2016 Fall Season

SPECIAL OLYMPICS WASHINGTON

East Region Fall Events and Programs
Pre-Season Registration Due: Monday, September 19th, 2016

-Please submit the pre-season registration, check request, transportation request to your Area director, or Stephen Opland if no Area director.

-AFP, unified partner, and volunteer status requests need to be submitted to Your Area Director or Stephen Opland if no Area director.

Final Registration Due: Wednesday, October 12th, by 5:00pm (No exceptions!)

Coaches Meeting will be September 12th, @ 5:30 pm

ER Bowling coaches meeting
Mon, Sep 12, 2016 5:30 PM - 6:30 PM Pacific Daylight Time
Please join my meeting from your computer, tablet or smartphone.
https://global.gotomeeting.com/join/656505045

You can also dial in using your phone.
United States: +1 (312) 757-3121
Access Code: 656-505-045

NOTES:
All registrations are due no later than the referenced date.
Final registration form must be submitted to your Area director, or Stephen Opland if no Area director.
New copies of athlete’s AFP (Application for Participation) and Unified Partner Release form must be submitted with or before your final registration.
An athlete (or unified partner) will not be allowed to compete if the registration criteria (i.e. current, complete AFP or partner release form and registration deadline) have not been met.
East Region Contacts:

Jennifer Mason: Area Director
Adams & Grant Counties
Email: jmason@othelloschools.org
Phone: 509-488-3351

Lori Landrus: Area Director
Asotin, Columbia, Garfield, & Whitman Counties
Email: lorilandrus@yahoo.com
Phone: 208-413-0883

Tiffanie Keller: Area Director
Kittitas, Klickitat, & Yakima Counties
Email: tiffaniej@charter.net
Phone: 509-698-3010

Marisue Harves:
Sports & Community Outreach Office Assistant – East
Mailing address: PO Box 1640 Richland, Washington 99352
Email: mharves@sowa.org
Phone: 509-946-5921
Fax: 509-396-9902

Stephen Opland:
East Region Sr. Manager
Mailing address: PO Box 727 Colbert, Washington 99005
Email: sopland@sowa.org
Phone: 206-681-9370
Fax: 509-396-9902
2016 Nob Hill-Schools Bowling Competition Fact Sheet:

**Date:** Friday-October 28\(^{th}\), 2016  
**Location:** Nob Hill Bowling Center - 3807 W Nob Hill Blvd, Yakima, WA 98902

**Logistics:**
Awards will be rolling awards, we will award as each division’s games are completed. Souvenirs will be available for purchase. You may turn in your fundraising packets at the souvenir table. That is also where you may pick-up a free T-shirt for those who have raised $100.00 or more. Food and beverages will be available for purchase at the bowling alley’s restaurant. SOWA will **not** be providing food.

**Notes:**
Follow this link for more information about this tournament and bowling rules.

[http://specialolympicswashington.org/sowa/calendar/sporting_events/east-region-yakima-bowling-tournaments-2](http://specialolympicswashington.org/sowa/calendar/sporting_events/east-region-yakima-bowling-tournaments-2)

**Day Schedule**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>8:30 am</td>
<td>Warm up and Team Check-in</td>
<td>Nob Hill Bowling Center Yakima, WA</td>
</tr>
<tr>
<td>9:00 am</td>
<td>Bowling Tournament</td>
<td>Nob Hill Bowling Center Yakima, WA</td>
</tr>
<tr>
<td>11:00 am</td>
<td>Awards</td>
<td>Nob Hill Bowling Center Yakima, WA</td>
</tr>
</tbody>
</table>
2016 Moses Lake Bowling Competition Fact Sheet:

**Date:** Sunday-October 30th, 2016  
**Location:** Lake Bowl - 1165 N Stratford Rd, Moses Lake, WA 98837

Notes:  
Follow this link for more information about this tournament and bowling rules.  
http://specialolympicswashington.org/sowa/calendar/sporting_events/east-region-moses-lake-bowling-tournaments

Logistics:  
Awards will be rolling awards, we will award as each division’s games are completed. Souvenirs will be available for purchase. You may turn in your fundraising packets at the souvenir table. That is also where you may pick-up a free T-shirt for those who have raised $100.00 or more. Food and beverages will be available for purchase at the bowling alley’s restaurant. SOWA will not be providing food.

**Day Schedule**

10:00 am – 10:30 am  
Warm up and Team Check-in  
Lake Bowl Moses Lake, WA

10:30 am – 2:30 pm  
Bowling Tournament  
Lake Bowl Moses Lake, WA

12:30 pm – 2:30 pm  
Awards  
Lake Bowl Moses Lake, WA
2016 Minda Lanes High School Bowling Competition Fact Sheet:

Date: Wednesday - November 2nd, 2016  
Location: Minda Lanes - 701 S 2nd St, Yakima, WA 98901

Notes:  
Follow this link for more information about this tournament and bowling rules.  
http://specialolympicswashington.org/sowa/calendar/sporting_events/east-region-bowling-tournament-yakima

Logistics:  
Awards will be rolling awards, we will award as each division’s games are completed. Souvenirs will be available for purchase. You may turn in your fundraising packets at the souvenir table. That is also where you may pick-up a free T-shirt for those who have raised $100.00 or more. Food and beverages will be available for purchase at the bowling alley’s restaurant. SOWA will not be providing food.

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<td>Warm up and Team Check-in</td>
<td>Minda Lanes Yakima, WA</td>
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<td>9:00 am – 12:30 pm</td>
<td>Bowling Tournament</td>
<td>Minda Lanes Yakima, WA</td>
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<td>Awards</td>
<td>Minda Lanes Yakima, WA</td>
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</table>
2016 Spokane 1 Bowling Competition Fact Sheet:

**Date:** Saturday - November 5th, 2016  
**Location:** Lilac Lanes - 1112 E Magnesium Rd, Spokane, WA 99208

Notes:
Follow this link for more information about this tournament and bowling rules.  
http://specialolympicswashington.org/sowa/calendar/sporting_events/east-region-spokane-bowling-tournament-2

Logistics:
Awards will be rolling awards, we will award as each division’s games are completed. Souvenirs will be available for purchase. You may turn in your fundraising packets at the souvenir table. That is also where you may pick-up a free T-shirt for those who have raised $100.00 or more. Food and beverages will be available for purchase at the bowling alley's restaurant. SOWA will not be providing food.

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<td>Warm up and Team Check-in</td>
<td>Lilac Lanes Spokane, WA</td>
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<td>9:00 am -- 12:00 pm</td>
<td>Bowling Tournament</td>
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<td>10:30 am – 12:00 pm</td>
<td>Awards</td>
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2016 Spokane 2 Bowling Competition Fact Sheet:

**Date:** Saturday - November 5th, 2016  
**Location:** Lilac Lanes - 1112 E Magnesium Rd, Spokane, WA 99208

**Logistics:**
Awards will be rolling awards, we will award as each division’s games are completed. Souvenirs will be available for purchase. You may turn in your fundraising packets at the souvenir table. That is also where you may pick-up a free T-shirt for those who have raised $100.00 or more. Food and beverages will be available for purchase at the bowling alley’s restaurant. SOWA will not be providing food.

**Day Schedule**

- **12:30 pm – 1:00 pm** Warm up and Team Check-in  
  Lilac Lanes Spokane, WA

- **1:00 pm – 4:00 pm** Bowling Tournament  
  Lilac Lanes Spokane, WA

- **2:30 pm – 4:00 pm** Awards  
  Lilac Lanes Spokane, WA

Notes:
Follow this link for more information about this tournament and bowling rules.

