

Special Olympics
Washington



Presented by

RV
BROADMOOR

SuperStore
Pasco, WA

November 17-19, 2023
Tri-Cities, Washington

Gymnastics





2023 Fall State Games

Gymnastics



Location:

Mid-Columbia Gymnastics Academy
1523 Fowler St C
Richland, WA 99352

Date & Time:

- Sunday, November 19
 - 9:00am – 12:00pm (times may adjusted and will be communicated out)

*Athletes & coaches should arrive 30 minutes prior to the start of their competition schedule

Awards:

Awards will take place at Mid-Columbia Gymnastics Academy approximately one hour following competition. Athletes will be presented their awards on the competition floor in front of the spectator seating area.

Spectator Rules:

Spectators are not allowed on the floor. There will be a designated spectator area with seating available. Please be respectful of the officials and follow designated signage. If you have an issue you would like to review, please approach the sports information desk and ask for venue leadership.

Other Information:

- Please, no food or drink other than water on the competition floor



Schedule of Events

Gymnastics

Friday, Nov 17

4:00 – 6:30pm	Team Check-In and Packet Pickup	Richland High School
6:00pm	OC Team Staging/Teams Check In	Richland High School
7:00 – 8:30pm	Opening Ceremony	Richland High School

Saturday, Nov 18

4:30-7:00pm	Hair Fair	Desert Hills Middle School
4:30pm – 9:00pm	Olympic Town	Desert Hills Middle School
5:00pm – 7:00pm	Victory Dinner	Desert Hills Middle School
7:00pm – 9:00pm	Victory Dance – <i>Candyland!</i>	Desert Hills Middle School

Sunday, Nov 19

8:00am	Gymnastics Competition Warm Up	Mid-Columbia Center Acad.
8:30am	Coaches Meetings	All Competition Venues
9:00am	Competition Start Time	All Competition Venues
11:00am	Lunch Provided	At Assigned Venues
1:00pm	Gymnastics Awards	Mid-Columbia Gym. Academy

For Detailed Schedules and other State Games information, please visit the
[2023 State Fall Games Webpage \(clickable\)](https://specialolympicswashington.org/event/state-fall-games/)

