

PLAYBILL[®]

Villanova University Special Olympics
Villanova, PA

VIRTUAL

Fall

FESTIVAL 2020

*Special
Olympics
Pennsylvania*

The logo for Special Olympics Pennsylvania, featuring a stylized figure with arms raised, surrounded by a circular arrangement of smaller figures, all in red.



Villanova University & Special Olympics PA

800 E Lancaster Avenue • Villanova, PA

Dear Athletes,

I would like to wish you a warm, friendly, and magical welcome to the very first Virtual Fall Festival hosted by Villanova University and Special Olympics Pennsylvania!! This year has truly been like no other in history, but we are bringing the magic and energy of Fall Festival to you this year! I cannot wait to see all of your incredible accomplishments throughout the weekend, and I can't wait to kick off the celebration this year! This year's theme is *The Spotlight is yours, together we shine*. I encourage you to shine throughout all of your competitions this weekend and I hope you have so much fun!



This year since we are unable to host an in-person Fall Festival at Villanova, we wanted to bring a little piece of the Villanova magic of Fall Festival to each and every one of you! You will be sent an Athlete Package including a custom Virtual Fall Festival water bottle, Virtual Fall Festival bracelets, custom Unified Sports face masks, and many more goodies!!

I wish you the best of luck this weekend!! To all the athletes competing in the 32nd Annual Virtual Fall Festival this year, always remember to keep the inspiring athlete motto in mind: *Let me win but if I cannot win, let me be brave in the attempt!*

Be Brave and Spread Magic,

Nicholas Conti

Nicholas Conti
Festival Director

If you have any question throughout the weekend, please reach out to
virtualfallfestival@villanovaspo.com

WHO'S WHO IN THE CAST:

ADAMS
ALLEGHENY
AREA M
AREA P
ARMSTRONG
BEAVER
BETHLEHEM
BLAIR
BRADFORD SULLIVAN
BUCKS
BUTLER
CENTRE
CHESTER
CLINTON
COLUMBIA MONTOUR
DELAWARE
ERIE

FULTON
HUNTINGDON
LANCASTER
LAWRENCE
LEBANON
LEHIGH
LUZERNE
LYCOMING
MCKEAN
MONTGOMERY
NORTHHAMPTON
NORTHUMBERLAND
SNYDER
PHILADELPHIA
POTTER
TIOGA
WASHINGTON GREENE
YORK

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MEGHAN MORRISSETTE

Director of Support Services
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ELIZABETH HASSON

Director of Human Resources
LILY DUFOUR

CHECK US OUT ON SOCIAL MEDIA!

[Villanova Special Olympics
Website](#)

[Villanova Special Olympics
Facebook](#)

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[@Villanovaspecialolympics
on Instagram](#)

[Villanova Special Olympics on Youtube](#)

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ACT 1 - FRIDAY

SCENE	TIME	EVENT
Scene 1	3:00 PM	Fall Fest Warm Up
Scene 2	3:10 PM	Unified Zoom Bocce Kickoff
Scene 3	3:25 PM	Flag Football Kickoff
Scene 4	3:35 PM	Rollerskating Kickoff
Scene 5	3:45 PM	Volleyball Kickoff
Scene 6	3:55 PM	Soccer Kickoff
Scene 7	4:05 PM	Powerlifting Kickoff
Scene 8	4:15 PM	LDR/W Kickoff
Scene 9	4:45 PM	YAP Reminder
Scene 10	5:00 PM	Athlete Panel
Scene 11	6:45 PM	LPH Flash Mob
Scene 12	7:00 PM	Opening Ceremonies

ALL ZOOM LINKS ARE AVAILABLE ON THE WEBSITE



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ACT 2 - SATURDAY

SCENE	TIME	EVENT
Scene 1	10:30 AM	Olympic Village Video
Scene 2	11:00 AM	Competition Zooms Begin
Scene 3	11:45 AM	Bocce Zoom
Scene 4	12:00 PM	Volleyball Zoom Soccer Zoom LDR/W Zoom YAP Zoom
Scene 5	12:30 PM	Bocce Zoom
Scene 6	1:00 PM	LDR/W Zoom Soccer Zoom
Scene 7	1:15 PM	Bocce Zoom
Scene 8	2:00 PM	LDR/W Zoom
Scene 9	3:30 PM	LPH Flash Mob
Scene 10	3:35 PM	Scavenger Hunt
Scene 11	4:00 PM	Health Habits Trivia & Raffle
Scene 12	4:45 PM	Cooking
Scene 13	5:00 PM	Vols on the Street
Scene 14	6:45 PM	Cheering Video
Scene 15	7:00 PM	Victory Dance

