



2023 WINTER SEASON

Start of the Season is November 21st, 2022



**Special
Olympics**
Washington

Winter Events & Programs



TABLE OF CONTENTS

WINTER SEASON OFFERINGS	3
WINTER SEASON OFFERINGS	4
TIMELINE FOR WINTER SEASON	5
FORM RESOURCES GUIDE.....	6
BASKETBALL REGISTRATION CHECKLIST.....	7
• BASKETBALL REGISTRATION RULES & CODES.....	8
ALPINE & SNOWBOARDING REGISTRATION CHECKLIST.....	9
• ALPINE SKIING REGISTRATION RULES & CODES.....	10
• SNOWBOARDING REGISTRATION RULES & CODES.....	11
CROSS COUNTRY & SNOWSHOEING REGISTRATION CHECKLIST.....	12
• CROSS COUNTRY REGISTRATION RULES & CODES	13
• SNOWSHOEING REGISTRATION RULES & CODES.....	14
FIGURE & SPEED SKATING REGISTRATION CHECKLIST	15
• FIGURE SKATING REGISTRATION RULES & CODES	16
• SPEED SKATING REGISTRATION RULES & CODES.....	17
CHEERLEADING REGISTRATION CHECKLIST.....	18
• CHEERLEADING REGISTRATION RULES & CODES.....	19
VOLUNTEER REGISTRATION	20
COACHES EDUCATION	21
COACHING TIERS DESCRIPTION.....	22
EAST REGION CONTACTS LIST.....	23
WEST SIDE CONTACTS LIST.....	24
FITNESS WEBINAR SERIES.....	25
ATHLETE LEADERSHIP.....	26



WINTER SEASON OFFERINGS

Special Olympics Washington is excited to announce the continuation of in-person training and competition this winter season! Beginning November 22, we will be offering the following in-person competitive sports:

- Basketball
- Cheerleading
- Figure Skating
- Speed Skating
- Alpine Skiing
- Snowboarding
- Cross Country Skiing
- Snowshoeing
- Esports (Rocket League)
- Walking Club
- Fit 5

DIVISIONING & ARTICLE 1

The Official Special Olympics Sports Rules provide standards for Special Olympics training and competition. [Article 1](#) provides general principles not found in the sport-specific rules and is essential knowledge for all people involved with Special Olympics sports.

IMPORTANT UPDATES AND HIGHLIGHTS

COVID WAIVER:

- As of December 1st, 2022, Athletes, Unified Partners, Coaches, Chaperones, Program Coordinators, and rostered individuals will no longer need to complete the 'Covid Code of Conduct' form.
- All persons listed on team or program rosters including Coaches, Chaperones, Athletes and Unified Partners will still need to complete the *Communicable Disease/Covid Waiver*. This form does not expire and waivers previously accepted will continue to be valid.

COVID SCREENINGS AT PRACTICES:

- We will no longer require teams to perform Covid Screenings upon arrival at practices, events, and competitions. **

COMPETING IN MORE THAN ONE SPORT:

- The policy outlined in the return to activities material restricting athletes to one sport per season has been lifted. Athletes will now be allowed to compete in more than one sport per season, but no more than two (2) sports per season, to include one Individual and one team sport.
- Should an athlete choose to compete in an individual sport and a team sport, the athlete may only advance the 'Team Sport' (ie. Basketball and Cheerleading).



WINTER SEASON OFFERINGS

Fitness & Wellness Programs:



Fit 5: Special Olympics Washington athletes and teams can take the next steps to become healthier and improve their athletic performance by participating in the **Fit 5** program. Fit 5 is based on the three simple goals of exercising 5 days per week, eating 5 total fruits and vegetables per day, and drinking 5 water bottles of water per day. Fit 5 is a flexible program that provides tips and information to lead a healthy lifestyle. Fit 5 is ideally implemented during team sports practices by

coaches, volunteers or athlete leaders. Athletes and coaches will receive incentives for tracking their goals! Coaches and Coaches can register and request Fit 5 program materials in the Fall Season Registration form.



Unified Fitness Clubs: (Unified Champion Schools only) Unified Fitness Clubs are year-round physical activity-based programs that utilize activity trackers and incentives to engage participants of all abilities and activity levels in healthy lifestyles. Clubs typically meet weekly and select activity types that suit the needs of their members. Athletes and coaches will receive incentives for tracking their goals! UCS coaches or liaisons can register and request Unified Fitness Club program materials in the Fall Season Registration form.



