



Team Illinois Newsletter

Welcome to the second 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

Brianna Beers – Assistant Head of Delegation – 847-845-6481 / bbeers@soill.org

Karen Milligan - Family Coordinator – 309-888-2013 / kmilligan@soill.org

Brenden Cannon – Additional Staff – 773-879-0034 / bcannon@soill.org

Alex McMillin – Communications – 312-502-7954 / amcmillin@soill.org

Teresa Crudele – Communications – 312-405-7335 / tcrudele@soill.org

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.

Hotel for Families: The Holiday Inn Hotel & Suites Bloomington Airport has set aside a block of rooms for families staying in town during Training Camp – April 6-8th. Rooms are available Friday through Sunday at \$89/room. **Reservations must be made by MARCH 20th.**

Holiday Inn Hotel & Suites, Bloomington Airport

3202 East Empire, Bloomington

309.662.4700 or 1.800HOLIDAY

Booking code: STC- SOILL Training Camp

Family Meeting – Sunday, April 8 12:30-2:30pm Radisson Hotel

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.

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 return to Radisson, Departure

Packing List

General:

Toiletries (Shampoo, Conditioner, Toothbrush, Toothpaste, Deodorant, Comb/Brush)
Females - Feminine Hygiene Products, as needed
Medication (please see *Medications and Medical Form* section if applicable)
Healthy snacks from home, as needed
Water Bottle
4 T-Shirts
2 Pair Athletic Shorts
2 Sweatshirts
1 Pair Athletic Pants / Sweat Pants
1 Pair Athletic Shoes
4 Pairs Underwear
2 Sports Bras (Female Athletes Only)

2 Pairs Casual Pants/Jeans

Outdoor Gear – Some athletes will be training outside so please come prepared for weather

Sport Specific Gear:

Athletics – Track Shoes (soft spike only) – optional

Basketball – Court Shoes, protective braces, if needed

Bowling – Bowling Ball & Bowling Shoes

Gymnastics – Leotards, Hair ties

Powerlifting – Lifting Suit, T-shirt, Belt, Knee Length Socks

Swimming – Swimsuit, Deck Shoes, Towel, Goggles, Swim Cap

Tennis – Racquet

Training Camp Check In



General Check-In Information:

- Radisson Hotel & Conference Center, 8 Traders Circle, Normal, IL
- Coach Check-In – 4:00pm
- Athlete Check-In – 5:00pm -6:00pm
- Check-In will be located through the Conference Center Entrance located on the southwest side of the hotel (Look for SOILL Signage)
- 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

Medications and Medical Form

Upon arrival on April 6, 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 2018 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 2018 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 contact Carolyn Klocek or Brianna Beers.

Families

UPCOMING DATES:

March 12, 2018 – Ticket Sales for Opening Ceremony go live

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

May 15 – Family Registration Closes

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](#) – 309.888.2013.

OPENING CEREMONY TICKETS AND INFORMATION

Registered Family members should have received an email with a link to claim your 2 free Opening Ceremony Tickets. You will also have the ability to purchase additional tickets through this link for ½ price - \$10 each (plus a \$2 convenience fee per ticket).

Notes:

- Children under 2 years old do NOT need a ticket.
- The 2 Complimentary tickets apply to registered athletes and Unified Partners.
- Family section seating will only be guaranteed until April 15, but family tickets still available after that.
- If you are just claiming the 2 complimentary tickets, you won't need to enter your credit card information during the registration process, but you will need to complete the bottom part of the form with your name, address, phone etc.
- If multiple families have separate registration profiles for the same athlete, you will need to coordinate who will claim the 2 complimentary tickets per registered USA Games athlete.
- Tickets purchased through this link will all be in a special family section of the stadium. Tickets purchased after April 15th are not guaranteed to be in this section.

- Opening Ceremony Tickets will be in the Family Packets that you pick up in Seattle at the Family Welcome Center. The person who registered for the tickets, and may also have purchased tickets, will have all the tickets in their packet. For example: Andrew needs 8 tickets for the Opening Ceremony. He will get the 2 free tickets and purchase an additional 6 tickets. All 8 tickets for his family members will be in his packet when he arrives at the Family Welcome Center.
- The Opening Ceremony will take place on Sunday, July 1 at Husky Stadium. Gates open at 11:00 a.m. Pre-show begins at 12:00 p.m. with the Opening Ceremony following at 12:30 p.m..
- It is suggested to get there as early as possible.
- NOTE the **CLEAR BAG policy** that limits personal belongings to a gallon size Ziploc type bag or other CLEAR bag. This policy is established to insure the safety of all attendees and participants at the event. Clear bags will be available to purchase at UW or you may use Ziploc type bag or similar. See details in the Opening Ceremony information you received when you registered for tickets.

TRADING PINS

Families will have the opportunity to order 2018 USA Games Illinois Trading Pins at the Family Meeting at upcoming Training Camp. They are .80/each and will be available on a first-come, first serve basis. Please bring the attached order form completed with you to the Family Meeting on April 8th.



Fan Gear – Spectator Package

We will have Illinois specific Fan Gear for families, friends and fans that would like to support the Illinois delegation. Items include t-shirts, caps, sweatshirts, ¼ zip tops and more with unique and commemorative Illinois/50th Anniversary/Soldier Field logo. Samples will available at the Family Meeting at Training Camp to see items and sizing.

Seattle Hotel Room Block

The [Marriott Seattle Bellevue](#) is located in [Bellevue, WA](#) just east and outside of Seattle proper.

- 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 options 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

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

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.

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!



Athlete Health Corner

Allison: Hi everybody. I hope you are doing well today. Winter has made training a challenge. The roads were too snowy for me to safely travel to the first Team Illinois training session. Have you been keeping up with your steps? I am trying hard to get 100% every day. Most days I reach my 7000 steps. Last weekend, my Koz Park Special Olympics athletes and I volunteered to help over 5000 participants jump into Lake Michigan for the 2018 Chicago Polar Plunge. It was a lot of fun, but I caught a bad cold. I have been resting, drinking lots of water, and eating lots of fruits this week and am feeling better now. I am looking forward to going to the second training session this Sunday. Take care, wash your hands a lot if you or people around you are sick.



Mike: Hey Team! I wanted to share a few healthy food options with you; something that can be good for each meal since we're all working hard to be in our best shape for USA Games!

Breakfast: Oatmeal with dried/fresh fruit as toppings or egg omelets with vegetables such as peppers, onions & spinach.

Lunch: Sandwiches with lean protein (such as chicken or turkey) that include vegetables like lettuce, tomatoes, cucumbers, peppers and sprouts (if you choose to want something crunchy) served on whole grain bread.

Dinner: Stir fry with brown rice, favorite lean meat and steamed vegetables with fruit as a dessert.

Snacks: Apples, celery with peanut butter, mixed nuts, yogurt

We need clean, nutritious, fresh food to fuel us to have the most energy for our workouts and to feel out best.



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.