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ACT 3 - SUNDAY

SCENE	TIME	EVENT
Scene 1	11:00 AM	Cheering Video
Scene 2	11:15 AM	SOPA Unified Event
Scene 3	12:00 PM	Unified Experience
Scene 4	1:00 PM	All Sports Award Ceremonies
Scene 5	2:00 PM	Healthy Habits Video
Scene 6	3:45 PM	YAP Montage
Scene 7	4:00 PM	Evaluations Reminder
Scene 8	4:15 PM	LPH Flash Mob
Scene 9	4:30 PM	Closing Ceremonies



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SPORT BREAKDOWN: BOCCE

ACT 1 - FRIDAY

SCENE	TIME	EVENT
Scene 1	3:10 PM	Bocce Kickoff

ACT 2 - SATURDAY

SCENE	TIME	EVENT
Scene 1	11:00 AM	Bocce Zoom
Scene 2	11:45 AM	Bocce Zoom
Scene 3	12:30 PM	Bocce Zoom
Scene 4	1:15 PM	Bocce Zoom

ACT 3 - SUNDAY

SCENE	TIME	EVENT
Scene 1	1:00 PM	All Sports Award Ceremonies



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SPORTS BREAKDOWN: FLAG FOOTBALL

ACT 1 - FRIDAY

SCENE	TIME	EVENT
Scene 1	3:25 PM	Flag Football Kickoff

ACT 2 - SATURDAY

SCENE	TIME	EVENT
Scene 1	11:00 AM	Flag Football Zoom

ACT 3 - SUNDAY

SCENE	TIME	EVENT
Scene 1	2:35 PM	All Sports Award Ceremonies



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SPORTS BREAKDOWN: VOLLEYBALL

ACT 1 - FRIDAY

SCENE	TIME	EVENT
Scene 1	3:45 PM	Volleyball Kickoff

ACT 2 - SATURDAY

SCENE	TIME	EVENT
Scene 1	11:00 AM	Volleyball Zoom
Scene 2	12:00 PM	Volleyball Zoom

ACT 3 - SUNDAY

SCENE	TIME	EVENT
Scene 1	1:00 PM	All Sports Award Ceremonies



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SPORTS BREAKDOWN: SOCCER

ACT 1 - FRIDAY

SCENE	TIME	EVENT
Scene 1	3:55 PM	Soccer Kickoff

ACT 2 - SATURDAY

SCENE	TIME	EVENT
Scene 1	11:00 AM	Soccer Zoom
Scene 2	12:00 PM	Soccer Zoom
Scene 3	1:00 PM	Soccer Zoom

ACT 3 - SUNDAY

SCENE	TIME	EVENT
Scene 1	1:00 PM	All Sports Award Ceremonies



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SPORTS BREAKDOWN: LDR/W

ACT 1 - FRIDAY

SCENE	TIME	EVENT
Scene 1	4:15 PM	LDR/W Kickoff

ACT 2 - SATURDAY

SCENE	TIME	EVENT
Scene 1	11:00 AM	Warm-Up and Cool Down
Scene 2	11:00 AM	LDR/W Zoom
Scene 3	12:00 PM	LDR/W Zoom
Scene 4	1:00 PM	LDR/W Zoom
Scene 5	2:00 PM	LDR/W Zoom

ACT 3 - SUNDAY

SCENE	TIME	EVENT
Scene 1	1:00 PM	All Sports Award Ceremonies



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SPORTS BREAKDOWN: ROLLERSKATING

ACT 1 - FRIDAY

SCENE	TIME	EVENT
Scene 1	3:35 PM	Rollerskating Kickoff

ACT 2 - SATURDAY

SCENE	TIME	EVENT
Scene 1	11:00 AM	Rollerskating Zoom

ACT 3 - SUNDAY

SCENE	TIME	EVENT
Scene 1	1:00 PM	All Sports Award Ceremonies



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SPORTS BREAKDOWN: POWERLIFTING

ACT 1 - FRIDAY

SCENE	TIME	EVENT
Scene 1	4:05 PM	Powerlifting Kickoff

ACT 2 - SATURDAY

SCENE	TIME	EVENT
Scene 1	11:00 AM	Powerlifting Zoom

ACT 3 - SUNDAY

SCENE	TIME	EVENT
Scene 1	1:00 PM	All Sports Award Ceremonies



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**Special
Olympics**
Pennsylvania

Fall Festival 2020

REFLECTION BOOKLET

Villanova Special Olympics

Name:

★ *What is one thing that makes me* **HAPPY**

Friday:

Sunday:

★ *What is one thing I can do to make someone else* **HAPPY**

Friday:

Sunday:

★ *What is one thing I am* **PROUD** *of*

Friday:

Sunday:

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Hello Athletes, Families,
Coaches, and Volunteers!
Please scan this QR code using
your smartphone or visit
virtualfallfest.org/evaluations.