Walking Clubs: bring together individuals with and without intellectual disabilities for non-competitive physical activity. Walking Clubs provide the platform and opportunity for individuals to challenge themselves, establish friendships, and exercise. Walking Clubs can be led or co-led by SOWA coaches, athletes, and Unified Partners. Walking Clubs can take place during a traditional sports season or as a standalone club. Athletes and coaches will receive incentives for tracking their goals! Coaches can register and request Walking Club program materials in the Fall Season Registration form.



E-Sports: Rocket League is a free, downloadable game on most consoles! This exciting game is a 3 x 3 modified indoor soccer match where each player can customize the vehicle that will be used in the arena.

Those who wish to participate must already have a console and the ability to play online. Competitors can sign up with their existing team of 3. If they do not have a team, they will be assigned one after registration. Interested? Email Tyler Bjork at tbjork@sowa.org

****** Special Olympics Washington will continue to monitor the status of COVID-19 and will be acting under guidance and advice from the CDC, the Washington State Department of Health, and local health authorities. Please be advised that participation and/or events are subject to change or cancellation at any time. Safety is our highest priority.

Form Resources

General Links		Individual Forms		
Registration Portal bit.ly/SOWA-Reg 	Athlete Registration Form bit.ly/SOWA-ARE 	Unified Partner Form bit.ly/SOWA-UP 	Covid Waiver-Stand Alone bit.ly/SOWA-C19Waiver 	
Return to Activities bit.ly/SOWA-RTA 	Background Check bit.ly/SOWA-BCG 	Protective Behaviors bit.ly/SOWA-PBQ 	Concussion, Coaching Unified Sports, & Fitness bit.ly/SO-Learn 	
Fitness & Wellness Page		Regional Sports Pages		
bit.ly/SOWA-FIT 	Southwest bit.ly/SOWA-SW 	Northwest bit.ly/SOWA-NW 	East bit.ly/SOWA-EAST 	
Additional Resources		Codes of Conduct		
Article 1 bit.ly/SOWA-ART1	Athlete/Unified Partner bit.ly/SOWA-PCoC			
Protest Form bit.ly/SOWA-Protest	Family bit.ly/FACoC			
Incident Form bit.ly/SOWA-Incident	Coaches bit.ly/SOWA-CCoC			
Suspension Policy bit.ly/SOWA-SUSPOL	Violation Report bit.ly/SOWA-CoCVR			



TIMELINE FOR WINTER SEASON

NORTHWEST REGION

- Start of Winter Season: November 21st
- **Pre-Season Rosters** Due: December 1st
- **Individual Registration Forms** Due: January 10th
- **Final Registration Due Dates:**
 - **Basketball** – January 10th
 - **Alpine, Snowboarding, Cross Country, Snowshoe:** January 17th
 - **Cheerleading, Ice Skating, Figure Skating** – January 17th
- Region Competitions: January 28th – February 19th
- State Games Registration Due: February 16th
- State Fall Games: March 3rd – March 5th

SOUTHWEST REGION

- Start of Winter Season: November 21st
- **Pre-Season Rosters** Due: December 1st
- **Individual Registration Forms** Due: January 10th
- **Final Registration Due Dates:**
 - **Basketball** – January 10th
 - **Alpine, Snowboarding, Cross Country, Snowshoe** – January 17th
 - **Cheerleading, Ice Skating, Figure Skating** – January 17th
- Region Competitions: January 28th – February 19th
- State Games Registration Due: February 16th
- State Fall Games: March 3rd – March 5th

EAST REGION

- Start of Winter Season: November 21st
- **Pre-Season Rosters** Due: December 1st
- **Individual Registration Forms** Due: January 10th
- **Final Registration Due Dates:**
 - **Basketball** – January 17th
 - **Alpine, Snowboarding, Cross Country, Snowshoe** – January 17th
 - **Cheerleading, Ice Skating, Figure Skating** – January 17th
- Region Competitions: January 28th – February 19th
- State Games Registration Due:
 - **Alpine, Snowboarding, Cross Country, Snowshoe** – February 16th
 - **Cheerleading, Ice Skating, Figure Skating** – February 16th
 - **Basketball** – February 21st
- State Fall Games: March 3rd – March 5th