2016 Spokane 3 Bowling Competition Fact Sheet:

**Date:** Sunday - November 6th, 2016  
**Location:** Lilac Lanes - 1112 E Magnesium Rd, Spokane, WA 99208

Notes:  
Follow this link for more information about this tournament and bowling rules.  
[http://specialolympicswashington.org/sowa/calendar/sporting_events/east-region-spokane-bowling-tournament](http://specialolympicswashington.org/sowa/calendar/sporting_events/east-region-spokane-bowling-tournament)

Logistics:  
Awards will be rolling awards, we will award as each division’s games are completed. Souvenirs will be available for purchase. You may turn in your fundraising packets at the souvenir table. That is also where you may pick-up a free T-shirt for those who have raised $100.00 or more. Food and beverages will be available for purchase at the bowling alley's restaurant. SOWA will not be providing food.

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<td>Awards</td>
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</table>
2016 Spokane High School Bowling Competition Fact Sheet:

Date: Thursday November 3rd, 2016  
Location: Lilac Lanes - 1112 E Magnesium Rd, Spokane, WA 99208

Logistics:
Awards will be rolling awards, we will award as each division’s games are completed. Souvenirs will be available for purchase. You may turn in your fundraising packets at the souvenir table. That is also where you may pick-up a free T-shirt for those who have raised $100.00 or more. Food and beverages will be available for purchase at the bowling alley's restaurant. SOWA will not be providing food.

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<td>1:00 pm – 3:30 pm</td>
<td>Bowling Tournament</td>
<td>Lilac Lanes Spokane, WA</td>
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<tr>
<td>2:30 pm – 4:00 pm</td>
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Notes:
Follow this link for more information about this tournament and bowling rules.

http://specialolympicswashington.org/sowa/calendar/sporting_events/east-region-spokane-bowling-tournament
2016 Atomic Bowl 1 Bowling Competition Fact Sheet:

**Date:** Sunday-November 13\(^{th}\), 2016  
**Location:** Atomic Bowl - 624 Wellsian Way, Richland, WA 99352

Notes:
Follow this link for more information about this tournament and bowling rules.

http://specialolympicswashington.org/sowa/calendar/sporting_events/east-region-tri-cities-bowling-tournaments

Logistics:
Awards will be rolling awards, we will award as each division’s games are completed. Souvenirs will be available for purchase. You may turn in your fundraising packets at the souvenir table. That is also where you may pick-up a free T-shirt for those who have raised $100.00 or more. Food and beverages will be available for purchase at the bowling alley’s restaurant. SOWA will not be providing food.

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<td>Warm up and Team Check-in</td>
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2016 Atomic Bowl 2 Bowling Competition Fact Sheet:

**Date:** Sunday-November 13th, 2016  
**Location:** Atomic Bowl - 624 Wellsian Way, Richland, WA 99352

**Notes:**  
Follow this link for more information about this tournament and bowling rules.  
http://specialolympicswashington.org/sowa/calendar/sporting_events/east-region-tri-cities-bowling-tournaments

**Logistics:**  
Awards will be rolling awards, we will award as each division’s games are completed. Souvenirs will be available for purchase. You may turn in your fundraising packets at the souvenir table. That is also where you may pick-up a free T-shirt for those who have raised $100.00 or more. Food and beverages will be available for purchase at the bowling alley's restaurant. SOWA will not be providing food.

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<td>2:30 pm – 4:00 pm</td>
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Join us for Disc Golf

When: October 1, 2016
Time: 10:00 am - 12:00 pm
Location: Blue Heron Park, 111 Westshore Dr, Moses Lake, WA 98837

Join Stephen Opland, East Region Sr Manager for a day of disc golf. Please bring your own snack, water/drink and frisbees for play. For more information please contact Stephen Opland at 206-681-9370.
October 8th, 10:00 – 12:00pm

Camp Sekani - 6729 E Upriver Dr, Spokane, WA, 99217

Come play Disc Golf with us!

We would love to have you and your friends join us for another day of Disc Golf, whether you’ve played before or not! No experience is required! This is for ALL ages. We will be meeting at the Camp Sekani parking lot. Bring your own water, snacks, and discs/Frisbees.

Questions? Please contact Stephen Opland at 206-681-9370 or sopland@sowa.org.

