

Special Olympics North Dakota – Cass County General Practice and Tournament Information

Practice Information:

- ◆ Practices are held two afternoons/evenings a week for every sport except bowling and swimming
- ◆ Each sports season, with the exception of bowling, runs a minimum of eight weeks.
- ◆ The practices are typically one to two hours long.
- ◆ Three tournaments are held during a sports season:
 - Area Games are held locally with Cass County athletes competing against each other
 - District Games are held at one of the neighboring cities within our District III. Cities in our district include Jamestown, Valley City, Wahpeton and Cass County (Fargo).
 - State Tournaments are held at different locations based on the season. Currently, state events are held as follows but are subject to change:
 - Bowling – Bismarck/Mandan
 - Winter Games – Valley City
 - Basketball – Minot
 - Summer Games – Fargo
 - Soccer/Unified Bocce – Grand Forks
- ◆ Specific information regarding practice time and location can be found on the webpage.

Traveling Information:

- ◆ When the athlete travels out of town, Special Olympics provides the following:
 - Transportation
 - Lodging
 - Two lunches and one supper – Most motels we stay at include breakfast at no additional charge
 - Families are responsible for their own transportation, cost of lodging (I can put you in our block at our discounted rate), and meals.
 - It is important in team sports to let the area director know as soon as possible if your athlete will be traveling to the state event as even one person missing from a team could put the whole team in jeopardy of not participating.