BASKETBALL REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 1st**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) Due: **January 10th**

Required Athlete Forms:

- [Athlete Registration Form](#) (Expires after 3 years)
- [Spanish Athlete Registration Form](#) (Expires after 3 years)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
- [COVID Waiver](#) (does not expire)

Required Unified Partner Forms:

- [Unified Partner Registration Form](#) (Expires after 3 years)
- [Background Check](#) (if 18+) (Expires after 3 years)
- [COVID Waiver](#) (does not expire)

Required Coach Forms:

- [Background Check](#) (if 18+) (Expires after 3 years)
- [Protective Behaviors](#)
- [Heads Up Coaches: Concussion Training](#)
- [Special Olympics Unified Sports Coaching Course](#) (Unified Sports Coaches Only)
- Sports Specific Training
- [COVID Waiver](#) (does not expire)

Required Chaperone Forms:

- [Background Check](#) (if 18+) (Expires after 3 years)
- [Protective Behaviors](#)
- [COVID Waiver](#) (does not expire)

3. Complete Online [Final Registration](#) Due:

- Northwest & Southwest Region: **January 10th**
- East Region: **January 17th**

Required Team Basketball Skills Assessment

- Required** for Team Competition
- Use [Individual BSAT form](#) to gather numbers for the final roster
- Transfer total individual score from individual BSAT to final roster

Required For Individual Skills

- Use the [Individual Skills Score Sheet](#) to determine qualifying score
- Transfer total individual score from individual score sheet to final roster

Notes: An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete ARF or Partner Release form and registration deadlines) are not met.



BASKETBALL REGISTRATION RULES & CODES

- 1) Athletes may participate in one event
- 2) All basketball team entries must be identified by a team name
- 3) The age of the oldest team member determines the age group in which a team competes
- 4) Events identified with ** are designed for athletes with lower availability levels
- 5) Athletes using wheelchairs and assisted walking devices are eligible for individual and team skills only due to safety concerns
- 6) Scrimmages: teams and programs are encouraged to participate in 3-4 scrimmages throughout the season and prior to major competitions. We understand that in some cases, this can be difficult to facilitate. Scrimmages can come in many different forms: inner squads or practicing against another team in your program, entering your team into a recreational league to get more games, working with other programs to organize invitationals or league plays prior to each season, etc. There are many ways to get creative!
- 7) Roster sizes: Team rosters must have a minimum of 5 players and a maximum of 12 players (Roster sizes will be reevaluated for the 2023/2024 season).

EVENTS

Basketball Individual Skills Competition**
Team Skills Competition**

Special Olympics Team Competition - Juniors (8-15)
Special Olympics Team Competition - Seniors (16-21)
Special Olympics Team Competition - Masters (22+)

Unified® Team Competition - Juniors (8-15)
Unified® Team Competition - Seniors (16-21)
Unified® Team Competition - Masters (22+)



ALPINE & SNOWBOARDING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 1st**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) Due: **January 10th**

Required Athlete Forms:

- [Athlete Registration Form](#) (*Expires after 3 years*)
- [Spanish Athlete Registration Form](#) (*Expires after 3 years*)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
- [COVID Waiver](#) (*does not expire*)

Required Unified Partner Forms:

- [Unified Partner Registration Form](#) (*Expires after 3 years*)
- [Background Check](#) (if 18+) (*Expires after 3 years*)
- [COVID Waiver](#) (*does not expire*)

Required Coach Forms:

- [Background Check](#) (if 18+) (*Expires after 3 years*)
- [Protective Behaviors](#)
- [Heads Up Coaches: Concussion Training](#)
- [Special Olympics Unified Sports Coaching Course](#) (*Unified Sports Coaches Only*)
- Sports Specific Training
- [COVID Waiver](#) (*does not expire*)

Required Chaperone Forms:

- [Background Check](#) (if 18+) (*Expires after 3 years*)
- [Protective Behaviors](#)
- [COVID Waiver](#) (*does not expire*)

3. Complete Online [Final Registration](#) Due:

- Northwest & Southwest Region: **January 17th**
- East Region: **January 17th**

Notes: An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete ARF or Partner Release form and registration deadlines) are not met.



