



**September 17th, 2022**  
**9am-2pm**  
 Benton River Center  
 1800 Citizens Dr, Benton, AR

## Schedule of Events

	Purple	Red	Blue	Orange	Yellow	Green
<b>9:00am-9:30am</b>	<b>Registration &amp; Warmups</b>					
<b>9:30am-10:15am</b>	Floorball	Cheerleading	Powerlifting	Athlete Input	Flag Football	Live Healthy
<b>10:15am-11:00am</b>	Live Healthy	Floorball	Cheerleading	Powerlifting	Athlete Input	Flag Football
<b>11:00am-12:00pm</b>	<b>Young Athletes</b>					
<b>11:00am-11:45am</b>	Flag Football	Live Healthy	Floorball	Cheerleading	Powerlifting	Athlete Input
<b>11:45am-12:30pm</b>	Athlete Input	Flag Football	Live Healthy	Floorball	Cheerleading	Powerlifting
<b>12:30pm-1:15pm</b>	Powerlifting	Athlete Input	Flag Football	Live Healthy	Floorball	Cheerleading
<b>1:15pm-2:00pm</b>	Cheerleading	Powerlifting	Athlete Input	Flag Football	Live Healthy	Floorball

**\*\*All Athletes, Coaches, and Staff are required to wear athletic attire during activities listed above.\*\***  
 Live Healthy and Athlete Input sessions will provide a healthy snack and lunch.

### **COACHES EDUCATION**

Coaches will be able to become certified in 2 sports during RecFest. Sports will be determined during the registration and they will go to their first sport during the 1st half of the day (9:30am-11:45am) and their second sport during the 2nd half of the day (11:45am-2pm).

### **YOUNG ATHLETES**

Athletes will be available for any athletes ages 2-7 who are interested.

### **LIVE HEALTHY**

Healthy Athlete opportunities will be available during RecFest.

### **ATHLETE INPUT**

Allows athletes to express their opinions and ideas and develop leadership skills.

### **FLOORBALL**

Floorball is a new sport to SOAR that will eventually replace Floor Hockey. This sport will be offered during Winter Games.

### **FLAG FOOTBALL**

This is a sport that has had limited competition opportunities in the past couple years, but it is making a comeback!

### **CHEERLEADING**

Cheerleading interest is on the rise in Special Olympics Arkansas. You will learn the fundamentals and receive basic knowledge of the sport.

### **POWERLIFTING**

Powerlifting is one of Special Olympics Arkansas most popular sports. With the introduction of squats this past year, our athletes were able to showcase their abilities in all of the events powerlifting has to offer.