



Team Illinois Newsletter

Welcome to the first 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

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2018 USA Games Training Camp

Training Camp will be held in Bloomington-Normal, April 6, 7 & 8. 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 Radisson Hotel Normal. 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, they do not make reservations at the Radisson Hotel Normal.

FAMILY HOTEL BLOCK- We have a room block set up at the [Holiday Inn Hotel & Suites Bloomington – Airport](#) for families that would like to spend a night or more in town during training camp. Both King and double queen rooms are available for \$89/night. To make a reservation, call the hotel at 309-662-4700 and mention group code “STC – SOILL Training Camp” as the code for the block. Reservations must be made by March 20, 2018

Training Camp Schedule

Radisson Hotel & Conference Center, 8 Traders Circle, Normal, IL 61761

Friday, April 6, 2018

- 4:00pm – 4:30pm Coach Check-In at Radisson
- 5:00pm – 6:00pm Athlete Check-In at Radisson
- 6:00pm – 6:30pm Meet with Individual Sport Coaches
- 6:30pm – 7:30pm Team Illinois Dinner at Hotel
- 7:30pm – 10:00pm Movie/Game Night & Uniform Try-On
- 10:00pm Coaches Meeting

Saturday, April 7, 2018

- 7:00am – 9:00am Breakfast & Room Check-Out
- 9:00am – 4:30pm Athletes at Training Facilities
- 5:00pm – 6:00pm Uniform Try-On (As needed)
- 6:00pm – 8:00pm Team Dinner at Hotel
- 8:00pm – 9:30pm Dance
- 10:00pm Coaches Meeting

Sunday, April 8, 2018

- 7:00am – 9:00am Breakfast at Hotel/Room Check-Out
- 9:00am – 2:00pm Athletes at Training Facilities
- 12:30pm – 2:30pm Parent Meeting at Radisson
- 2:30pm Athletes to be picked up from Hotel

***The March Newsletter will include a Training Camp Packing List**

Families

TRAINING CAMP FAMILY MEETING: There will be a Family Meeting on **Sunday, April 8 at 12:30pm** at the Radisson Hotel Normal prior to families picking up their athletes. We plan to cover all NEW and updated information related to USA Games and the Family Program. Please plan to have at least 1 family member present.

*****If your family is not planning or able to attend the USA Games, could you please let Karen Milligan know prior to March 2nd – 309.888.2013 or kmilligan@soill.org.**

FLOTT GRANT APPLICATIONS – DUE FRIDAY, MARCH 2

FAN GEAR: Show your support for the Illinois delegation by wearing and promoting Illinois pride on sporty, fashionable and great looking clothing and gear! Several clothing items including jackets, polo shirts, long and short sleeve t-shirts and ¼ zip pullovers will be available to purchase for family members, friends and fans of Team Illinois. Samples and an online ordering link will be available on Sunday, April 8th at the Training Camp Family meeting.

TRADING PINS: Trading state lapel pins at USA Games is a very popular and engaging activity for athletes and families. Athletes will each receive 25 pins. Pins will also be available for families to purchase on Sunday at Training Camp (just ahead of the Family meeting) on a first come, first serve basis. They are .70 each.

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.

- Registration should take about 10 minutes
- On March 1st, each registered family will receive an invitation to complete a short survey that will include:
 - Confirmation of your registration
 - A note about how to purchase additional Opening Ceremony Tickets
 - Link to purchase tickets to the [Mariner's Game](#) on Thursday, July 5th
 - RSVPs for the Family Fourth of July Night and Closing Ceremony (more info to come)

By registering you will receive the following benefits:

- Access to the Family Service Center (registration, hospitality, activities, and information services)
- Official 2018 USA Games Credential
- Family handbook
- Access to Olympic Town & Family 4th of July Celebration
- Complimentary & Discounted Opening Ceremony Tickets
- Access to family hospitality areas at competition venues

SEATTLE HOTEL FAMILY ROOM BLOCK: The [Marriott Seattle Bellevue](#) is located in [Bellevue, WA](#) just east and outside of Seattle proper. Here are the details:

The hotel offers a prime location moments away from dynamic destinations. Shopping at The Bellevue Collection™, attend an event at Meydenbauer Center and witness wildlife at Woodland Park Zoo. When you're ready to unwind, settle into our modern rooms and suites with mesmerizing city or mountain views. We also boast luxurious bedding, ergonomic workstations and 24-hour room service for your wholesome travels. Maximize your stay when you dine at our on-site restaurant, Amuse, serving farm-to-table fare in a casual ambiance. In-between activities, stay active at our well-equipped fitness center and at one of the many hiking and biking trails near our hotel. Whatever spurs your trip to Washington, savor comfort and style at Seattle Marriott Bellevue.

