

Special Olympics Washington



East Region - Area Leaders

April 16, 2025

Tim's Upcoming Schedule & Travel No Travel This Week

BOCCE Regionals Update – Bocce on May 17 **will now be in OTHELLO**. There was not field space large enough in Tri-Cities to accommodate our event.

UPDATED EAST REGION CALENDAR

- April 21 Bocce & Golf & Softball & Cycling Rosters Due
- May 3 Soccer Regionals – Othello
- May 10 Swimming & Athletics Regionals – Cheney
- May 17 Bocce Regionals – Othello
- May 18 Golf Regionals – Spokane
- June 20-22 Spring State Games – Tacoma

MONTHLY ALL REGION MEETING – Important Updates at this Meeting - As a result of the poll we did statewide to reevaluate the day and time for the All Region Monthly Meeting, we will be moving it to the third Monday of every month at 6pm. Instead of sending a calendar invite, the link will always be the same and is listed below.

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 215 653 361 676

Passcode: 4or7qc2G

Dial in by phone

[+1 469-998-6045,,584658814#](#) United States, Dallas

[Find a local number](#)

Phone conference ID: 584 658 814#

SOFTBALL UPDATE - This season, only 9 softball teams are registered across Washington. Because of the low numbers, we won't be holding regional softball competitions. All registered teams will advance directly to State Games on June 20. We're sharing this now and removing softball from regional volunteer assignments. Thanks for your flexibility and continuing to support your athletes!

REGIONAL EVENT HOSPITALITY UPDATE - Starting this season, Special Olympics Washington is shifting away from full lunches at regional events and moving to a hospitality model — meaning athletes, coaches, and volunteers will get snacks instead of full meals. This change helps us save money (we were spending up to \$20,000 a season per region on lunches) and keeps the focus on sports. We know food is important, especially for athletes, so hospitality will include items like granola bars, fruit, chips, and water — enough to fuel a full day of competition. Programs can supplement with their own food. This season, we're offering a \$5 per person stipend that coaches can use to buy lunch items (like sandwich trays or fruit). Coaches can combine that money across their whole group and get reimbursed through

our usual process — just make sure you keep your receipts and submit one reimbursement per team. We recommend finding a team parent to help organize food.


Important:

- Your team’s total stipend will be based on the number of participants registered with your program this season.
- If your food costs go over the \$5 per person limit, the overage will be charged to your program’s budget.

Looking ahead:

- Fall 2025 will follow this model — no full meals.
- In 2026, we won’t provide lunch stipends anymore. Programs will need to budget and plan for food locally, but we’ll still provide hospitality at all events.

Thanks for working with us as we grow. We’re making these changes to make sure we can keep delivering great sports experiences for years to come.





FIRE & COP AT COFFEE SHOP

Raise funds for Moses Lake Special Olympics Athletes!

Special Olympics
Washington

Friday, May 2, 2025





2 Moses Lake Starbucks locations!

LOCATIONS | TIMES | POLICE & FIRE AGENCIES

1790 Kittleson Rd NE
7:00 a.m. - 9:00 a.m.
Moses Lake Police Dept.

1025 N Stratford Rd
7:00 a.m. - 9:00 a.m.
Moses Lake Fire Dept.



LAW ENFORCEMENT TORCH RUN FOR SPECIAL OLYMPICS WASHINGTON

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?

TELL YOUR SPECIAL OLYMPICS WASHINGTON STORY! - As we celebrate 50 years of Special Olympics Washington, we’re collecting stories from every corner of our community — athletes, coaches,

volunteers, families, and YOU. These stories will help us share the impact of Special Olympics across Washington and celebrate our 50th anniversary leading up to State Spring Games.


Know someone with a great story to tell? Encourage them to share it with us!
Submit your story here → [Share Your Story with Special Olympics Washington](#)