Fill out the virtual
evaluations for the events you
attended.



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THE FALL FEST FREESTYLE!

Bocce, Powerlifting, LDR, Volleyball,
 Roller Skating, Soccer, this is for all y'all
 Nova Fall Fest
 Nova Fall Fest
 Yah!
 Nova Fall Fest
 Nova Fall Fest
 Yah!

Bocce, Powerlifting, LDR, Volleyball,
 Roller Skating, Soccer, this is for all y'all
 Nova Fall Fest
 Nova Fall Fest
 Yah!
 Nova Fall Fest
 Nova Fall Fest
 Yah!

Every Autumn, I wait for this time to come
 I anticipate havin' a lot of great fun
 The volunteers are nice
 These athletes are the best
 It's getting better every year
 At nova fall fest
 Now everybody,
 Put your hands in the air
 At O-town we're dancin
 Like we just don't care
 Let's go, yeah
 We're gonna share a lot of glee
 Happy memories
 At fall fest, we are family

Bocce, Powerlifting, LDR, Volleyball,
 Roller Skating, Soccer, this is for all y'all
 Nova Fall Fest
 Nova Fall Fest
 Yah!
 Nova Fall Fest
 Nova Fall Fest
 Yah!

Flag football is here to stay
 Flashmobbin' is the only way
 Party at the Victory Dance
 Committee in their khaki pants

The athletes got their medals
 The Bronze, Silver, and Gold
 Brave in the attempt
 Yeah athletes never fold
 V-Cs and L-P-H-s
 No matter what the place is
 Cheering so loud can't find no quiet spaces

We're flying a-round in golf carts
 Young Athletes Program has our hearts
 We celebrate through the night
 Oh My God, it's Coach Wright!

Bocce, Powerlifting, LDR, Volleyball,
 Roller Skating, Soccer, this is for all y'all
 Nova Fall Fest
 Nova Fall Fest
 Yah!
 Nova Fall Fest
 Nova Fall Fest
 Yah!

Bocce, Powerlifting, LDR, Volleyball,
 Roller Skating, Soccer, this is for all y'all
 Nova Fall Fest
 Nova Fall Fest
 Yah!
 Nova Fall Fest
 Nova Fall Fest
 Yah!

We're living life unified
 Hyping up the spirit lines
 You know the athletes always shine
 It's Fall fest there's no better time

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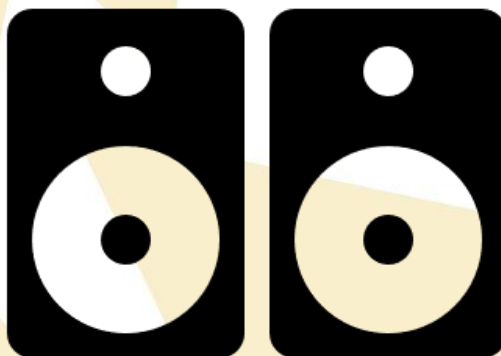
Best part of the year
Inclusion is our mission here
with Villanova never fear
Your second home is always near

Bocce, Powerlifting, LDR,
Volleyball, (LOW)
Roller Skating, Soccer, this is for all y'all
Nova Fall Fest
Nova Fall Fest
Yah!
Nova Fall Fest
Nova Fall Fest
Yah!

Bocce, Powerlifting, LDR,
Volleyball, (MEDIUM)

Roller Skating, Soccer, this is for all y'all
Nova Fall Fest
Nova Fall Fest
Yah!
Nova Fall Fest
Nova Fall Fest
Yah!

Bocce, Powerlifting, LDR,
Volleyball, (LOUD)
Roller Skating, Soccer, this is for all y'all
Nova Fall Fest
Nova Fall Fest
Yah!
Nova Fall Fest
Nova Fall Fest
Yah!



FUN ACTIVITY ALERT!

Come join us for an interactive **Zoom Scavenger Hunt** on Saturday at 3:30! Race against your friends to try to collect items from around the house and share your results with the group. Here is the Zoom Link: <https://villanova.zoom.us/j/99136199847>. We hope to see you there!

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RECIPE 1

On Saturday at 4:45, Follow Along with Villanova Students as They Make Fun and Nutritious Foods!

