



**October 23 & 24, 2009**

**Sponsored by:**

**REGION 10 EDUCATION SERVICE CENTER**

**and**

**LIONS CLUBS INTERNATIONAL  
DISTRICT 2-X1 & 2-E2**

**2009 APPLICATION PACKET**

**for**

**11<sup>th</sup> ANNUAL  
SPORTS EXTRAVAGANZA**



## *Mission Statement*

*Sports Extravaganza serves to provide opportunities for students with visual impairments to participate in a variety of activities that encourage a more active lifestyle and lead to participation in lifelong leisure, recreation, and competitive sports.*

## *Goals*

*Provide a venue where:*

- *students with visual impairments acquire skills, competence, and confidence to become more fully engaged in physical education*
- *friendships and relationships are formed and fostered*
- *opportunities arise to educate family, friends, and community about the athletic abilities and success of children with visual impairments*
- *students and families expectations for success in physical activities can be increased*
- *students with visual impairments can showcase their athletic ability*
- *parents and families have an opportunity to network with one another*
- *students with visual impairments develop skills to participate in community sports activities*
- *students with visual impairments develop the motor abilities to become independent adult travelers in order to fully participate in their communities*

Date: August 15, 2009  
To: V.I. Teachers, O&M Specialists, PE Teachers, APE Teachers, Parents  
From: Randy Foederer and Christy Householter, Region 10 ESC Consultants  
Re: Eleventh Annual Sports Extravaganza for Blind and Visually Impaired on  
**October 23 & 24, 2009**

Your student or child is invited to participate in the **Eleventh Annual Sports Extravaganza for Blind and Visually Impaired Students**, "Dare to Achieve Through Sports". The Sports Extravaganza is sponsored by Region 10 Education Service Center and The Lions Clubs International District 2-X1 & 2-E2, and will be held at **Nimitz High School** in Irving, Texas. There are no entry fees but families will need to pay their own expenses for transportation and lodging, if needed. The Lions Clubs will provide lunch on Saturday. If your student or child would like to participate in the Sports Extravaganza, please complete and return the enclosed **Athlete Entry Form** and **Release Form** by mail or fax by **October 9, 2009** to:

Region 10 Education Service Center  
Attention: Christy Householter  
400 E. Spring Valley  
Richardson, TX 75081-5101

FAX: 972-348-1677 or 972-761-9665

**PLEASE adhere to this deadline, as late entries will not be guaranteed.**

For those of you who need to make additional copies, you may download this packet from [http://www.region10.org/ssvi/Sports\\_Extravaganza.html](http://www.region10.org/ssvi/Sports_Extravaganza.html). Additional information about Sports Extravaganza may be found at this site.

**PLEASE** carefully read **Instructions For Completing Entry Form** as accurate entry forms are needed in order to ensure a well organized event.

If you have any questions, call Randy Foederer at 972-348-1570 or Christy Householter at 972-348-1634.



## **NEW/CHANGES FOR 2009!**

- \* Goalball Tournament for Advanced Players moved to March 6, 2010.\***
- ✓ **Do you know how to play goalball? Goalball is a sport specifically developed for the visually impaired and played recreationally or competitively. Local youth goalball teams will be playing a demonstration game on Saturday from 1:00 – 1:30 in the gyms. Come watch and learn more about this sport.**
- ✓ **Demo sports now open to ages 6-22 including Golf Hit for Distance and Archery.**

## **General Information - 2009**

### **Athlete Eligibility**

1. All athletes ages 0-22 must be receiving V.I. services through the IEP/IFSP process.
2. Four categories of participation are available:
  - 0-5 year old infants/toddlers/preschoolers (Non-competitive)
  - 6-22 year old visually impaired and physically and/or mentally challenged athletes
  - 6-11 year old visually impaired athletes
  - 12-22 year old visually impaired athletes
3. Athletes in the 6-11 and 12-22 age group categories will be categorized by visual classifications (see **Vision Classifications** under **Instructions** page) and, where applicable, by sex, and age.

