

SPECIAL OLYMPICS UTAH



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Join us at Fall Sports Classic!

Bocce, golf & soccer, oh my! Join us *Friday, October 13th and Saturday, October 14th* as athletes from across the state compete for medals. Come cheer on the athletes, enjoy food trucks, and visit Olympic Town.

Friday

5:30pm - 8pm | Northwest Middle School: Opening Ceremony, Dinner & Dance

Saturday

9am - 3pm | Northwest Middle School: Bocce, Healthy Athletes & Olympic Town

9am - 5pm | Rose Park Golf Course: Golf

9am - 5pm | Regional Athletic Complex: Soccer

Topgolf's Giving Season for SOUT

Topgolf is supporting Special Olympics Utah during their **giving season from September 15th - October 31st**. With every bay that's rented with the code "special23" 10% of purchases will benefit our athletes! Inserts are available in all the checks to collect donations for Special Olympics Utah as well as cashiers asking for donations at the checkout stands. In addition to this, they have offered two days of in-store activation on **October 27th & 28th**. This is a chance for athletes and Law Enforcement to talk to customers about Special Olympics Utah and collect donations.



If you are a Special Olympics Athlete or Law Enforcement Officer that would like to participate in this fun 2-day event with Topgolf, please sign up here!

[Sign Up Here!](#)



Topgolf Officially Partners with Special Olympics

Topgolf has officially entered into a Nationwide partnership with Special Olympics, and Utah is so excited about it. Being the first state program to have an entire season of Topgolf resulting in a State Championship, our athletes here in Utah are loving this new opportunity. Topgolf focuses on both range and accuracy, and we have seen our athletes really take to that concept and grow from their first practice, to their last.

Our State Competition saw over 100 competitors and so many smiling faces. We are so grateful to our Topgolf Midvale and Topgolf Vineyard locations, the staff, and service they provide has been top tier.

Watch out for more Topgolf in our "Summer Season".



Introducing... Tyrell Holiday

Yá'át'ééh !(Hello), My name is Tyrell Holiday and I am honored to serve as the **Navajo Nation Health and Fitness Specialist in Monument Valley, Utah.** I come from a rich cultural background, belonging to a Navajo matrilineal clan of Tłizí lání (Many Goats), Bit'ahnii (Folded Arms), Todích'íinii (Bitterwater), and Kinlichii'nii (Red House), and have previously worked as a

paraprofessional and high school librarian at Monument Valley High School. I am thrilled to be starting a Unified Fitness Club for my community, which will provide much-needed services and resources while embracing the Navajo concept of walking in beauty and achieving it together as a team for the betterment of our people. Thank you for your support. Ahxéhee' (Thank You).



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Danville Timberwolves of Cedar City



Edward and Manny are roommates, friends, and teammates with the new team Danville Timberwolves in Cedar City, Utah. Their previous team disbanded for a few years, and they missed it so much they decided to start their own team in Cedar City! They are so excited to be part of Special Olympics again. They have practiced so hard and can't wait for each event to start.

Edward has been involved in the Special Olympics since 2004, he has been with a couple of different teams over the years. He is very athletic and loves all different sports. One of his favorite things to do when not practicing sports is to do landscaping.

Manny started Special Olympics in 2019, Manny is a very happy and caring guy, and he loves First Responders especially the Police. He likes to play video games, and Hannah Montana is his girl.

Danville Timberwolves are a new team this year, and it has been an amazing experience. Our athletes can't wait for many more years to come. Thanks to coaches, Matt and Sam! They have worked so hard with Edward and Manny and are learning how Special Olympics works. To start your own team email TSMITH@SOUT.ORG.

Diabetes and People with IDD



Adults with IDD have a disproportionately high risk of developing diabetes. It is estimated that up to 16.3% of adults with IDD have diabetes, compared with only 7.2% of their counterparts without IDD. The odds of developing diabetes are 2.46 times higher for people with intellectual disabilities than for controls. Diabetic crises are a common cause of hospital admissions for people with IDD,

accounting for 7 and 7.5% of these potentially avoidable admissions. Diabetes can lead to problems with memory and learning, mood shifts, weight gain, hormonal changes, and over time, other serious issues like Alzheimer's disease.

The only way you can find out if you or a loved one has diabetes is from blood tests that measure your blood glucose (sugar) levels. These can be arranged through your GP. A diagnosis of diabetes is always confirmed by laboratory results. You'll usually get the results of your blood test back in a few days.

Diabetes self-care activities include:

- Healthy eating
- Being active
- Monitoring blood sugar
- Following a diet plan
- Avoiding high-fat foods
- Maintaining a healthy weight
- Taking medicine
- Problem-solving
- Lowering risks
- Try low-impact exercises like swimming, cycling, or walking
- Avoid high-intensity activity and heavy lifting



To check out more on diabetes > [click here](#)

We had a Blast Bowling!