Peanut Cup Energy Bites

These energy bites are a great snack to bring on the go whenever you need a quick snack!



<https://minimalistbaker.com/5-ingredient-peanut-butter-cup-energy-bites/#wprm-recipe-container-35645>

Ingredients

- 1 cup dates (pitted // if dry, soak in warm water for 10 minutes, then drain well)
 - 3 Tbsp all-natural salted peanut or almond butter
 - 1/4 cup dairy-free dark chocolate (roughly chopped)
 - 1 Tbsp chia seeds (or sub flax or hemp seeds)
 - 2/3 cup gluten-free rolled oats

Instructions

1. Pulse pitted dates in a **food processor** or **blender** until they're in small pieces or it forms a ball (see photo).
2. Add oats, chocolate, chia seeds and peanut butter and pulse or mix until combined. You want there to be consistently small pieces but not overly processed.
3. Carefully roll into 1-inch balls (29-30 grams per ball), using the warmth of your hands to mold them together. Should yield 14-15 balls (amount as original recipe is written // adjust if altering batch size).
4. To set, pop in fridge or freezer for 15 minutes. Otherwise, eat as is! Will keep fresh in an air-tight bag or container for up to a week. Freeze for longer term storage.

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RECIPE 2

5- Minute Hummus

This hummus is such a great thing to keep in the fridge for a snack dip with carrots and pita or spread on your favorite bread to add to a sandwich! It has great protein from the chickpeas and will help keep you full until your next meal.



<https://food52.com/recipes/81808-5-minute-hummus-from-zahav-restaurant>

Ingredients

- 1 garlic clove
- Juice of 1 lemon (about 2 tablespoons)
 - 1 (16-ounce) jar tehina
- 1 tablespoon kosher salt, or to taste
 - 1 teaspoon ground cumin
 - 1 to 1 1/2 cups ice water
- 2 (15-ounce) cans chickpeas, drained and rinsed

Instructions

1. Make the Tehina Sauce: Nick off a piece of the garlic and drop it into a food processor
2. Squeeze the lemon juice into the food processor. Pour the tehina on top, making sure to scrape it all out of the container, and add the salt and cumin.
3. Process until the mixture looks peanut-buttery, about 1 minute.
4. Stream in the ice water, a little at a time, with the motor running. Process just until the mixture is smooth and creamy and lightens to the color of dry sand (it will look ugly and clumpy before it smooths out). Now you have Quick Tehina Sauce!
5. MAKE THE HUMMUS: Add the chickpeas to the tehina sauce and process for about 3 minutes, scraping the sides of the bowl as you go, until the chickpeas are completely blended, and the hummus is smooth and uniform in color.
6. To hold or store any leftovers: press plastic wrap onto the surface of the hummus to keep it from forming a skin. Refrigerate any leftovers and return to room temperature to serve. (The food processor is your friend here! Whir it in there to speed up the warming.)

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RECIPE 3

Chocolate Chunk Oatmeal Bars

These chocolate chunk bars are such a decadent and delicious dessert!! With extra protein from the Greek Yogurt, and fiber from the rolled oats, they're the best of all worlds!



<https://www.halfbakedharvest.com/healthy-dark-chocolate-chunk-oatmeal-cookie-bars-idiot-proof/#bo-recipe>

Ingredients

- 2 1/2 cups old fashioned oats
 - 1 cup all-purpose flour
 - 1 cup white whole wheat or whole wheat pastry flour
- 1/2-3/4 cup light brown sugar, us more for a sweeter cookie (I use only 1/2 cup)
- 1/4-1/2 cup granulated sugar, us more for a sweeter cookie (I use only 1/4 cup)
 - 1 teaspoon baking soda
 - 1/2 teaspoon kosher salt
 - 1 cup Greek Yogurt
 - 2 large eggs
 - 1 tablespoon vanilla extract
- 1 1/2 cups dark chocolate chunks

INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Grease a 9x13 inch baking dish with butter or line with parchment paper.
2. In a large mixing bowl or the bowl of a stand mixer, mix the oatmeal, flour, whole wheat flour brown sugar, granulated sugar, baking soda, salt, coconut oil, eggs, and vanilla. Beat until the dough is moist and all the ingredients are combined. The dough will be crumbly. Mix in the chocolate chunks.
3. Press the dough into the prepared baking dish. It will seem crumbly. Transfer to the oven and bake 18-20 minutes or until the edges are set and the bars are golden. Sprinkle with flaky salt (if desired). Let cool and *then* cut into bars.

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