Sleeve Teal & Black
Gymnastics	1	Leotard	Tank Navy Blue
Powerlifting	1	Singlet	Black
Powerlifting	2	Undershirt	White
Powerlifting	2	Tube Socks	White
Tennis	2	DriFit Uniform Top	1 Orange, 1 Navy Blue
Tennis	2	DriFit Uniform Shorts	2 Navy Blue

**General Items – provided by Athlete or Coach:**

<b>Piece Count</b>	<b>Item</b>	<b>Color / Description</b>
12 Days worth	Toiletries	Shampoo, conditioner, toothbrush, toothpaste, soap, deodorant, comb/brush
1	Shower Shoes	Flip flops or some sort of sandal
1	Toiletry Bag	All liquids will be packed in large travel bag and must be packaged safely in travel bag/plastic bags
1	Sunscreen	Spray & waterproof sunscreen is preferred
1	Tide Stick	Coaches Only
As Needed	Feminine Hygiene Products	For females as needed
As Needed	Medication	Will be submitted to coaches on June 29
As Needed	Money	For snacks and souvenirs
1	Water Bottle	Optional
12	Pairs Underwear	
12	Pairs Socks	
4	Sports Bras	Female Athletes only
3	T-shirts	
2	Athletic Shorts	
1	Sweatshirt	
2	Athletic Pants	
1	Pair Casual Athletic Shoes	
1	Pair Khaki Shorts / Capri	
1	Pair Khaki Pants	
1-2	Electronic Devices	(Optional) Cell phone, iPod/iPad, etc.

**Sport Specific Items provided by Athletes:**

<b>Sport</b>	<b>Piece Count</b>	<b>Item</b>	<b>Description / Color</b>
Swimming	1	Deck Shoes	
Swimming	1	Towel	Beach / Body towel
Swimming	2	Goggles	Optional
Athletics	1	Track Shoes	Optional
Basketball	1	Basketball Shoes	Finish Line
Bowling	1	Bowling Ball	Potential to be shipped in advance – Info will be coming
Bowling	1	Bowling Shoes	Can store in bowling ball bag to be shipped
Gymnastics	1	Flip Flops	
Powerlifting	1	Belt & Wrist Supports	
Powerlifting	1	Competition Shoes	
Tennis	1	Racquet & Bag	