

Special Olympics Washington



East Region - Area Leaders

November 14, 2024

Tim's Upcoming Schedule & Travel

Friday, November 15 * Moses Lake * Cop on Top of Coffee Shop

Monday, November 18 * Moses Lake Cheer Meeting

Tuesday, November 18 * Tri-Cities * WA Association of Sheriffs & Police Chiefs Conference

WINTER SEASON CHRIS PRATT AWARDS * 4 East Region Programs received grant money

BOWLING USA GAMES * See email from Tyler Bjork on November 7th for more information

WINTER SEASON NEXT STEPS

- For all those who submitted your Intent to Participate, a Winter Season welcome email was sent November 7th.
- If you plan to participate in winter but have not submitted your Intent to Participate, please reach out to us ASAP.
- Support others with credentialling (find one pagers attached)
- Winter [Practice Rosters](#) Due for all programs by Monday, November 26th. Early Submissions Encouraged

NOVEMBER ALL REGION MEETING FOLLOW UP

- November Meeting:
 - Find recording [here](#).
 - Follow up email to come

Thanks Grant for hosting GREAT Regional Events. Here are a few pictures from Bowling Regionals.



UPDATED EAST REGION CALENDAR

- November 15 Fire & Cop on Top of Coffee Shop * Moses Lake
- November 18 Winter Practice Start Date
- November 26 Practice Participation Rosters Due
- January 6 Final Competition Roster Due for Sunnyside Basketball Regionals
- January 13 Final Competition Roster Due for Pullman Basketball Regionals
- January 20 Final Competition Roster Due for Snow Sports, Cheerleading & Skating
- February 2 Basketball Regionals in Sunnyside
- February 8 Basketball Regionals in Pullman
- February 28–March 2 State Games - Wenatchee

The East Region Web Site is your most up to date source for Competition information.

<https://specialolympicswashington.org/east-region-sports/>

Fire & Cop on Top at Coffee Shop * Moses Lake



STARBUCKS COFFEE **FIRE & COP ON TOP AT COFFEE SHOP** Special Olympics Washington

Raise funds for Moses Lake Special Olympics Athletes!

Friday * November 15, 2024

2 Moses Lake Starbucks locations!

LAW ENFORCEMENT TORCH RUN FOR SPECIAL OLYMPICS WASHINGTON

LOCATIONS * TIMES * POLICE & FIRE AGENCIES

1790 Kittleson Rd NE 7:00 am - 9:00 am Moses Lake Police Dept.	1025 N Stratford Rd 7:00 am - 9:00 am Moses Lake Fire Dept.
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For more information, please contact:
Tim Toon * Special Olympics East Region Manager
509-520-2347 * ttoon@sowa.org

Can't join us, but want to support your local athletes?

In 2024, we tied out this fundraiser in Tri-Cities and are hosting these events in Moses Lake.

In 2025, I would be interested in bringing these Fire & Cop on Top at Coffee Shop events to even more Eastern Washington cities.

These would be in addition to the Summer water fight Fire & Cop events we are already doing.

EMPHASIS on ATHLETE SUPERVISION at OVERNIGHT EVENTS: At Spring State Games, we experienced higher than normal incidents of Athletes getting lost on the PLU campus, and being under supervised in the Dorms and at the Dance. The safety of our Athletes is the #1 priority. In the near future, we will be putting together supervision guidelines for our Coaches & Chaperones.

EMPHASIS ON ELIMINATING TRASH TALKING: We expect all those associated with Special Olympics to be respectful to each other. We need to get rid of negative statements or actions between opposing players and coaches – **ON and OFF the field**. This includes taunting, baiting, berating opponents, trash-talking, or actions which ridicule, threaten, or cause embarrassment to them. Coaches & Program Coordinators – Please address this with your teams. Repeat offenders will be subject to sanctions listed in the Special Olympics Code of Conduct.

EMPHASIS ON LESS CONTACT IN SPORTS: Thanks for your efforts with this initiative. At Soccer Regional & State Competitions, we observed far less contact than in previous seasons. We still have a ways to go, but are making solid progress.

EAST REGION CHALLENGE ... let's build a wheelchair!

Danielle Cares for Chairs collects plastic bread tabs to make wheelchairs ... ok, they recycle the tabs to make money for wheelchairs. The Whitman County Cougars Special Olympics Team is collecting for this foundation, and we need your help!!

ATHLETES – we challenge you to collect as many tabs as you can, and you can win a T-shirt!

- Each athlete who collects 100 tabs earns a T-shirt!
- Deadline is the 2025 Spring Regionals in Cheney, WA
- You do not have to attend the Games; your tabs can be brought by a coach or fellow athlete.
- The form below must be inside a zip lock bag(s) with your tabs so we can award your prize.
- Tim Toon, East Region Program Manager, will be awarding the T-shirts. Athletes who collect 500 or more tabs will receive an even bigger prize ... but that's something Tim needs to figure out before Spring Season!!



100 of these cool little plastic tabs = one of these cool little t-shirts (designs vary according to stock & sizes on hand)

Helpful hint – 100 tabs weighs @ 1.3 ounces, so we will award T-shirts according to weight since we will not be able to count every bag at the Regional Tournament. So, 500 tabs will weigh 6.5 ounces.

Bread Tab Collection!

Help Special Olympics Washington collect bread tabs to fund for a wheelchair! Please contact Lauren or Deb with any questions!
Lauren.wille@wsu.edu & whitcospecialo@gmail.com

Local Tab Collector:

1 wheelchair