



2022 - 2023

Season Kick Off Meeting



Eligibility

To participate with
Lake Travis ISD Special Olympics,
athletes must:

- ★ Be attending LTISD schools
- ★ Be at least 7 years of age by first day of competition
- ★ Be identified as having an intellectual disability, a cognitive delay, and/or a closely related developmental disability
- ★ Be able to demonstrate good sportsmanship in a variety of environments
- ★ Have paperwork on file prior to first practice

Required Forms

ATHLETE REGISTRATION/MEDICAL FORM

SOTX form to be completed by parent/guardian and physician prior to participation.

Good for 3 years or when a major medical change has occurred

Your doctor may be willing to complete form without an appointment if a physical exam has been completed within a year.

[Access registration form HERE](#)

Required Forms

ONLINE PERMISSION FORM

Must be completed each school year prior to participation.

Gives athlete and guardian information as well as parental permission for participation and use of athlete's likeness on district website and social media.

[Access Permission Form HERE](#)

Required Forms

ATHLETE CODE OF CONDUCT

This form need only be completed once for LTSO. A separate form may be required for other delegations.

Covers sportsmanship, training, competition & personal responsibility.

Please review expectations with your athlete. Athletes that can sign their name are encouraged to do so.

[Access Code of Conduct HERE](#)

Required Forms

COVID WAIVER

If you are submitting a new registration/medical form for your athlete this school year, you **DO NOT** have to complete this on-line form as the waiver is now part of the current registration form.

For current athletes that have not completed the waiver, this on-line form is required and is good for 3 years.

Our delegation is 13.LAK.Lake Travis Cavs

[Access COVID Waiver Form HERE](#)

Practices

Bowling Basketball Soccer
Cycling Track & Field

Practices are weekdays after school and occasionally on Saturdays in the LTISD area. **Your athlete will need to attend at least 5 practices in order to compete in that sport.**

Participation in practices is limited to athletes, coaches and approved volunteers. Families and friends can watch from the sidelines and bleachers while keeping lanes, fields, courts and tracks clear for athletes.

Practices can be loud and often require waiting turns. Please make necessary provisions for your athlete's success.

Competitions

Competitions are held in and around the greater Austin area, often on weekends. Competitions held during school hours are an excused absence. Marisa will contact the school's attendance clerk. **Absences due to competitions with non-LTISD delegations cannot be cleared by Marisa.**

Transportation in a district vehicle will be available for out-of-district competitions. You must let Marisa know when transportation is needed.

Competitions often entail down time and waiting, sometimes in extreme temperatures. They can be loud and crowded. Athletes are welcome to bring games, books or devices while waiting for their event.

Competitions are run by volunteers. **Please bring any concerns to Marisa, not volunteers working for Special Olympics.**

Honest Effort Rule

Athletes, partners and coaches must adhere to the Honest Effort Rule (replaces the Rabbit Rule) which states:

Athletes, partners and coaches, who do not participate honestly and with maximum effort in all events, or in a sportsmanlike manner, will be disqualified from current and possibly future events.

This means all athletes need to put forth full effort during practices so coaches can take the truest times and distances for competition entries.



- Lake Travis ISD policy prohibits pets from LT campuses including fields.
- Special Olympics Texas prohibits pets from SOTX competitions. [SOTX Pet Policy](#)
- Please leave pets at home during practices and competitions.

Service animals specifically trained to aid a person with a disability are welcome. Therapy and emotional support animals are not provided the same legal privileges as service animals

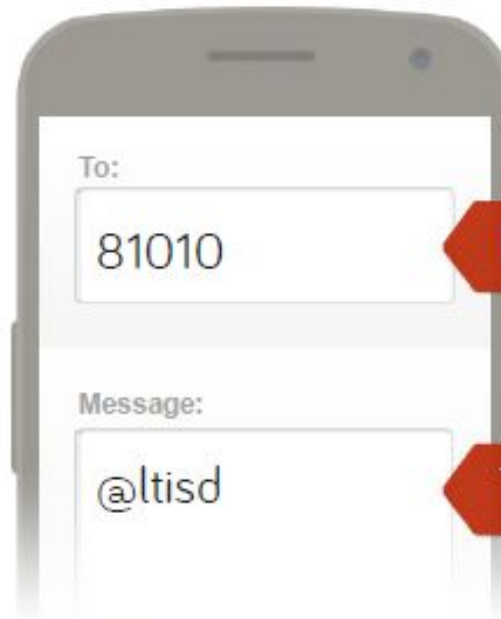
Parent Responsibilities

- Bring concerns to the attention of the Head Of Delegation, not the coaches or volunteers, in a respectful, courteous manner.
- Ensure your athlete attends practices and competitions, arriving on time and remaining for the entire practice.
- Ensure a positive experience for all athletes, volunteers and coaches
- Have respect for others and remember that athletes, volunteers and coaches are participating for their enjoyment
- Lead by example

Sign Up for Remind

To receive messages via text, text @ltisd to 81010. You can opt-out of messages at anytime by replying, 'unsubscribe @ltisd'.

Trouble using 81010? Try texting @ltisd to (832) 564-3279 instead.



Enter this number

Text this message

*Standard text message rates apply.

Or to receive messages via email, send an email to ltisd@mail.remind.com. To unsubscribe, reply with 'unsubscribe' in the subject line.

A graphic of an email composition window titled 'New message'. It has a standard window header with minimize, maximize, and close buttons. The 'Recipients' field is filled with 'ltisd@mail.remind.com'. The 'Subject' field is filled with '(You can leave the subject blank)'.