ALPINE SKIING REGISTRATION RULES & CODES

- 1) Athletes may participate in up to three events
- 2) A level of competition (N, I, or A) and qualifying time must be submitted for all athletes entered. **Placement of athletes in proper levels is important**
- 3) Unified® races shall consist of one Special Olympian and one Partner skiing together with the results determined by the average of each competitor's time
- 4) **Athletes and Partners may not participate in like events. i.e. ... may not participate in Slalom and Unified® Slalom. Downhill and Unified® Downhill**
- 5) Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events
- 6) Finish time for the downhill competition is determined by the time of one run
- 7) Finish time for the slalom and giant slalom competition is determined by the combined time of two runs
- 8) Unified Partners need to attend all practices and competitions in order to participate on the team. State Games: Partners must be present and compete for preliminary times that are scheduled. No time will be scheduled outside of preliminary rounds on Friday. Unified Partners are considered Athletes and are held to the same expectations as everyone on the roster
- 9) All Athletes and Unified Partners must participate in any and all qualifying rounds or preliminary rounds in order to compete in the Games

EVENTS

Glide Event **

10 Meter Ski Race **

Slalom (Novice, Intermediate & Advanced)

Unified® Slalom (Novice, Intermediate & Advanced)

Giant Slalom (Novice, Intermediate & Advanced)

Unified® Giant Slalom (Novice, Intermediate & Advanced)

Downhill (Novice, Intermediate & Advanced)

Unified® Downhill (Novice, Intermediate & Advanced)



SNOWBOARDING REGISTRATION RULES & CODES

- 1) Athletes may participate in up to three events
- 2) A level of competition (N, I, or A) and qualifying time must be submitted for all athletes entered. **Placement of athletes in proper levels is important**
- 3) Unified® races shall consist of one Special Olympian and one Partner snowboarding together with the results determined by the average of each competitor's time
- 4) **Athletes and Partners may not participate in like events. i.e. ... may not participate in Slalom and Unified® Slalom. Super G and Unified® Super G**
- 5) Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events
- 6) Finish time for the Super G competition is determined by the time of one run
- 7) Finish time for the slalom and giant slalom competition is determined by the combined time of two runs
- 8) Unified Partners need to attend all practices and competitions in order to participate on the team. State Games: Partners must be present and compete for preliminary times that are scheduled. No time will be scheduled outside of preliminary rounds on Friday. Unified Partners are considered Athletes and are held to the same expectations as everyone on the roster
- 9) All Athletes and Unified Partners must participate in any and all qualifying rounds or preliminary rounds in order to compete in the Games

EVENTS

Glide Event **

10 Meter Skate Race **

Slalom (Novice, Intermediate & Advanced)

Unified® Slalom (Novice, Intermediate & Advanced)

Giant Slalom (Novice, Intermediate & Advanced)

Unified® Giant Slalom (Novice, Intermediate & Advanced)

Super G (Novice, Intermediate & Advanced)

Unified® Super G (Novice, Intermediate & Advanced)



CROSS COUNTRY & SNOWSHOEING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 1st**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) Due: **January 10th**

Required Athlete Forms:

- [Athlete Registration Form](#) (*Expires after 3 years*)
- [Spanish Athlete Registration Form](#) (*Expires after 3 years*)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
- [COVID Waiver](#) (*does not expire*)

Required Unified Partner Forms:

- [Unified Partner Registration Form](#) (*Expires after 3 years*)
- [Background Check](#) (if 18+) (*Expires after 3 years*)
- [COVID Waiver](#) (*does not expire*)

Required Coach Forms:

- [Background Check](#) (if 18+) (*Expires after 3 years*)
- [Protective Behaviors](#)
- [Heads Up Coaches: Concussion Training](#)
- [Special Olympics Unified Sports Coaching Course](#) (*Unified Sports Coaches Only*)
- Sports Specific Training
- [COVID Waiver](#) (*does not expire*)

Required Chaperone Forms:

- [Background Check](#) (if 18+) (*Expires after 3 years*)
- [Protective Behaviors](#)
- [COVID Waiver](#) (*does not expire*)

3. Complete Online [Final Registration](#) Due:

- Northwest & Southwest Region: **January 17th**
- East Region: **January 17th**

Notes: An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete ARF or Partner Release form and registration deadlines) are not met.