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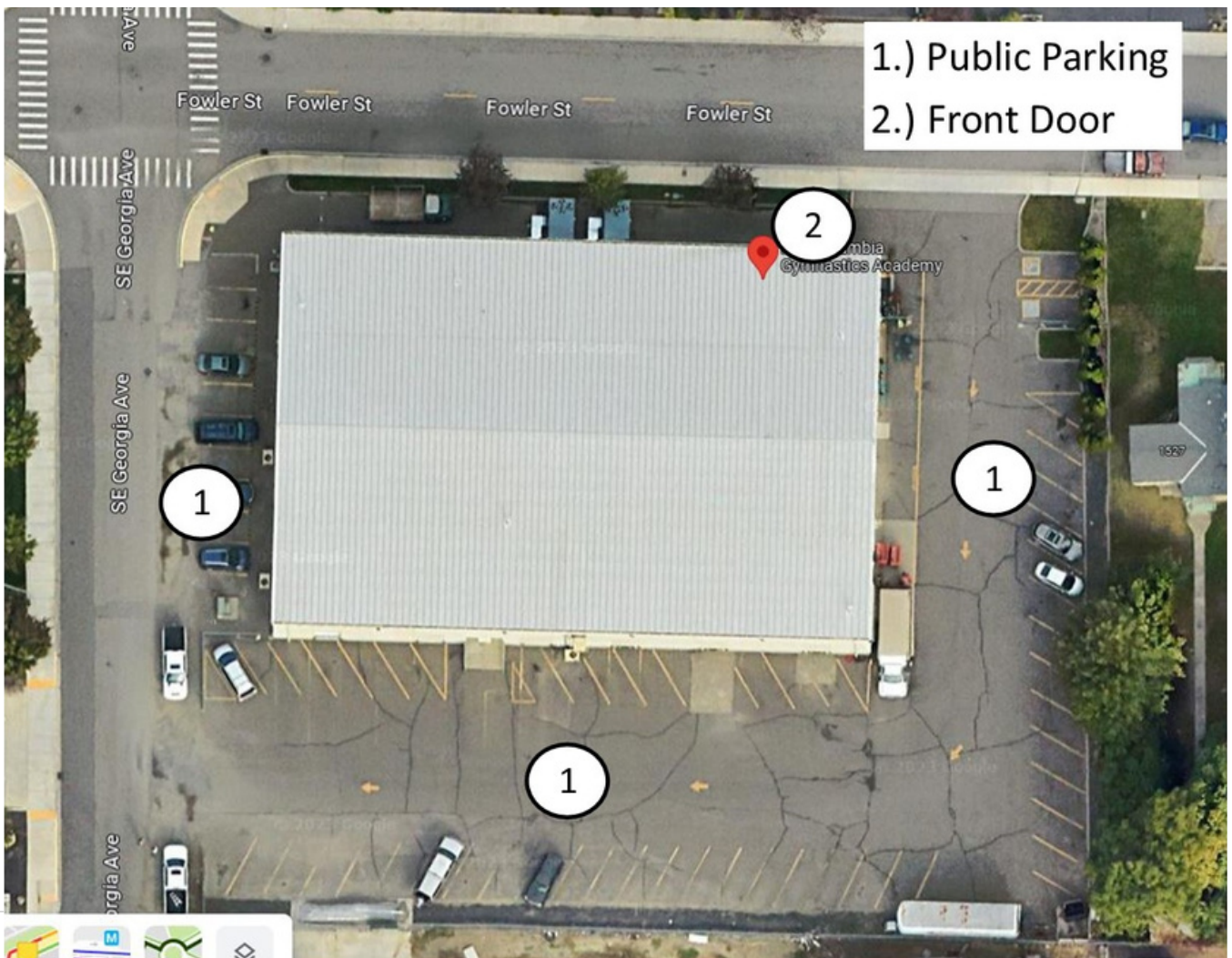
2023 Fall State Games

Gymnastics

Mid-Columbia Gymnastics Academy
1523 Fowler St C
Richland, WA 99352



Link to map [here](#).





Activities

Opening Ceremony

The 2023 Opening Ceremonies is a time to recognize those 800 Athletes who have endured an incredible amount of training prior to competing in the 2023 State Fall Games. We honor them now with a series of Olympic Opening Ceremony traditions like the Flame of Hope, inspirational speakers, and much more!

Location:

Richland High School

Date:

Friday, November 17, 2023

Time:

Staging: 6:00 pm – 6:45 pm (Please arrive early where possible)

Ceremony: 7:00 pm – 8:30pm

Young Athletes

Come join the movement and see what Special Olympics Young Athletes is all about! All children ages 2-7 are invited to participate in the FREE Young Athletes Experience during Fall Games.

Location:

Badger Mountain Elementary School Richland, WA

Date:

Saturday, November 18, 2023

Time:

- Check-In: 10:00am
- Young Athletes Experience: 10:00am-10:45am
- Certificate Presentation: 10:45am-11:00am

Experience Details:

- Check-In and Waivers
- Opening Circle & Stretches
- Station Rotations (throwing, kicking, balance, striking, etc.)
- Certificate Presentation





Guest Housing Information

Family and Guests will be housed in separate hotels and are responsible to arrange their own accommodations. Discounted rates have been secured at partnering hotels for those attending. Please click on the link below to view the list of hotels and their pricing discounts.

[Welcome to Tri-Cities Family and Guest hotels](#)

Activities

Youth Leadership Experience

A Youth Leadership Experience is a deliberately planned series of activities designed to engage Special Olympics youth leaders and develop their knowledge of inclusive youth leadership, management of Special Olympics events, and community programming.

Special Olympics Washington will select 6 Unified Pairs (1 student 1 with and 1 student without IDD) and their mentor to attend the weekend experience. Each pair will participate in 3 rotations:

1. Young Athletes Experience Volunteering
2. Interviewing of volunteers, coaches, and athletes
3. General Volunteering

The skills learned at a YLE will empower youth leaders to return to their schools and communities as agents of change.