### **Awards**

1. 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place medals will be awarded to 6 – 22 year old age groups by divisions created by visual classification, sex, and age.
2. 4<sup>th</sup>-5<sup>th</sup> place ribbons also will be awarded.
3. All other participants will receive participation ribbons for each event.
4. Participation ribbons will be given to 0-5 year olds. Special recognition will be awarded to 4 & 5 year olds who participate in the 25 meter practice run.

### **Housing- NEW HOTEL SPONSOR**

If you are traveling long distances, **The Country Inn & Suites** in Irving has agreed to be our new hotel sponsor. A room with 2 double beds or a suite with a bed and pull out sofa for up to four people will be only \$59 a night and includes a full hot breakfast. In order to receive the special \$59 a night rate, please call **972-399-9874** or you may book online at [www.countryinndfw.com](http://www.countryinndfw.com) and mention that you are with the Sports Extravaganza.

**Rooms are being held at this rate until Saturday, October 10th, and cannot be guaranteed for availability or at this rate after this date.**

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**Hotel Location:**

**Country Inn and Suites DFW Airport South     2000 Hard Rock Road, Irving, TX 75061**  
**972-399-9874 or [www.countryinndfw.com](http://www.countryinndfw.com)**  
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### **Coaches' Handbook**

Coaches' Handbooks with specific event schedules will be mailed to each "Coach" and/or parent **the week prior to the event**. Please carefully read the Coaches' Handbook before you arrive. It will contain important schedule information. It is critical that students are on time to each event and that the coach and/or parent supervise them at all times.

### **Location of Event**

Nimitz High School 100 W. Oakdale Irving, TX 75060 (Friday & Saturday)

Bowie Middle School 600 E. Sixth Street Irving, TX 75060 (Friday only, if needed for goalball)

**(See map at back of application)**

# ELEVENTH ANNUAL SPORTS EXTRAVAGANZA FOR BLIND AND VISUALLY IMPAIRED STUDENTS

## DESCRIPTION OF EVENTS

### Friday Evening, October 23, 2009 - Nimitz High School & Bowie Middle School (Registration at 5 p.m.)

- **BEGINNERS GOALBALL TOURNAMENT -- AGES 12-22 (NOTE: Advanced players tournament moved to March 6, 2010)**

Students who are age 12 and up (who do not have severe physical and/or mental challenges) and who have had no experience or who have a 1-2 skill level according to guidelines outlined on the Goalball Entry Form may participate in the Beginners Goalball Tournament. Participants may sign up either as a member of a team or as a single participant. Single participants will be placed on a team upon arrival at the event. All participants must be willing to wear a blindfold, kneepads and elbow pads. Games will be played under modified official goalball rules. Tournament format will be determined after the entries are received. The goalball tournament will take place at Nimitz High School and possibly at Bowie Middle School, depending on number of teams. While every effort will be made to keep teams playing at the same site, please make sure you have transportation available to move your team from one site to the other. **Tournament information will be included in Coaches' Handbook.**

### Saturday, October 24, 2009 - Nimitz High School (Registration at 8 a.m.)

- **EVENTS FOR AGES 0-5**

From **9:30 a.m. to 11:30 a.m.**, 0-5 year olds will participate along with their parents in every kind of motor and sensory activity imaginable! There will be sports stations, obstacle courses, switch activated toys, a ball pit, crawl tunnels, and many other fun and engaging activities for infants, toddlers and preschoolers of all abilities. Parents also will have the opportunity to network with other parents and observe the athletic activities of the older children in the track and field events. At 11:30, 4 and 5 year olds are encouraged to run a 25 meter exhibition as a means of building readiness skills for future track events. Participation ribbons will be given to each child participating in the 0-5 events. After a morning full of fun and activity, families are invited to join in for lunch at 11:30.

