

General KCSO Reminders:

Registration:

- All athletes must be registered with KCSO to participate in any sporting or social event.
- Please register by the deadline and make sure fees are paid by the first practice.
- If you do not register before the first practice, you will not be able to participate in that sporting event.

Circle Of Excellence:

- Circle of Excellence is an online portal to keep your athlete's health history up to date.
- It will need to be updated on a yearly basis or whenever there is a change in your athlete's medical condition or medications.
- It is the athlete/guardian's responsibility to make sure that it is up to date. Special Olympics Illinois does send reminder emails.

Practices:

- If you are going to miss practice, you must contact a head coach prior to practice.
- Please come prepared for practice with weather appropriate attire and water. No jeans or crocs. Sports shorts, leggings, sweatpants are allowed. Footwear needs to be tennis shoes only. Obviously for certain sports, you will need required footwear such as golf, rhythmic and bowling.
- Athletes may be asked not to participate in a sport if an excessive number of practices are missed.
- If parents or guardians drop off their athletes for practice – please make sure you pick them up on time. There may be instances where we will ask you to stay as we may cut practice early because of the weather. We will email that information out before practice.
- For swim practices, make sure they have an appropriate, fitted swimsuit.

Sporting Events:

- Relays – please keep in mind the dates of the regional and state events. If you sign up for a relay and miss either date, your teammates will not be able to participate. Check your vacation and family event dates before signing up for relays.
- Uniforms – all uniforms will be provided except for bottoms for Bocce, Golf and Bowling. There are no jeans allowed at any event. If you do not have either leggings, shorts or sweatpants- please let us know. (Although no sweatpants for golf – see head coach on appropriate bottoms)
- KCSO provides snacks and water for all sporting events for all athletes and spectators. No outside food is allowed in our base camp areas.

Social Events:

- Only registered athletes and their families can attend social events.
- You may drop your athlete off, but please let us know ahead of time so we know who to keep track of.
- If your athlete is 17 or under, parents need to be present.

Miscellaneous:

- Electronics at events will be allowed at base camp but not when competing. At practice, they will need to be put away or left in your backpack/vehicle.