

Special Olympics Washington



East Region - Area Leaders

November 22, 2024

Wishing all a GREAT Thanksgiving week.

At the start of every season, I update my email list. Several new folks have been added.

Tim's Upcoming Schedule & Travel – I will only be working part-time Thanksgiving Week

Fall Season Growth – Thanks for providing more opportunities for our Athletes. We are growing. Below are the East Region increases from Fall 2023 to Fall 2024.

Bowling	Up 10%
Flag Football	Up 18%
Volleyball	Up 1%
Gymnastics	Up 41%

WINTER SEASON INFORMATION - Winter Season is Here! Passing along a few updates on resources for those who may need additional support getting their teams ready to participate this season:

- Updated Process to Submit Requests: To improve our response quality and speed, we have transitioned the portalsupport@ inbox to a request intake form as of November 19th, 2024: <https://bit.ly/SOWA-PortalSupport>
- Updated Step-By-Step Registration Instructions: See attached
- Updated Webpages: [Portal Resource Page](#) | [Become an Athlete](#) | [Become a Unified Partner](#) | [Become a Coach](#) | [Gen Volunteer](#)
- Winter Practice Rosters Due for all programs by Monday, November 26th. Early Submissions Encouraged
- Need More Help?
 - Submit a request: <https://bit.ly/SOWA-PortalSupport>
 - Office Hours: Tuesdays: [12 PM PT](#) | [6PM PT](#) and [Thursdays 12PM PT](#) | [6PM PT](#)
 - Book a phone call/meeting:
 - Lindsey Cornish (Athlete/Volunteer Reg): <https://calendly.com/sowavolunteers/30-minute-meeting?month=2024-11>
 - Tyler Bjork (Sports Qs): <https://calendly.com/tbjork/30min?month=2024-11>

Additionally, find a copy of the open items/questions we were not able to answer during our Nov 12 meeting.

SOI COACH WEBINAR SERIES

SOI is excited to launch the registration for the 2024 Coach Webinar Series, presented by Gallagher. We ask that you forward these opportunities to your coaches.

- **Register here:** https://specialolympics.zoom.us/webinar/register/WN_KNZ1iboRSiKzWfhfDOqfsw

This year's Coach Webinar Series will include 2 Coaching Specific Webinars with coaching experts, Dr. Rebecca Shangraw, and ICOACHKIDS and 4 sport specific webinars to meet the demand from coaches for more sport specific content to apply in their training and competition settings.

- All webinars are hosted by Athlete Leaders, and for the first time, Fitness Captains.
- All webinars will be available in 8 languages through Simultaneous Interpretation - English, Spanish, French, Italian, Portuguese, Arabic, Chinese, and Russian.
- All webinars will take place at 9:00am EST

2024 Coach Webinars:

- **Tuesday December 3rd** - Teaching and Learning in Special Olympics with Dr Rebecca Shangraw, Hosted by Grace Payne
- **Thursday December 5th** - How young people learn and what this means for Special Olympics Coaches with ICOACHKIDS, Hosted by Mujahid Al-Sarhani
- **Monday December 9th** - Floorball Coaching, with Steen Houman, Hosted by Tom Mooney
- **Tuesday December 10th** - Badminton Coaching, with BWF, Hosted by Malvin Mukombe
- **Wednesday December 11th** - Understanding Common DQs in Swimming, with the Michael Phelps Foundation and Kiera Byland, Hosted by Yeruult Batbayar
- **Thursday December 12th** - Athletics Coaching, Hosted by Fernando Marques

Fire & Cop on Top at Coffee Shop * Moses Lake



Jimbob Gerhard * Tri-Cities Athlete

Speaking at the Washington Association of Sheriffs & Police Chiefs Conference



UPDATED EAST REGION CALENDAR

- 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/>

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



1 wheelchair





250,000 tabs

Local Tab Collector: