



**SPECIAL OLYMPICS**  
**EAST REGION**

**COACHES PACKET**

**2018**

**SPRING GAMES**

**May 4<sup>TH</sup> AND 5<sup>th</sup>**

**Maribeau Hotel**  
**Eastern Washington University**



## 2018 East Region Spring Games General Schedule of Events

### **Friday, May 4th 2018**

2:30 pm - 6:00 pm	Team Check-in & Turn in Scratches	Mirabeau Hotel, Spokane Valley
2:30 pm - 6:00 pm	Olympic Town open	Mirabeau Hotel, Spokane Valley
4:30 pm - 6:15 pm	Healthy Athletes	Mirabeau Hotel, Spokane Valley
6:30 pm - 7:30 pm	Opening Ceremonies	Mirabeau Hotel, Spokane Valley
8:00 pm - 9:30 pm	Dance	Mirabeau Hotel, Spokane Valley

### **Saturday, May 5th 2018**

7:15 am - 8:15 am	Team Check-in & Turn in Scratches (Teams arriving on day of competition)	EWU Team Check-in table
7:55 am - 8:15 am	Spring Games (Lighting of the Cauldron)	EWU Track
9:00 am - 9:50 am	Swimming Warm-Up	EWU Aquatics Pool
9:40 am - 9:50 am	Swimming Coaches Meeting w/ Mark	EWU Aquatics Pool
9:00 am - 5:00 pm	Athletics Competition	EWU Track & Field
10:00 am - 3:00 pm	Swimming Competition	EWU Aquatics Pool
9:00 am - 2:30 pm	Power Lifting	EWU Weight Room
11:30 am - 1:30 pm	Lunches available for pick up	EWU Track by Souvenirs

### **EVENT LOCATIONS:**

#### **Olympic Town:**

*Mirabeau Park Hotel, 1100 N. Sullivan Rd. Spokane Valley, WA 99037*

#### **Opening Ceremonies:**

*Mirabeau Park Hotel, 1100 N. Sullivan Rd. Spokane Valley, WA 99037*

#### **Dance:**

*Mirabeau Park Hotel, 1100 N. Sullivan Rd. Spokane Valley, WA 99037*

#### **Healthy Athletes:**

*Mirabeau Park Hotel, 1100 N. Sullivan Rd. Spokane Valley, WA 99037*

#### **Competition:**

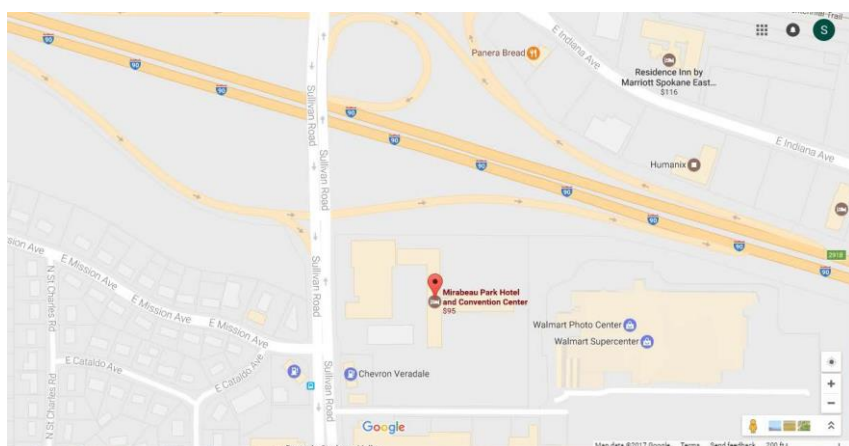
*Eastern Washington University, Cheney WA*



## 2018 SPRING GAMES Opening Ceremony and Dance Fact Sheet:

**Date:** Friday May 4<sup>th</sup> 2018

**Location:** Mirabeau Park Hotel



# DANCE THEME

“Team USA”

2:30 pm - 6:00 pm	Team Check-in & Turn in Scratches	Mirabeau Hotel, Spokane Valley
2:30 pm - 6:00 pm	Olympic Town	Mirabeau Hotel, Spokane Valley
4:30 pm - 6:15 pm	Healthy Athletes	Mirabeau Hotel, Spokane Valley
6:30 pm - 7:30 pm	Opening Ceremonies	Mirabeau Hotel, Spokane Valley
8:00 pm - 9:30 pm	Dance	Mirabeau Hotel, Spokane Valley

### IMPORTANT:

- **Doors will open at 6:00pm** for the Opening Ceremonies – starts at 6:30pm.
- Teams will need to have dinner before Opening Ceremonies.
- Opening Ceremonies are for ALL teams.
- Open seating for ceremonies. Teams will be announced during the ceremonies - **there will not be a walk-in introduction.** Arrive early to get your seating!
- Dance theme is **"Team USA"**
- Dance will be in the same ball room shortly following the Opening Ceremonies.
- Unfortunately, there will be no shoes available this year at regionals.
- Olympic town will be located outside the ball room in the hallways.
- Souvenirs will be available for purchase in the hallway near the check-in table.

