

Special Olympics Wisconsin State Spring Games Health Activities

When athletes are in their best physical health, they train and compete at their highest level. SOWI Health programs not only provide health services and education, they also train health care students and professionals who gain increased knowledge of and compassion for people with intellectual disabilities. Stop by the Health activities at Spring Games! Unified teammates are welcome to participate in the Performance Station, FUNfitness, Healthy Hearing and Special Smiles. **All athletes with a current medical on file with SOWI are invited, even if they are not competing at Spring Games.** Please share this information with your families!



Performance Station: athletes compete at their best by connecting fitness to athletic performance. After completing a competition readiness assessment, athletes are provided guidance and training equipment to improve fitness for optimal sport performance. Athletes receive education in nutrition, hydration, physical activity and mental toughness. With improved overall fitness, everyone can improve their performance in sport and health, culminating in a better quality of life.

When: *Friday* April 14, 2023 from 5:30 p.m. – 8:30 p.m.

Where: *Kolf Sports Center (Upper Level, court 1)*



Special Smiles®: 5-15 mins (not including wait times). Special Smiles (funding provided by Delta Dental of Wisconsin Foundation) performs dental screenings to increase awareness of oral health. At the screening, dentists and hygienists identify oral problems, while athletes are provided with hygiene education, a “goodie bag” with dental care items, fitted mouth guards and fluoride varnish! To receive fluoride varnish, a signed Fluoride Varnish Permission Form needs to be filled out (form included; also blank forms will be available at the Special Smiles event).

When: *Saturday* April 15, 2023 from 10:00 a.m. to 4:00 p.m.

Where: *Kolf (Upper Level), remote screen in Albee from 10:30am-2:00pm*



FUNfitness: 30-45 mins (not including wait times). FUNfitness screenings are conducted by Physical Therapists and physical therapy students. They assess flexibility, functional strength and balance of the athlete. After the assessment, athletes will receive a take-home booklet and education on recommended stretches/exercises personalized to them based on the results of their strength, flexibility and balance tests. *Free fitness kits* will be given to athletes that attend FUNfitness!

When: *Saturday* April 15, 2023 from 10:30 a.m. to 3:30 p.m.

Where: *Kolf Sports Center (Upper Level, court 1)*



Opening Eyes®: 60-75 mins (not including wait times). Opening Eyes (sponsored by Lions Club International Foundation) performs vision evaluations and dispenses *free glasses/sport & swim goggles* to those athletes who are in need. For athletes that do not need prescription glasses, they receive a pair of designer sun glasses. Coaches or caregivers/family members can sign-up for a designated time to bring athletes through Opening Eyes. By signing up ahead of time your athlete/group will get check-in preference over walk-ins. Note that you do not need to pre-register to attend Opening Eyes; however, it may speed up the process. To pre-register for an Opening Eyes time contact Melissa at (608) 442-5676 or mschoenbrodt@specialolympicswisconsin.org or stop by the Performance Station Friday night in upper Kolf from 6:30-8:30pm to sign up.

When: *Saturday* April 15, 2023 from 10:00 a.m. to 4:00 p.m.

Where: *Gruenhagen, Titan Lounge on the first floor*



Healthy Hearing: 5-15 mins (not including wait times). Healthy Hearing conducts hearing screenings. Reduced hearing can have a significant negative impact on an athlete's ability to respond to directions, as well as understand verbal information from coaches at practice and competitions. Hearing loss affects one's safety and interpersonal relationships. A hearing screen is the first step in the process of identifying hearing loss and preventing its negative effects from occurring in sports and social events. A SOWI *Stress ball* will be given to athletes that attend Healthy Hearing!

When: *Saturday* April 15, 2023 from 10:00 a.m. to 4:00 p.m.

Where: *Gruenhagen, Library on the first floor across from Opening Eyes*



SOWI is excited to have a collaboration with HEAR WI to bring additional Audiology services to this event! Athletes with a need identified during the Healthy Hearing screen will be referred to HEAR WI's Mobile Audiology Clinic (MAC) for further testing, earwax removal and/or hearing aid check & cleaning. MAC will be parked outside of Gruenhagen.

HEAR WI staff welcome coaches and caregivers to take advantage of their services if there is not an athlete waiting to see them. To receive hearing services, check-in at Healthy Hearing room (Gruenhagen Library), please do not go directly to MAC. **Remember to bring your hearing aid with you to the event!**



The **Strong Minds Mindfulness Education Station** stresses how important taking care of one's emotional wellness is and how taking care of it should be practiced like any other important skill. This station aims to educate coaches and athletes on how to incorporate mindfulness exercises into athletic practices and one's everyday life. There will be mindfulness activity guides, example practice plans, and other mindfulness tools available for anyone who visits the station!

When: *Saturday* April 15, 2023 from 9:00 a.m. to 4:00 p.m.

Where: *Gruenhagen, Lobby*

FREE gift for athletes that attend 4 of the 6 Health Activities!

If an athlete attends 4 of the 6 Health Activities offered at Spring Games they can choose one item from several Special Olympics logoed give-a-ways! Health coupons for each athlete will be in coaches pick up packets (extras will also be at Health check out stations). Health volunteers will verify the coupon at check out for athletes to turn in at Tournament Central in Kolf (Sat or Sun) or the HA info table in Gruenhagen Lobby (Sat 10-4) to pick out a Special Olympics item.

Coaches, receive a T-shirt for bringing your team the Health activities at Spring Games! Pick up your shirt at the HA table in Gruenhagen lobby between 10am-4pm on Sat. (while supplies last). To qualify for a free shirt bring one athlete with you who has a HA coupon showing they attended one of the HA disciplines.

Thank you to Delta Dental of WI Foundation, Golisano Foundation, CDC and Lions Club International Foundation for making the Special Olympics Healthy Athletes possible!



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Special Olympics Special Smiles®



Fluoride Varnish Permission Form

Fluoride varnish is a topical fluoride treatment that is applied to the teeth using a small brush and it helps prevent cavities. The fluoride varnish has a slight yellow color that will come off when the teeth are brushed.

Please complete the following information:

Name of athlete: _____

Address _____ State _____ Zip _____

Date of Birth _____ Gender _____

Health History of Athlete

	Yes	No	Unsure
1. Is athlete allergic to any of the following? <ul style="list-style-type: none">• Please Circle All That Apply• Pine/Evergreen tree sap• Spices such as nutmeg, paprika, mace, cloves• Chrysanthemums	___	___	___
2. Has athlete seen a dentist in the past year?	___	___	___
3. Does athlete take fluoride supplements?	___	___	___
4. Is athlete in any other fluoride varnish program?	___	___	___
5. Does athlete have asthma?	___	___	___

If under 18, please bring this signed form to the Special Smiles venue to receive a fluoride varnish application.

Under age of 18 (minor) parent/guardian signature: _____

18 years & older athlete signature: _____

Date _____