Spring Registration Clarifications and Updates and Deadlines

- Competition Registration Roster Due Date – roster submitted must include:
- Must have a profile at the time of submission to be included in the competition
- All names must be submitted to be included in the competition
- Must include first and last name, DOB, role
- Confirmation emails from Dynamics
- This means that the participant has been added to your group/visible to you.
- This does not confirm that they are cleared for the competition.
- Please verify in your Coach Zone and/or your clearance report to confirm this.
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 - Please verify in your Coach Zone and/or your clearance report to confirm this.
- **Rosters Due – HARD DEADLINE** – No late submissions can be accepted
 - Bocce (ER): Monday, April 21
 - Golf (ER): Monday, April 21
 - Softball (ER): Monday, April 21
 - Recreational Cycling: Monday, April 21
- **Clearance Report + Rosters Returned**
 - Athletics (ER): Monday, April 21
 - Swim (ER): Monday, April 21
 - Bocce (ER): Monday, April 28
 - Golf (ER): Monday, April 28
 - Softball (ER): Monday, April 28
 - Recreational Cycling: Monday, April 28
- **Clearance Due**
 - Athletes who are not cleared by this date will be scratched from competition.
 - This is the time to add your sports information
 - Soccer (ER): Thursday, April 17
 - Athletics (ER): Thursday, April 24
 - Swim (ER): Thursday, April 24
 - Bocce (ER): Thursday, May 1
 - Golf (ER): Thursday, May 1
 - Softball (ER): Thursday, May 1
 - Recreational Cycling: Thursday, May 1
- **SOWA Returns Roster For Sports Information Edits**
 - Soccer (ER): Monday, April 21
 - Athletics (ER): Monday, April 28
 - Swim (ER): Monday, April 28
 - Bocce (ER): Monday, May 5
 - Golf (ER): Monday, May 5
 - Softball (ER): Monday, May 5
 - Recreational Cycling: NA
- **Final Sports Information Due**
 - Soccer (ER): Wednesday, April 23
 - Athletics (ER): Wednesday, April 30

- Swim (ER): Wednesday, April 30
- Bocce (ER): Wednesday, May 7
- Golf (ER): Wednesday, May 7
- Softball (ER): Wednesday, May 7
- Recreational Cycling: Wednesday, May 7
- **Final Delegation Report**
 - Soccer (ER): Monday, April 28
 - Athletics (ER): Monday, May 5
 - Swim (ER): Monday, May 5
 - Bocce (ER): Monday, May 12
 - Golf (ER): Monday, May 12
 - Softball (ER): Monday, May 12
 - Recreational Cycling: Monday, May 12
- **Event Date**
 - Soccer (ER): Saturday, May 3
 - Athletics (ER): Saturday, May 10
 - Swim (ER): Saturday, May 10
 - Bocce (ER): Saturday, May 17
 - Golf (ER): Sunday, May 18
 - Softball – Go Directly to State
 - Recreational Cycling: N/A

HELPFUL PORTAL RESOURCES

- Quick Tips Videos: [YouTube Playlist](#) ** New Videos Available**
-  [Portal 1-Pager Guides](#) for athletes & families on setting up their portal profiles.
- *Note: Guardians/Caregivers should enter their own name and email first when creating a profile.*
- Submit Portal questions here: <https://bit.ly/SOWA-PortalSupport>

SPRING VOLUNTEER OPPORTUNITIES

Spring Season is here and we are looking for 5000+ volunteers to support your local competitions across the state! Have family, friends or co-workers interested in supporting? Find opportunities below or learn more here: <https://specialolympicswashington.org/event-volunteers/>

COP ON TOP Dates

Saturday	June 14	Sunnyside
Sunday	June 15	Yakima
Saturday	July 12	Cheney, Omak & Walla Walla
Friday	July 18	Moses Lake
Saturday	July 19	Tri-Cities
Friday	July 25	Deer Park, Pullman
Saturday	July 26	Colville, Airway Heights Walmart (West Plains)
Saturday	August 2	Spokane (Lilac City)
Saturday	August 9	Quincy, Clarkston, Spokane Valley (Wolfpack)
Saturday	August 16	Pacers – Spokane North & Chelan
Saturday	August 23	Airway Hts. Yokes (West Plains - Michelle)
TBA	TBA	Ellensburg

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.

UPDATED - EAST REGION CHALLENGE

Let's build a wheelchair! We were originally connected with a non-profit in the Midwest that was going to recycle the tabs and give us the money to then purchase wheelchairs. We have been collecting so many, that it makes more sense to recycle them here in the Northwest – so we created a new non-profit to host the collection. An Eastern Washington non-profit * Wheels for the West * 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!!

Facebook Page <https://www.facebook.com/share/14f3MBAMTy/?mibextid=wwXlfr>

May 10, 2025 Regionals for Swimming and Track & Field at Eastern Washington University in Cheney
We will have our first collection event here