- **EVENTS FOR ATHLETES WITH VISUAL IMPAIRMENTS AND PHYSICAL AND/OR MENTAL CHALLENGES -- AGES 6-22**

Students who are visually impaired as well as physically or mentally challenged are urged to become involved in Sports Extravaganza. Events include:

1. Wheelchair Obstacle Course

Competitors will negotiate a 30-meter slalom course using either a manual or motorized wheelchair. Cones will be placed 5 meters apart. Competitors will be scored according to the time taken to complete the course.

2. 25 Meter Walk

The competitor will walk a 25 meter course independently with verbal assistance and/or the use of a guide rope.

3. Tennis Ball Throw

Each competitor will throw a tennis ball three consecutive times. Final placement will be determined by the best of the competitor's throws. Competitors will be heated according to age, sex, and visual abilities. In the event of a tie, the competitors' second best throw will be used as tiebreaker.

4. Tee Ball Strike

Competitors will hit a softball size whiffleball off of a tee three consecutive times. The best distance of the three will determine final placement. Measurements will be made from the tee to where the ball stops rolling. In the event of a tie, the second best distance will be used as tiebreaker.

• **TRACK AND FIELD EVENTS FOR ATHLETES WITH VISUAL IMPAIRMENTS -- AGES 6-22** (See **Vision Classifications** under **Instructions** page)

1. 50 Meter Dash -- Ages 6-11 only

**B1** competitors will use guide ropes\* or tether\*\*.

**B2 & B3** competitors will choose to use a guide rope\*, tether\*\*, or run with vision only.

**B4** competitors will run using vision only.

2. 50 Meter Dash -- Ages 12-22

**B1** competitors will use a tether\*\* only.

**B2 & B3** competitors will choose to use a tether\*\* or run using vision only.

**B4** competitors will run using vision only.

4. 100 Meter Dash -- Ages 6-11 & 12-22

**B1** competitors will use a tether\*\* only.

**B2 & B3** competitors will choose to use a tether\*\* or run using vision only.

**B4** competitors will run using vision only.

\*Guide ropes are long ropes held taut by volunteers down the length of the track while the athlete holds onto a baton that slides down the rope from the start to the finish line.

\*\*The use of a tether (a short piece of rope held between a sighted runner and an athlete with a visual impairment) is highly encouraged, especially for experienced athletes. Athletes may bring a sighted runner or volunteers will be available at the event. The sighted runner may use the tether to guide or direct the visually impaired runner, but they must never pull or lead the visually impaired athlete, nor can the sighted runner cross the finish line ahead of the athlete.

5. 200 & 400 Meter Run -- Ages 12-22 only

**B1** competitors will run with sighted runners using a tether\*\* or sighted guide. Sighted runners will be available, or the athlete may choose to bring a sighted runner who has practiced with them.

**B2 & B3** competitors will choose to run with sighted runners using a tether\*\* or sighted guide, or run using vision only

**B4** competitors will run using vision and will not be allowed assistance from sighted runners.

6. Standing Long Jump -- Ages 6-11 & 12-22

The standing long jump will take place on the track surface. Starting from a designated straight edge, the competitor will jump three non-consecutive times. Final placement will be determined by the best of the competitors' jumps. Competitors will be heated according to age, sex, and visual abilities. In the event of a tie, the competitors' second best jump will be used as tiebreaker.

7. Running Long Jump -- Ages 12-22

Each competitor will jump into a sandpit three non-consecutive times. Final placement will be determined by the best of the competitors' jumps. Competitors will need to independently run and jump at least one meter to enter this event. An auditory cue will be given from the back of the pit. A one meter take off area will be placed down on the runway with flour or chalk for measurement purposes. In the event of a tie, the competitors' second best jump will be used as tie breaker.

8. Softball Throw -- Ages 6-11 only

Each competitor will throw the ball three consecutive times. Final placement will be determined by the best of the competitors' throws. Competitors will be heated according to age, sex, and visual abilities.

9. Shot Put -- Ages 12-22

Competitors will have three non-consecutive tries. The best of the three legal puts will determine final placement. In the event of a tie, the competitors' second best put will be used as tiebreaker.

10. Discus -- Ages 12-22

Competitors will have three non-consecutive tries. The best of three legal throws will determine final placement. In the event of a tie, the competitors' second best throw will be used as tiebreaker.