CROSS COUNTRY REGISTRATION RULES & CODES

- 1) Athletes may participate in up to two events and a relay
- 2) A qualifying time must be submitted for all athletes and partners entered
- 3) All Athletes and Unified Partners must participate in any and all qualifying rounds or preliminary rounds in order to compete in the Games
- 4) Unified Partners need to attend all practices and competitions in order to participate on the team. State Games: Partners must be present and compete for preliminary times that are scheduled. No time will be scheduled outside of preliminary rounds on Friday. Unified Partners are considered Athletes and are held to the same expectations as everyone on the roster
- 5) Special Olympics and Unified® races of the same distance will be contested at the same time, therefore an athlete cannot be in both. (i.e. 1K Special Olympics race and 1K Unified race)
- 6) Unified® relay teams shall consist of two Special Olympians and two Partners. The order of racing is left up to the coaches' decision
- 7) Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events
- 8) If there are not enough athletes to properly division separate Classical and Free Technique events of similar distances, the events shall be combined and follow Free Technique Rules

EVENTS

- 10 Meter Ski Race** - Classical Technique
- 25 Meter Ski Race** - Classical Technique
- 50 Meter Ski Race** - Country Skiing Race - Classical Technique
- 100 Meter Race** - Country Skiing Race - Classical Technique
- 500 Meter Race – Country Skiing Race
- 1 Kilometer Race – Country Skiing Race
- 2.5 Kilometer Race – Country Skiing Race
- 5 Kilometer Race – Country Skiing Race
- 7.5 Kilometer Race – Country Skiing Race
- 10 Kilometer Race – Country Skiing Race
- 4 x 1 Kilometer Relay Race – Country Skiing Relay
- 4 x 1 Kilometer Unified® Relay Race – Country Skiing Relay



SNOWSHOEING REGISTRATION RULES & CODES

- 1) Athletes may participate in up to two events and a relay
- 2) A relay team consists of four competitors
- 3) Unified relay teams shall be made up of two Special Olympics athletes and two Unified partners. The order of racing is left up to the coaches' decision
- 4) Relay teams must have a "team name" assigned to them on final registration
- 5) A qualifying time must be submitted for all athletes and partners entered
- 6) Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events
- 7) The Official Special Olympics Rules shall govern all Special Olympics Snowshoeing competitions. Special Olympics, Inc. is the International Governing Body for Snowshoeing

EVENTS

25 Meter Race **

50 Meter Race **

100 Meter Race

200 Meter Race

400 Meter Race

800 Meter Race

1600 Meter Race

5K Meter Race

10K Meter Race

4 x 100 Meter Relay Race

4 x 200 Meter Relay Race

4 x 400 Meter Relay Race

4 x 100 Meter Unified Relay Race

4 x 200 Meter Unified Relay Race

4 x 400 Meter Unified Relay Race



FIGURE & SPEED SKATING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 1st**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) Due: **January 10th**

Required Athlete Forms:

- [Athlete Registration Form](#) (*Expires after 3 years*)
- [Spanish Athlete Registration Form](#) (*Expires after 3 years*)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
- [COVID Waiver](#) (*does not expire*)

Required Unified Partner Forms:

- [Unified Partner Registration Form](#) (*Expires after 3 years*)
- [Background Check](#) (if 18+) (*Expires after 3 years*)
- [COVID Waiver](#) (*does not expire*)

Required Coach Forms:

- [Background Check](#) (if 18+) (*Expires after 3 years*)
- [Protective Behaviors](#)
- [Heads Up Coaches: Concussion Training](#)
- [Special Olympics Unified Sports Coaching Course](#) (*Unified Sports Coaches Only*)
- Sports Specific Training
- [COVID Waiver](#) (*does not expire*)

Required Chaperone Forms:

- [Background Check](#) (if 18+) (*Expires after 3 years*)
- [Protective Behaviors](#)
- [COVID Waiver](#) (*does not expire*)

3. Complete Online [Final Registration](#) Due:

- Northwest & Southwest Region: **January 17th**
- East Region: **January 17th**

Notes: An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete ARF or Partner Release form and registration deadlines) are not met.



