



Special Olympics Northern California

Our Fall Sports Regional Competitions

Athletes must participate in training and be officially registered for the competition by their coach in order to compete. Spectators are welcome to any of our competitions, free of charge.

Bowling

Bowling is one of Special Olympics most popular sports. Many athletes choose bowling because it is a sport people enjoy for leisure as well as competition. Although there are some modifications made for athletes with physical disabilities, most athletes compete under the same rules and circumstances as athletes on a professional tour. As in all Special Olympics sports, bowling teams are grouped in competition divisions according to the athletes' ability level, age and gender.

Bowling rules - http://www.sonc.org/getinfo/rules_pdf/Bowling_rules

November 12

Diablo Lanes
1500 Monument Blvd.
Concord

November 12

Mardi Gras Lanes
4800 Madison Ave.
Sacramento

November 13

Classic Bowl Lanes
900 King Plaza
Daly City

November 19

Valley Center Bowl
1081 South Main St.
Salinas

December 3

Mission Lanes
1087 South Park Victoria Dr.
Milpitas

December 10

Sierra Lanes
6450 North Blackstone
Fresno

Floor Hockey

Floor Hockey is adapted from the games of ice hockey and ringette. It is a sport which has ability appropriate levels ranging from beginning to high-level athletes. Ability levels are determined by Individual Sports Skills Contests. Floor hockey gives athletes who live in warm climates the opportunity to participate in a winter type sport.

Floor Hockey Rules - http://www.sonc.org/getinfo/rules_pdf/Floorhockey_rules.PDF

Competition Date and Location

December 10

Santa Clara Fairgrounds,
344 Tully Rd., San Jose, CA

Powerlifting

Powerlifting includes the bench press, and the dead lift. Participating in Powerlifting improves an athlete's overall physical fitness while giving that same athlete the experience being on a team in Special Olympics.

Powerlifting rules - http://www.sonc.org/getinfo/rules_pdf/Powerlifting_rules.pdf

Competition Date and Location

October 29

Oak Grove High School
285 Blossom Hill Rd., San Jose

Soccer

Soccer is one of the most popular sports for Special Olympics athletes. Playing soccer requires very little equipment. Because it is easy to learn, soccer is appropriate for a wide range of age and ability levels. Athletes who participate in soccer are able to improve their overall physical fitness through training and competition. Because it is a team sport, athletes learn first hand the benefits of playing as a team. This promotes communication, camaraderie and friendships

Soccer Rules - http://www.sonc.org/getinfo/rules_pdf/Soccer_rules.pdf

Competition Dates and Locations

September 30

Clovis High School
1055 Fowler Ave., Clovis

October 15

Cherry Island Soccer Complex
2429 U St., Elverta

November 5

Gunderson High School
622 Gaundabert Ln., San Jose

2011 Competition Calendar

<http://www.sonc.org/getinfo/documents/2011Competitioncalender.pdf>