# 2018 Swimming Schedule @ EWU Aquatics Center



## ***Time***

## ***Events***

### **Saturday, May 5th 2018**

<i>9:00 am - 9:50 am</i>	<i>Swimming Warm-Up</i>	<i>EWU Aquatics Pool</i>
<i>9:40 am - 9:50 am</i>	<i>Swimming Coaches Meeting w/ Mark</i>	<i>EWU Aquatics Pool</i>
<i>10:00 am - 3:00 pm</i>	<i>Swimming Competition</i>	<i>EWU Aquatics Pool</i>
<i>11:30 am - 1:30 pm</i>	<i>Lunches available for pick up</i>	<i>EWU Aquatics Pool</i>

### **IMPORTANT:**

This is a qualifying tournament for the 2018 State Spring Games. Not all Individuals will advance. Allocations from each division advancing to the 2018 State Spring Games (TBD).

### **Logistics:**

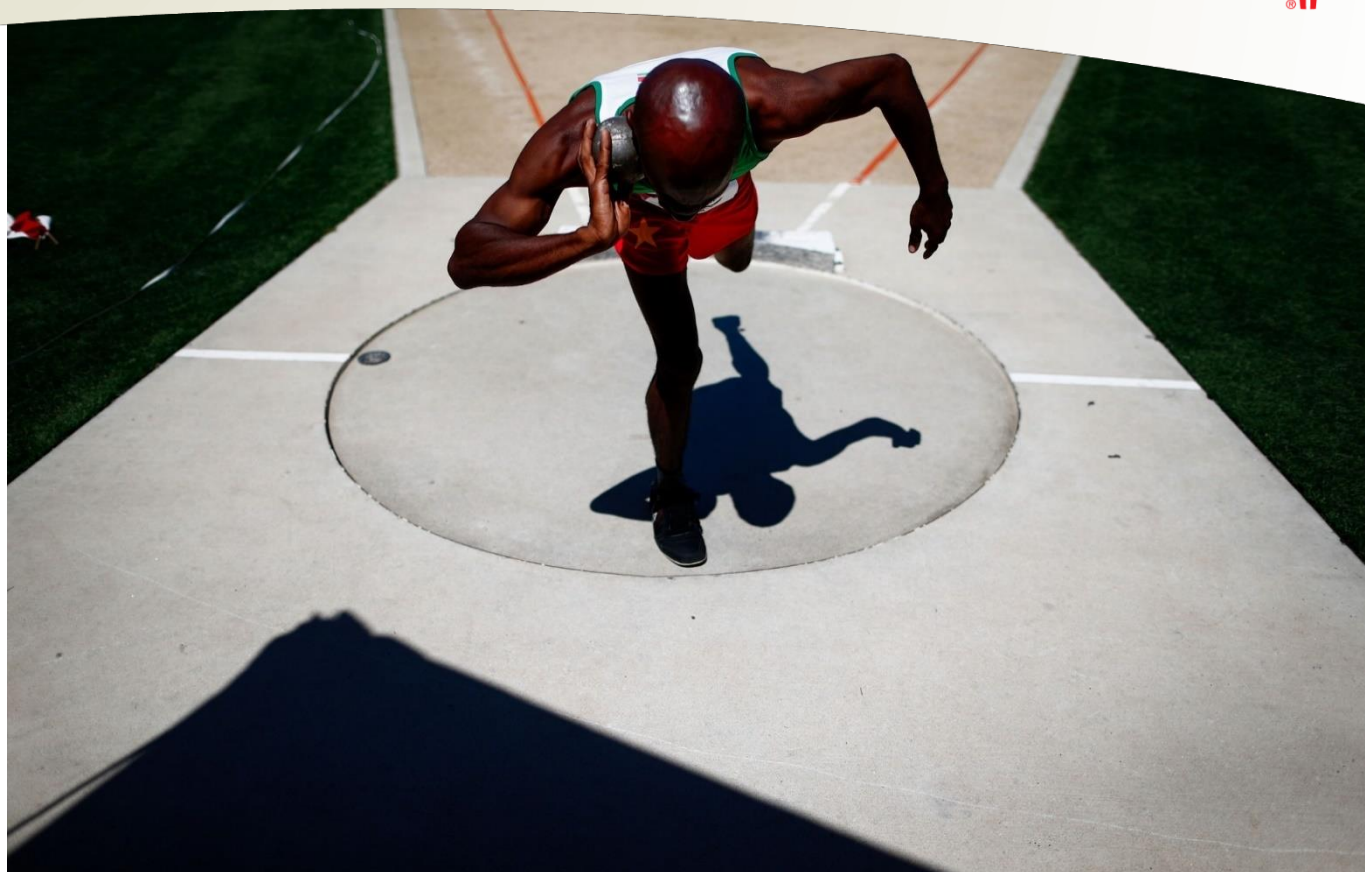
Awards will be rolling awards, we will award as each division's competition is completed. Souvenirs will be available for purchase near the Athletic Track on Saturday, and at Opening Ceremonies the evening before. Lunch will be provided to those participating in the tournament, as well as volunteers.