FIGURE SKATING REGISTRATION RULES & CODES

- 1) Athletes may participate in up to three of the events listed below
- 2) A level of competition must be submitted for all athletes entered
- 3) When registering, athletes must be registered for Compulsory and Free Competition together when choosing events

EVENTS

Singles Compulsory Competition (Levels 1 - 5)

Singles Freestyle Competition (Levels 1 - 5)

Ice Dancing (Levels 1 - 3)

Unified® Ice Dancing (Levels 1 - 3)

Pair Skating (Levels 1 - 2)

Unified® Pairs Skating (Levels 1 – 2)



SPEED SKATING REGISTRATION RULES & CODES

- 1) Athletes may participate in up to three of the events listed below
- 2) A qualifying time must be submitted for all athletes entered
- 3) Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events

EVENTS

25 Meter Straight Race**

55 Meter Half Lap Race**

111 Meter Race

333 Meter Race

500 Meter Race

777 Meter Race

1000 Meter Race

1500 Meter Race

3000 Meter Relay

3000 Unified® Relay

1500M Unified® 4-person Short Track

4X500M 4000 Meter Unified® Relay



CHEERLEADING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 1st**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) Due: **January 10th**

Required Athlete Forms:

- [Athlete Registration Form](#) (*Expires after 3 years*)
- [Spanish Athlete Registration Form](#) (*Expires after 3 years*)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
- [COVID Waiver](#) (*does not expire*)

Required Unified Partner Forms:

- [Unified Partner Registration Form](#) (*Expires after 3 years*)
- [Background Check](#) (if 18+) (*Expires after 3 years*)
- [COVID Waiver](#) (*does not expire*)

Required Coach Forms:

- [Background Check](#) (if 18+) (*Expires after 3 years*)
- [Protective Behaviors](#)
- [Heads Up Coaches: Concussion Training](#)
- [Special Olympics Unified Sports Coaching Course](#) (*Unified Sports Coaches Only*)
- Sports Specific Training
- [COVID Waiver](#) (*does not expire*)

Required Chaperone Forms:

- [Background Check](#) (if 18+) (*Expires after 3 years*)
- [Protective Behaviors](#)
- [COVID Waiver](#) (*does not expire*)

3. Complete Online [Final Registration](#) Due:

- Northwest & Southwest Region: **January 17th**
- East Region: **January 17th**

Notes: An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete ARF or Partner Release form and registration deadlines) are not met.



CHEERLEADING REGISTRATION RULES & CODES

- 1) Athletes may participate in individual performance or team competition but not both. Athletes and Unified Partners may also only participate within one level of one event
- 2) Additionally, teams may be further defined by squad size (small = 5 – 9 members; large = 10-15 members) and Traditional or Unified Sports
- 3) For all Unified Sports® team competition, the number of Special Olympics athletes must be equal to or exceed the number of Unified Partners by one
- 4) Ability is the primary divisioning factor in Special Olympics. In the sport of cheerleading, the ability of an athlete or team is determined by the event in which they are competing (e.g. individual skills, non-mount or tumble, etc)
- 5) The Special Olympics Washington Cheerleading Competition Guide, and SOWA rules and guidelines will govern all cheerleading competitions sanctioned by SOWA. SOWA has adopted the safety guidelines and competition rules developed by the National Federation of High School Athletic Associations (NFHS), and United States All Star Federation Level 1 (USASF)

EVENTS

Individual Skills Competition

Team Competition: Small Team Traditional Division

Team Competition: Small Team Unified Division



VOLUNTEER REGISTRATION



Special Olympics Washington Volunteers are fundamental to every program and event across the state. Volunteer opportunities range from coaching and program management positions to event volunteers. There is a place for everyone!

Volunteers are required to go through further training and a background check process before all Ongoing Volunteer Roles. To volunteer at events, register using the event applications located on the Event Volunteers page.

Please follow this link to sign up as an Ongoing Volunteer:
<https://specialolympicswashington.org/volunteer/event-volunteers/>

It is vital that ALL volunteers are properly trained and feel equipped to execute the responsibility required of their position. Please take the time to review the information on the [Volunteer Resources Page](#).

Already registered but need to renew your [Background Check](#)? Please complete the online Background Check application. Use the Special Olympics Washington Identification Good Deed Code: **e45cri8** when completing the application.



