

Special Olympics Washington



East Region - Area Leaders

December 6, 2024

Tim's Upcoming Schedule & Travel – I will be in the home office all week with no travel plans

2024 Stats:

- 31 Active Special Olympics Programs in the East
- 2500 Participants
 - 2,419 Athletes
 - 81 Unified Partners
- 794 Gold Medals Earned in the East Region

OTHER ATTACHMENTS

- Statewide Basketball Coaches Call Slide deck
- Statewide Basketball Coaches Call Recording [here](#)

WINTER SEASON UPDATE + TIPS AND TRICKS

Thank you so much for submitting your Practice Rosters! We appreciate you all so much!

- **Next Steps:**
 - We are currently processing rosters/expect an email with the latest credential results shortly.
 - As we are seeing more volunteers than athletes who have not created profiles or completed their checklist items:
 - Share step by step instructions one pager attached as well as the Winter Reg Process one pager.
 - Direct to Office Hours: Tuesdays: [12 PM PT](#) | [6PM PT](#) and Thursdays [12PM PT](#) | [6PM PT](#)
 - [Book a phone call/meeting](#)
- **Why is my roster missing volunteers (coaches, chaperones, coordinators, etc.) on your roster?**
 - We did not create profiles to avoid further duplication.
 - Please pass along the attached instructions to your volunteers so they can create a profile and complete their required items.
- **Why is my athlete's status not available or accurate?**
 - Click the drop-down arrow to go into their checklist
 - Click on "My Completed Items" to view any approved or expired forms.
 - Please ensure that all personal contact information and medical information is current and accurate.
 - Results may also be delayed until the deduplication profiles in the case the athlete or UP created a profile during the roster processing period.
 - Questions? Please submit them on our Portal Support Form <https://bit.ly/SOWA-PortalSupport>

UPDATED EAST REGION CALENDAR

- 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/>

COACH MEETINGS:

January 16th @ 5:30pm: Sunnyside BASKETBALL Competition – register [HERE](#).

January 17th @ 5:30pm: WSU BASKETBALL Competition – register [HERE](#).

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:

- 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

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!

Local Tab Collector:

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



Wambli & Cheryl Sonnen picked up these bread tabs last week