# 2018 Track & Field Schedule @ Roose Field



<b>Time</b>	<b>Events</b>	<b>Gender</b>	<b>Track West/East</b>
9:00 AM	1500 M & LDR 1.5	<b>ALL</b>	
9:00 AM	30/50 W/C Slalom 25	<b>ALL</b>	East
9:00 AM	M Obstacle	<b>ALL</b>	East
9:00 AM	100 M Wheelchair 25	<b>ALL</b>	East
9:00 AM	W/C Manual	<b>ALL</b>	East
9:00 AM	25 MO Straight	<b>ALL</b>	East
9:00 AM	10 M W/C	<b>ALL</b>	East
9:30 AM	800 M Walk	<b>ALL</b>	
9:45 AM	800 M Run	<b>ALL</b>	
10:00 AM	50 M Run	Female	West
10:10 AM	50 M Walk	Female	East
10:30 AM	100 M Run	Female	West
10:30 AM	100 Walk 10/25	Female	East
10:50 AM	M Guided	<b>ALL ALL</b>	East
11:00 AM	Walk 25 M Assisted	<b>ALL ALL</b>	East
11:00 AM	Walk 50 M Assisted	Male	East
11:20 AM	Walk 50 M Guided	Male	East
11:30 AM	Walk 110 M Hurdles	Male	West
11:40 AM	50 M Run	Male	West
11:40 AM	50 M Walk	<b>ALL</b>	East
11:50 AM	100 M Run	Male	West
12:10 AM	100 M Guided Walk	Male	East
12:10 AM	100 M Walk	Male	
12:30 PM	400 M Walk	Female	
1:00 PM	400 M Run	Female	
1:30 PM	400 M Walk	<b>ALL</b>	
2:00 PM	400 M Run	Male	
2:30 PM	200 M W/C	Male	
2:30 PM	200 M Walk	Female	
3:00 PM	200 M Run	Female	
3:30 PM	200 M Walk	<b>ALL</b>	
4:00 PM	200 M Run		

# 2018 Track & Field Schedule @ Roose Field



<b>Time</b>	<b>Events</b>	<b>Gender</b>	<b>Track West/East</b>
9:30 AM	Tennis Ball Throw	<b>ALL</b>	Softball Staging
9:30 AM	Shot Put	<b>Male</b>	Shot Put Staging
9:30 AM	Running Long Jump	<b>Male</b>	Main Staging
9:30 AM	Standing Long Jump	<b>Male</b>	Main Staging
9:30 AM	Softball Throw	<b>Male</b>	Softball Staging
1:00 PM	Shot Put	<b>Female</b>	Shot Put Staging
1:00 PM	Running Long Jump	<b>Female</b>	Main Staging
1:00 PM	Standing Long Jump	<b>Female</b>	Main Staging
1:00 PM	Softball Throw	<b>Female</b>	Softball Staging
1:00 PM	Mini-Javelin (New)	<b>ALL</b>	Softball Staging

## Additional schedule:

\* Males in the 800 Meter Run/Walk will do their field event at 9:30 AM.

\* Females in the 400 Meter Run will do their field event at 1:00 PM.

## IMPORTANT:

This is a qualifying tournament for the 2018 State Spring Games. Not all Individuals will advance. Allocations from each division advancing to the 2018 State Spring Games (TBD).