New message	
Recipients	ltisd@mail.remind.com
Subject	(You can leave the subject blank)

Sports Information Presentations

Sports information presentations will be posted on-line the week prior to the first practice of each sport:

Bowling: September 22, 2022

Cycling: November 30, 2022

Basketball: December 14, 2022

Track and Field: February 22, 2023

Soccer: February 27, 2023

**Parents are responsible for the information in the presentation.
Please contact Marisa if you have questions or concerns.**

[Access LTSO webpage HERE](#)

Bowling Practices

Erin Russo, head coach

Thursdays at High 5 Lakeway
September 29 - November 17, 2022

and

Tuesday November 29

NO PRACTICE ON:

November 24, 2022

4:30 - 5:30 pm

First Shift

5:45 - 6:45 pm

Second Shift

Pick a shift and sign up using Sign Up Genius

New This Year

Unified Bowling

5:45 - 6:45 pm

Second Shift

Interested athletes will try out for 4 player team(s)

Unified Sports is a unique Special Olympics program that promotes inclusion and acceptance among athletes with and without intellectual disabilities.

Bowling Competition

Date

Wednesday November 30 - Sunday December 4, 2022

Location

Mel's Lone Star Lanes
1010 N Austin Ave, Georgetown 78626

Time

8:00 am – 3:00 pm

Basketball Practices

Ben Kurecka & Wendi Daniels, 3v3 Coaches
Hal Shults & Brian Kenyon, 5v5 Unified Coaches
Ashlyn Koenning, Team Skills Coach
Marisa Sodders, Individual Skills Coach

Wednesdays
December 2022 - March 2023

NO PRACTICE ON:
March 15, 2023

Times subject to change

5:30 - 6:30 pm

3v3, team skills, individual skills

6:30 - 7:30 pm

5v5 Unified

Basketball Practices

LOCATION

Lake Travis High School
Gym 3

3324 Ranch Rd 620 S
Lakeway 78738

Enter on Spillman Loop to
access gym

Tryouts for 3v3 and 5v5 teams
will take place on the first
practice at **5:30 p.m.**

This is a mandatory practice for
athletes interested in 3v3 or 5v5 teams.
Athletes not participating on a team
can practice and compete in team skills
and individual skills.

Final placement decisions will be made
by the coaches

Basketball Competition

Date

Saturday February 25, 2023

Location

San Marcos, TX

Time

- 8:00 am – 3:00 pm

Soccer Practices

Jesus Gutierrez and Heather Amitrani, head coaches

Tuesdays (time TBD)

March - May, 2023

NO PRACTICE over Spring Break

LOCATION

TBD

Soccer Competition

Date

FRIDAY May 12, 2023

Location

Bastrop, TX

Time

- 8:00 am – 3:00 pm

Cycling Practices

Frank Assorgi, head coach

Thursdays 5:00 - 6:00

December - February, 2023

NO PRACTICE over Winter Break

LOCATION

Bee Cave Middle School Track

Bad weather make up days will be on Saturdays as needed

Cycling Competition

Date

Saturday February 18, 2023

Location

Bee Cave Middle School

Time

8:00 am – 3:00 pm

Track & Field Practices

Edie Henry, head coach

Wednesdays 6:00 - 7:00 pm

March 1 - April 19, 2023

NO PRACTICE ON:

March 15

LOCATION

Bee Cave Middle School Track

Track & Field Competition

Date

Saturday April 22, 2023 - Sunday April 23, 2023

Location

McNeil High School in Austin ISD

Time

- 8:00 am – 3:00 pm

Uniforms

An LT jersey and shorts will be provided to each athlete. Bowling, basketball, soccer and track jerseys will be provided to athletes participating in those sports.

CHANGE this year: Uniforms must be checked out and returned before the end of the school year. Backpacks and hoodies are available for checkout during the school year.



Homecoming Parade

Wednesday, October 5, 2022

For our float, we are in need of:

A trailer

A pick up truck to pull trailer during the parade

Hay bales

Decorators

Decoration date(s) and location TBD

End of Year Banquet

Wednesday, May 3, 2023



Volunteers

Volunteers must be high school-aged or older.

Volunteers 18 years old and over are required to become Class A volunteers through SOTX.

Volunteers may be assigned to athletes other than their own.

Contact Marisa for more information

LYYA Unified Volleyball

LYYA is offering a Unified volleyball skills clinic for athletes in grades 3-6. The clinics and scrimmages will be held at Lake Travis Middle school from 2:00-3:00pm on the following Saturdays:

September 10 Clinic

September 17 Clinic

September 24 Clinic

October 1 Scrimmage

October 15 Scrimmage

October 22 Scrimmage

For more information or to register, contact Leanna Dando at 602-549-0056 or leanna@thedandos.com

Lake Travis Thunder

Lake Travis Thunder is a community delegation started by the parent of an LTISD alumnus. They currently participate in swimming and are finishing up their season. Their next season will begin in July 2023.

They practice in the Lakeway area and require a registration fee.

Your athlete's registration/medical form makes them eligible to participate with other delegations in Texas.

If you would like more information about LTT Swim, please contact Marisa.

In Summary

Complete all necessary paperwork

Sign up for Remind

Attend 5 practices in order to compete

No pets allowed at practice or competition

Review sports information presentations

Have fun!

Contact Information

Head of Delegation – EDC Special Services

Marisa Sodders

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512-533-6469 (fax)