North, Northeast, Metro/Central Area athletes and Unified partners came together for the first **Northern Area State Bowling Competition**. Participants achieved the opportunity to compete by receiving a 1st or 2nd place award in their respective Area Bowling Competitions. Athletes competed in Assisted and Non-Assisted Ramp, Singles, Traditional and Unified Doubles, and Traditional and Unified Teams. It was a fantastic competition with many displays of sportsmanship and support.

Thank you to the many volunteers who supported and interacted with our athletes. We could not have done it without you. A special thanks To Bonwood Bowling Lanes and their staff for continued support of Special Olympics Utah. We appreciate being able to count on you year after year.



New This Year; Southern & Northern Area State Bowling Competition

While the teams in the North were at Bonwood, the teams in the **South Area gathered at Sunset Lanes in St. George**. This was the first time Special Olympics Utah has been able to hold

regional state bowling competitions which allow for more athletes to participate in the State Championship Tournaments. Capt. Jordan Minnick of the St. George Police Department came out to award medals and give high-fives. We all enjoyed pizza and salads from the deli inside the bowling lanes and had a good time meeting up at the Community Center for a fun dance after the competitions.



Thank you to all the teams, coaches, athletes, and parents who participated in competition or who came out to cheer on the athletes. Also, a huge thank you to the staff at Sunset Lanes; we have loved your facility, and we wish you the best of luck in your future endeavors!

2nd Annual Wasatch Front Police Motor Rodeo



The 2nd Annual Wasatch Front Police Motor Rodeo kicked off Saturday, September 23rd in West Jordan. Over twelve different Law Enforcement Agencies from all over Utah came together in the name of competition and supporting the athletes of Special Olympics Utah. Motor Officers pre-registered online for a chance to test out their motor skills among their peers. High points through various traffic patterns resulted in take-home trophies and bragging rights.

Not only was there motorcycle competition to watch, but The Hive Krew came out with their motorcycle stunts, there was cookie decorating and food trucks! Thank you to all the agencies who traveled to participate and the Officers who helped to organize this event.

Save the Date



- January 20th | North Ogden
- February 3rd | Cedar City
- February 10th | Park City Winter Fest
- March 8th | Hyrum Lake
- TBD | Salt Lake Valley

Volunteer Spotlight

Our volunteer spotlight is shining on Skyline High School Women's Volleyball Team! This amazing group of students got up early on a Saturday morning and volunteered at our Northern Area State Bowling Tournament on August 5th at Bonwood Bowl. They helped out in every aspect of the event including encouraging and cheering for our amazing athletes! We greatly appreciate their time and dedication to help make this event one of the best bowling tournaments we have had yet!



Volunteer here:

- **UCS State Soccer**
October 10th, America First Field
- **Fall Sports Classic**
October 13th & 14th, SLC
- **Polar Plunge 2023**
North Ogden
Park City
Hyrum
Salt Lake Valley
Cedar City



Upcoming Events: October & November

October

10	UCS State Soccer Tournament	America First Stadium, Sandy
13 - 14	Fall Sports Classic	SLC
14	Healthy Athlete Screenings	Northwest Middle School, SLC
20	Ken Garff ESports Eastern Event	USU Eastern, Price
21	Pickleball Tournament	F5 Athletics, Syracuse
27 - 30	LETR International Conference	Chicago, IL
28	Dance Coaches Training	Brighton High, SLC

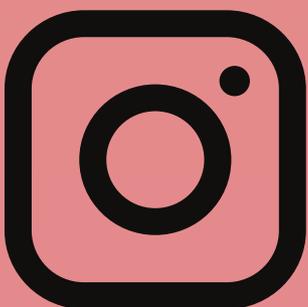
November

2	UCS Swim Coach Training	zoom
2	Unified Fitness Club	Glendale Middle School
9	Unified Fitness Club	Glendale Middle School
10	Ken Garf ESports Southern Event	Utah Tech University
11	Flag Football Championships	Utah Valley University
16	Unified Fitness Club	Glendale Middle School
30	Unified Fitness Club	Glendale Middle School

For more information on any of these events, call, 801-363-1111

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**Special
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Utah

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1871 W Canyon View Dr, St. George, UT
84770





*Special
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Vernal Unified Fitness Party!

Unified Fitness Club is a weekly club for individuals with intellectual and developmental disabilities, their friends, and families

FIT FREE FUN

Join us on **October 23** from **4 p.m. - 5 p.m.** at the **Uintah Recreation Center!**

610 South Vernal Avenue
Vernal, Ut 84078

Contact Amber for more info at
435-781-0982 ext 106
amberhadlock@ussd1.utah.gov





**Special
Olympics**

PICKLEBALL

TOURNAMENT

Saturday - October 21st

9:00AM - 2:00PM

All Proceeds go to Special Olympic Athletes

TO REGISTER CONTACT : Travis Williams - (801) 336-8175



\$50 per team

Novice 2.0-3.75 & Intermediate 3.0-4.0



F5 Athletics

1078 W 350 S Ste B, Syracuse UT