COACHES EDUCATION

Tier/Level	Action Items	Time Needed	Renewal Requirements	Cost
Tier 1 – Sports Volunteer (Chaperone)	Online Background Check (SOWA will do background checks on all volunteers 18+) (Good Deed Code: e45cri8)	5 min	Every 3 years	Free
	Protective Behaviors Quiz	15 min	Every 3 years	Free
Tier 2 – Head Coach/Assistant Coach Prerequisite – All Tier 1 requirements	Concussion Training	1 hour	N/A	Free
	Certification at a Sport Specific Training School	3 hours	Every 3 years	Training Session Local Area
	Coaching Unified Sports – Required if program is in Unified Sports	1 hour	3 years	Free
Tier 3- Continuing Education	Register to Volunteer at an Special Olympic Event	N/A	All coaches need to do at least one of these each year	Free
	Register for a Continued Education Course			
	Waiver for Continued Education (check website for Approved Courses)			



COACHING TIERS DESCRIPTION

Why Coaching Matters? – Coaching is a vital part of the Special Olympics organization. Our coaches are role models and help improve sports skills in our athletes. It is necessary for our coaches to exemplify good sportsmanship and model character traits to enhance the sports experience for our athletes. The lessons our athletes learn from coaches on and off the field – teamwork, self-discipline, and confidence – carry over into the athletes' everyday lives.

Tier 1 – Sports Volunteer (Chaperone)

The first tier of our Coaches Education program is the Sports Volunteer or Chaperone member of a team/program. Any prospective coach needs to go through these four requirements to be cleared to chaperone a team or an athlete. These are the basic forms that screen our coaches to ensure our athletes safety which is our number one priority in Special Olympics. All of these items will need to be done only once and should take less than 30 minutes in total.

- [Online Background Check](#)
- [Protective Behaviors Quiz](#)

Tier 2 – Head Coach / Assistant Coach

The second tier of our Coaches Education program is the Head Coach/Assistant Coach. Any coach that wants to be a Head or Assistant Coach has to complete all of the items listed below. The items in this tier are more tailored to specific sport needs and require an in-person training. The in-person trainings allow for a development of skills and drills for a sport that coaches can bring back to their practice and games. The online section of this portion will take 1 hour and 15 minutes in total. The in-person trainings will be 3-4 hours depending on sport and venue availability.

- [Concussion Training](#)
- **In-Person Sport Specific training**
- [Coaching Unified Sports](#) – Only required if program/team is in Unified Sports

Tier 3 – Continuing Education

The third tier is the continuing education portion of our Coaches Education program. We want all of our coaches to get involved in other sports and events that Special Olympics has to offer. This is also a great opportunity for our coaches to get more experience with Special Olympics athletes on and off the playing field. We want our coaches to do one of the following each year.

- **Register to volunteer at a Special Olympics Event**
- **Complete a Continued Education Course (Sportsmanship, Principles of Coaching, etc.)**
- **Waiver for Continued Education, please contact Coaches@sowa.org**



EAST REGION CONTACTS LIST

Sr. Manager of Competition & Operations, East Region

Grant Opland

Mailing address: PO Box 727 Colbert, WA. 99005

Email: gopland@sowa.org

Phone: 206-231-6014

East Region Program Manager

Tim Toon

Mailing address: 2815 2nd Ave Ste. 370, Seattle, WA 98121

Email: ttoon@sowa.org

Phone: 206-681-9385 Fax: 206-361-8158



<p>Northeast Area Interim Area Director: Tim Toon Email: ttoon@sowa.org Phone: 206-681-9385</p> <p>Administrative Coordinator: Bobbi Jo Locke Email: NortheastAdmin@SOWA.org</p>	<p>Southeast Area Area Director: Lori and Ron Landrus Email: SoutheastAD@SOWA.org Phone: 208-413-0883</p> <p>Administrative Coordinator: Kari Smith Email: SoutheastAdmin@SOWA.org</p>	<p>Valley Area Area Director: Tim McDonald Email: ValleyAD@SOWA.org Phone: 509-480-0764</p> <p>Administrative Coordinator: Dawn McDonald Email: ValleyAdmin@SOWA.org</p>
<p>North Central Area Interim Area Director: Tim Toon Email: ttoon@sowa.org Phone: 206-681-9385</p>	<p>Basin Area Interim Area Director: Tim Toon Email: ttoon@sowa.org Phone: 206-681-9385</p> <p>Administrative Coordinator: Carrie Hoiness Email: choiness@cityofml.com</p>	<p>Tri Cities Area Area Director: Donna Tracy Email: donna@arcoftricity.com Phone: 509-947-6090</p> <p>Administrative Coordinator: Kelly Correio Email: so@arcoftricity.com</p>
	<p>Walla Walla Area Area Director: Tracy Gaines Email: WallaWallaAD@SOWA.org Phone: 509-386-4016</p> <p>Administrative Coordinator: Mercedes Robinson Email: sadiesdesiree@gmail.com</p>	