- They have blocked both King and Double Queen rooms at \$99 and \$119 (plus taxes) respectively per night.
- Breakfast option discounted at \$15/pp for our group
- Complimentary basic internet in all guestrooms (\$9.95/value)
- We will have a complimentary 'meeting space' for SO Illinois Team Information, Schedules, Highlights, social gathering space etc.
- Parking is \$35/night valet however, they will be sending me additional remote parking options
- Restaurant/Bar onsite. Other option nearby
- Fitness Center onsite
- Last day to book rooms at special rate is 6/1/18. If there are any unused rooms in the block, they will be dropped after this date

Here is the reservation link to make online reservations:

[Book your group rate for Special Olympics Illinois Room Block](#) or you can call – 425.214.7600 and ask for the "Special Olympics Illinois Room Block".

Special Olympics Illinois Room Block

Start date: 6/30/18

End date: 7/7/18

Last day to book: 6/1/18

TRANSPORTATION: Transportation will be provided for credentialed family members from the University of Washington to all of the different sport venues. Public transportation will get you to the University of Washington. If driving, parking is available for \$6/day.

For getting around the city and Seattle, you may want to look into public transportation or Uber, Lyft and other rideshare companies. Car2Go and ReachNow are also popular rideshare options around Seattle and UW.

Required Local Competition for Athletes

All 2018 USA Games athletics, bocce, gymnastics, powerlifting and swimming athletes and partners are required to participate in your Area's assigned Area or District 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.

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

By now, each athlete & coach should have received a Movband Fitness tracker to participate in the 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.*) Hopefully you are all working towards getting more steps into your days! Please remember to sync your Movband with your phone or 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!

To help get us there, our team has two newly trained Athlete Health Messengers, **Allison Berggren** (Athletics, Chicago) & **Mike Daugerdas** (Basketball, Evanston) to lead the charge! Allison and Mike will have a feature in each of these newsletters (**Athlete Health Corner**) and we will also be creating a CLOSED Facebook Group to communicate, motivate and support Team Illinois (Carolyn Klocek will be creating this group---please keep an eye out for the invite!)

Athlete Health Corner



Welcome Allison! My name is Allison Berggren and I am an athlete from Chicago. My 3 favorite sports are soccer, basketball and track and field, which I will be competing in for the 2018 USA Games! I can't wait to go to USA Games in Seattle this July, and am excited to meet all of you!

In January, I went to Indianapolis to learn about eating healthy food and exercise and became one of our team's Health Messengers. I am excited about the fitness challenge and helping to make sure we all stay healthy for the Games

Welcome Mike! Hello, my name is Mike Daugerdas. I play basketball for Evanston Special Recreation's E-Team. My E-Team 1 teammates and I competed on January 21st at the Region B Basketball Meet at Lake Zurich High school and we won the Gold Medal. We're really looking forward to the State Basketball Tournament in March.

I am one of two new Special Olympics Health Messengers who will also be competing in the USA Games in Seattle, Washington during the first week of July. I will be competing as a member of the Illinois Basketball Team and Allison Berggren will be competing as a member of the Illinois Track and Field Team.



Very soon Allison and I will be making a CLOSED Facebook group page for those of us competing in the 2018 USA Games. We will use this page to see what your progress is as you prepare for the USA Games.

We will also be posting something exercise-related (such as endurance) on the Facebook page. An example of endurance would be running, jumping jacks and fast punches. Another type of exercise I encourage is strength training. Some examples of strength workouts are leg raises, dumbbell work, push-ups, and curl ups. We will also have information on flexibility (such as calf stretches, Child pose, and knee to chest), and balance (such as yoga, walking in a straight line, or walking on a balance beam).

All of these categories are in the Fit5 which I will introduce to everyone. I hope this gives you a good idea of what is to come. We have lots of great information to share with you as we all prepare to go for Gold in Seattle!

Stay tuned for big things from Allison & Mike!

USA Games Uniforms

Special Olympics Illinois is in the process of finalizing the all uniforms. We will provide both general wear clothing and competition specific uniforms for all athletes. Coaches will receive general wear clothing items.

We will have samples of the uniform items at the April Training Camp so team members can try on items and we can ensure the proper size is ordered.

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 4th 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 are still being finalized by the Games Organizing Committee. As soon as we receive we will share.**

Please visit the official USA Games website for any other Games related information:

<https://www.specialolympicsusagames.org/>

Team Illinois Flight Details

- Departure: 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: July 7
 - United Airlines Flight 278V
 - Depart Seattle Sea-Tac at 11:00am
 - Arrive Chicago O'Hare at 4:53pm

*At the Training Camp Family Meeting we will share more information on Team Send-Off and Return. A designated family member, guardian or approved individual must be at O'Hare Airport upon the Team's return to pick-up each athlete.

*Unless you notified Carolyn Klocek by January 15th all athletes and coaches must fly with the team.