• **GOALBALL EVENT FOR ATHLETES -- AGES 6-11**

Goalball is an internationally played sport where visually impaired players attempt to roll a large bell ball past the opposing team to score points. The following are skills that need to be attained in order to be proficient goalball competitors. All competitors **MUST** wear blindfolds. Participants will complete both of the described activities, as they will be combined into one overall score.

1. Goalball Stop

Markers will be set up in four places to indicate where the ball will be rolled. The ball will be rolled to the competitor 4 times, 2 close in and 2 further out. Competitors earn 2 points for stopping each of the 2 close balls and 4 points for stopping each for the 2 balls further out.

**AND**

2. Goalball Roll

Competitors will roll the ball across a goal line 2 times. Each ball will be timed from the moment it crosses the start line until it crosses the goal line, some 40 feet away. The best time (to the hundredths) will be recorded. The best time will be converted to points by means of a conversion chart.

**Total points from Goalball Stop and Goalball Roll will be added for a total score.**

• **BEEP BASEBALL EVENT FOR ATHLETES -- AGES 6-11**

Beep baseball is an internationally played modified game of baseball where visually impaired athletes on two teams hit, field, and run to designated bases. All competitors **MUST** wear blindfolds. Three lead-up skills pertaining to beep baseball are offered under the Beep Baseball Event. Participants will complete all three of the described activities, as the scores for each activity will be combined into one overall score.

1. Hit for Distance

Competitors will hit the ball off of a tee three times. The best distance of the three will determine placement. Measurements will be made from the tee to where the ball stops rolling. The distance will be converted to points through the conversion chart.

**AND**

2. Beep Baseball Stop

Competitor will stand on a designated spot. The ball will be thrown twice, once to each side or twice to the same side of the competitor. The ball will land within a defined circle in order to provide fairness for all competitors. The competitor will be timed from the moment the ball leaves the hand of the thrower until the ball is secured. The time for each throw will be added together and converted to points through a conversion chart. (A maximum time limit will be established).

**AND**

3. Base Run

Competitor will stand at home base and listen for either 1<sup>st</sup> or 3<sup>rd</sup> base to be activated. When the buzzing base is activated, the stopwatch is started and the athlete will run as quickly as possible to the base. The stopwatch is stopped when the athlete touches the base. Bases are approximately five foot high soft foam circular pillars set in a square foam base, and will be placed 100 feet from home base. The time will be converted to points by means of a conversion chart.

**Total points from Hit for Distance, Beep Ball Stop, and Base Run will be added for a total score.**

- **DEMONSTRATION EVENTS– MEDALS WILL NOT BE AWARDED- Demonstration events will be open throughout the day. There will be NO registration for these events. Athletes are encouraged to participate in the demonstration events when they have free time and are not competing in other events.**

1. Goalball Demonstration Game -- Ages 6-22

Have you ever seen an actual game of goalball played? Come watch local teen players as they present a demonstration game from 1:00 – 1:30. These advanced local teams will display and share their skill and knowledge of the sport of goalball so that new or inexperienced athletes (especially 6-11 year olds) will better understand the skills of the game. Males will play in Nimitz Main Gym and females will play in Nimitz Auxiliary Gym, just prior to the 6-11 year old goalball events in each respective gym.

2. Golf Drive For Distance -- Ages 6-22

Athletes will have five opportunities to drive a golf ball off of a regulation tee using a 3-wood. Instruction will focus on correct grip, body positioning, and swing patterns.

3. Archery -- Ages 6-22

Each participant will have five opportunities to shoot an arrow at a large colorful target. Instruction will focus on correct technique while shooting as independently as possible.

It is the policy of Region 10 Education Service Center not to discriminate on the basis of race, color, national origin, gender or handicap in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 503 and 504 of the Rehabilitation Act of 1973, as amended. Region 10 Education Service Center will take steps to ensure that lack of English language skills will not be a barrier to admission and participation in all educational programs and services.