WEST SIDE CONTACTS LIST

Sr. Manager of Competition & Operations, Northwest Region

Nicole Becker

Mailing address: 2815 2nd Ave Ste. 370, Seattle, WA 98121

Email: nbecker@sowa.org

Phone: 206.736.7087

Northwest Program Manager

Chad VanderPoel

Mailing address: 2815 2nd Ave Ste. 370, Seattle, WA 98121

Email: cvanderpoel@sowa.org

Phone: 507-215-1918 Fax: 206-361-8158

Manager of Competition & Operations, Southwest Region

Dori McGovern

Mailing address: 2815 2nd Ave Ste. 370, Seattle, WA 98121

Email: dmcgovern@sowa.org

Phone: 206.582.6000

Southwest Program Manager

Cheyenne Baird

Mailing address: 2815 2nd Ave Ste. 370, Seattle, WA 98121

Email: cbaird@sowa.org

Phone: 206-681-9386 Fax: 206-361-8158



<p>Cascade Area Area Director: Punkie Doyle Email: CascadeAD@SOWA.org Phone: 206-910-1704</p>	<p>King County Area Interim Area Director: Chad VanderPoel Email: cvanderpoel@sowa.org Phone: 507-215-1918</p>
<p>Pierce County Area Interim Area Director: Cheyenne Baird Email: cbaird@sowa.org Phone: 206-681-9386</p>	<p>Peninsula Area Area Director: Wendy Bonham Email: PeninsulaAD@SOWA.org Phone: 360-461-7817</p>
<p>Capitol Area Interim Area Director: Cheyenne Baird Email: cbaird@sowa.org Phone: 206-681-9386</p>	<p>Columbia River Area Co-Area Directors: Elizabeth Francis & Barry Gill Email: elizabeth.francis@outlook.com barry.gill@pkinetics.com Phone: 360-624-0119</p>

Winter 2023

Fitness Intro Webinars

Special Olympics Washington fitness programs empower athletes to stay healthy!

Introductory Fitness Webinars will guide coaches, volunteers, and athlete leaders through the basics of SOWA's fitness programs and how to participate.



**JAN
10**

5:00 PM - 6:00 PM

Register: <https://rb.gy/qbtp7l>

FIT5 

**JAN
12**

5:00 PM - 6:00 PM

Register: <https://rb.gy/wzd07p>


WALKING CLUB

**FEB
1**

4:30 PM - 5:30 PM

Register: <https://rb.gy/nr7zgj>


**UNIFIED FITNESS
CLUB**

For Unified Champion Schools

Contact: fitness@sowa.org

ATHLETE LEADERSHIP



The purpose of Athlete Leadership is to empower athletes to develop leadership skills and utilize their voices and abilities to undertake meaningful leadership roles, influence change in the Special Olympics movement, and create inclusive communities around the state.



Leadership on Your Team

Team Captains inspire their teammates and add the athlete perspective to training.

Anyone can be a leader. Leadership includes roles like set up and clean up, leading stretches, and being a role model.

Athlete Leadership Programs

Athlete Leadership Councils (ALCs) are run by athletes and meet monthly. ALCs give athletes to opportunity to develop leadership skills through projects that improve SOWA.

See if your Area has an ALC !

Athlete Leadership Trainings prepare athletes to be successful in leadership roles. After the introductory courses, athletes learn to promote health, run meetings, represent SOWA and give speeches.



Learn more about Athlete Leadership here:

<https://specialolympicswashington.org/programs-and-initiatives/athlete-leadership/>

Contact Leah Shaffner, lshaffner@sowa.org for more information.