We hope to see you there!!
Coaches Code of Conduct

Special Olympics Washington is a non-profit organization that sponsors high quality physical fitness training and sports competitions for persons with intellectual disabilities. The primary purpose of this Code of Conduct is to establish a high standard of behavior for coaches to model as well as to ensure the safety and well-being of all athletes involved in training and competition. Coaches are expected to meet the following standards while participating in Special Olympics, whether in transit, during practice, at a competition, or in any associated social activity.

1. Abide by the rules and policies of Special Olympics Washington.
2. Exhibit good sportsmanship and act as role models for Special Olympics Washington.
3. Refrain from and prohibit physical and verbal abuse, profanity and other inappropriate behavior.
4. Refrain from and prohibit the use of alcohol, illegal drugs, and controlled substances. (No smoking/tobacco use in restricted areas.)
5. Guarantee adequate supervision of athletes.
6. Refrain from illegal activities (felonies and misdemeanors), including the possession of harmful weapons.
7. Within 24 hours, notify the Senior Region Manager of any offense in Category “A” of the Athlete Code of Conduct. If a coach does not meet these standards, Special Olympics Washington:
   -Will notify the coach of the undesirable behavior; and
   -May suspend the coach indefinitely; or
   -May expel the coach.

Athlete Code of Conduct

Special Olympics Washington prides itself in sponsoring high quality physical fitness training and sports competitions. The primary purpose of this code of conduct is to establish a high standard of athlete behavior, which will ensure the safety, and well-being of all athletes involved in training and competition. All athletes are expected to abide by the code of conduct and standards of behavior as established by Special Olympics Washington.

Athlete Standards of Behavior

While participating in Special Olympics—whether in transit, during practice, at a competition, or in any associated social activity—athletes are expected to exhibit good sportsmanship and to comply with the following standards of behavior:

Refrain from:

Category A
- Use of alcohol, illegal drugs or any controlled substance.
- Unwanted physical or verbal sexual overtures.
- Physical abuse or any unwelcome physical contact.
- Violent or disruptive behavior.
- Felonies and misdemeanors (or any other illegal or socially unacceptable behavior which seriously disrupts or impedes participation of an athlete or others) and the possession of harmful weapons.
**Category B**
- Profanity or verbal abuse.
- Tobacco use in restricted areas.
- Frequent unexcused absences.
- Poor personal hygiene.

**Athlete Disciplinary Measures**

In *Category A*, Special Olympics Washington (defined as State staff) reserves the right to immediately suspend any athlete, pending an investigation of the offense.

In *Category A*, the Staff member will exercise the following progressive disciplinary measures.

1. Verbal warning given to the athlete.
2. Personal meeting with the athlete.
   a. A parent/guardian or caseworker will accompany athletes under 18. The meeting will be documented in writing with copies distributed to the athlete, Senior Region Manager, State Office, coach’s file, and parent/guardian or caseworker.
3. Individual disciplinary action taken.

The action may include suspension or expulsion. In cases of suspension or expulsion, a review may be conducted at the end of the suspension period. In cases of very serious or repeated incidents, permanent expulsion may be required.

In *Category B*, the following progressive disciplinary measures are to be exercised by the coach:

1. Verbal warning given the athlete.
2. Written warning issued to the athlete, with copy to Region Sports & Training Manager.
3. Suspension from practices or competition during the specific sport season.
4. Further action must be referred to the Senior Region Manager or State staff.

The athlete has the right to appeal, with written plan in place, to improve behavior.

**Volunteer Code of Conduct**

As a Special Olympics volunteer, I agree that while serving as a volunteer, I will:

1. Provide for the general welfare, health and safety of all Special Olympics athletes and volunteers.
2. Dress and act in an appropriate manner at all times.
3. Follow the established rules and guidelines of Special Olympics and/or any agency involved with Special Olympics.
4. Report any emergencies to the appropriate authorities after first taking immediate action to ensure the health and safety of the participants.
5. Abstain from the consumption or use of all alcohol, tobacco products and illegal substances while involved with any Special Olympics event, competition or training school.
6. Not engage in any inappropriate contact or relationship with athletes, volunteers or other participants of Special Olympics.