Activities

Olympic Town

Olympic Town has a wide variety of educational, entertainment, and sport-type activities. Specifically, you might find Lego Derby, Nerf Shooting Gallery, Basketball Hoops, Bingo, Balloon Darts, and much more. Special guests may also be roaming the grounds.

Athletes can earn tickets for actively participating in activities at Olympic Town. Tickets won at Olympic Town can be used to purchase prizes at the Trading Post.

Location:

Desert Hills Middle School

Date:

Saturday, November 18

Time:

4:30 PM - 9:00 PM

Victory Dance

Location:

Desert Hills Middle School

Date:

Saturday, November 18

Time:

Dance: 7:00 PM—9:00 PM

Theme:

Theme: Candyland



Families are invited to join us for the Victory Dance. Any family member that would like to attend will have to register ahead of time.

Registration closes November 15.

No meals will be provided with registration, it is just access to the dance.

[Family Register for the Victory Dance, Click Here!](#)



Activites

Souvenirs

SOWA and Fall Games Souvenirs will be available for purchase at the below locations and times:

Location	Times and Days Available
Richland High School	Friday - 4:00 PM - 8:30 PM
Badger Mountain Community Park	Saturday, 9:00 AM - 3:00 PM Sunday, 9:00 AM - 1:00 PM
Enterprise Middle School	Saturday, 9:00 AM - 3:00 PM Sunday, 9:00 AM - 1:00 PM
Spare Time Lanes	Saturday, 9:00 AM - 3:00 PM Sunday, 9:00 AM - 1:00 PM
Desert Hills Middle School	Saturday – 4:30pm – 8:30pm

Hair Fair

Hair Fair is an activity which allows athletes to have their hair styled, as well as make up applied and nails done by student beauticians and their instructors, prior to the Dinner Dance. Athletes should come with clean hair! Please note Hair Fair is for athletes and unified partners only.

Location:

Desert Hills Middle School

Date:

Saturday, November 18

Time:

Dance: 4:00 PM - 7:00 PM



Volunteer Opportunity!

Saturday, November 18th (4:00pm to 8:30pm)

Desert Hills Middle School

1701 S Clodfelter Rd, Kennewick, WA 99338



[Health Promotion](#) focuses on healthy living, healthy lifestyle choices, and nation-specific health issues. In addition to health education activities, health Promotion offers screenings for bone density, blood pressure, and body mass index (BMI). Its goals include encouraging and enhancing healthy behaviors and improving self-efficacy and self-advocacy.



[Fit Feet](#) offers screenings to evaluate ankles, feet, lower extremity biomechanics, and proper shoe and sock gear to participating athletes. Fit Feet helps Special Olympics athletes step lively on the playing field, and in everyday life.



[Healthy Hearing](#) provides free hearing screenings and other medical services, including ear wax removal, swim molds, hearing aid maintenance and minor repairs for people with intellectual disabilities.



[Game Day Minds Performance Station](#) (not a clinical screening) provides mental health resources, tips and coping tools. You will support athletes in preparing for their competition through visualization exercises.

Register to Volunteer Here:



For more information, contact:
Emma Richardson / erichardson@sowa.org



Visit Healthy Athletes!

November 18th, 2023 Fall Games
Desert Hills Middle School
1701 S Clodfelter Rd, Kennewick, WA 99338



Healthy Athletes are clinical screenings designed to provide an inclusive and safe environment for our athletes.

At the 2023 Fall Games, we will host three Healthy Athletes Screenings: **Health Promotion**, **FitFeet**, and **Healthy Hearing** and one performance station: **Game Day Minds**. Stop by for the chance to win a prize!



Game Day Minds
Performance Station
(not a clinical screening) provides mental health resources, tips and coping tools.



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Desert Hills Middle School:

- Healthy Athletes - 4:00-8:00 PM
- Game Day Minds - 4:00-8:00 PM

Complete health and fitness activities listed on the back of your credential throughout the weekend to be entered into a prize raffle!