## Logistics:

Awards will be rolling awards, we will award as each division's competition is completed. Souvenirs will be available for purchase near the Track on Saturday, and at Opening Ceremonies the evening before. Lunch will be provided to those participating in the tournament, as well as volunteers.

## 2018 Powerlifting @ EWU Weight Room



<b><i>Time</i></b>	<b><i>Events</i></b>	<b><i>Gender</i></b>
8:00 AM	Check-in at Weight Room	ALL
8:30 AM	Weigh-in	ALL
9:00 AM - 12:00 PM	Squats & Bench Press	ALL
12:00 PM - 1:00 PM	Lunch	ALL
1:00 PM - 2:00 PM	Dead Lift Awards	ALL
2:30 PM - 2:30 PM		ALL

### **IMPORTANT:**

This is a qualifying tournament for the 2018 State Spring Games. All Individuals will advance to State, but must attend Regionals in order to qualify.

### **Logistics:**

Awards will take place at the end of the competition in the weight room. Souvenirs will be available for purchase near the Track on Saturday, and at Opening Ceremonies the evening before. Lunch will be provided to those participating in the tournament, as well as volunteers.



**EWU Campus Map**  
 Cheney, Washington 99004 509.359.6200 [www.ewu.edu](http://www.ewu.edu)

- Public Emergency Phone
- 911: Code Blue Emergency Stations
- P-#** Parking – Lot Number
- M** Metered Parking
- H** Hospital
- Post Office

**Code Blue Emergency Stations**

Code Blue Emergency Stations are specifically designed to allow individuals to drive up to the stations. These stations may also be used for short-term telephone calls to the residence halls, and to directly connect to 911 or to Campus Police for an escort.

**M Metered Parking**

Lots 1, 3, 4, 5, 9, 10, 15, 17 and 18 are monitored Monday through Friday, 8 a.m. to 5 p.m. This also includes break periods such as spring break, Christmas break, and summer break. Meters are monitored in all lots and on the streets Monday through Friday, 8 a.m. to 5 p.m. If you are unsure about meter operating hours, they will be posted on the dome of each meter.

**Lots/Streets with 4-Hour Meters & Meter Counts**

P-4	P-5	P-9	P-10	"D" St.
8	20	20	40	9

**P-# Parking Lots**

All lots are restricted to no overnight parking except lots 13 and 16. Lot P-12 is free except in the case of fee events. During summer quarter only, residence hall lots and P-12 are open for camps and visitors. People parking RV's, campers, or vehicles with trailers, must contact EWU parking services for permission and/or accommodations. All university housing lots, as well as the residence hall lots, are monitored 24 hours a day, 7 days a week. All vehicles parked in these lots must possess a valid permit.

**Core & Fringe Parking Lots: Permit Required**  
 8 a.m. – 5 p.m., Monday-Friday

<b>P-1</b> G-7	<b>P-10</b> K-4	<b>P-15</b> L-7
<b>P-15</b> K-8	<b>P-11</b> N-7	<b>P-18</b> A-3
<b>P-4</b> F-6	<b>P-14</b> O-5	<b>P-URC</b> N-4

**Common Parking Lots: Permit Required**  
 8 a.m. – 5 p.m., Monday-Friday

<b>P-3</b> F-4	<b>P-5</b> D-5	<b>P-9</b> J-3
<b>P-5</b> E-5	<b>P-3</b> G-4	<b>P-17</b> J-10

**Campus Apartment and Residence Hall Lots**  
 24-Hour Permit Required

<b>P-AM</b> B-3	<b>P-13</b> O-5	<b>P-TH</b> B-2
<b>P-DH</b> J-10	<b>P-HH</b> F-7	<b>P-16</b> L-3

- |                                 |      |  |      |                                   |     |                                  |     |   |     |  |      |                                       |     |
|---------------------------------|------|--|------|-----------------------------------|-----|----------------------------------|-----|---|-----|--|------|---------------------------------------|-----|
| 1 Anna Maria Apartments (AMS)   | C-3  | 10 Computing and Engineering Bldg. (CEB) | G-4  | 19 Isle Hall (ISL)                | L-7 | 28 Music Building (MUS)          | D-4 | 37 Playfield 3 (PF3)                          | F-1 | 46 Showalter Hall (SHW)                      | H-8  | 55 Tawanka Commons (TAW)              | J-6 |
| 2 Aquatics Building (AQT)       | I-2  | 11 Dressler Hall (DRE)                   | L-4  | 20 Jim Thorpe Fieldhouse (JTF)    | H-2 | 29 Patterson Hall (PAT)          | K-6 | 38 Radio-TV Building (RTV)                    | E-4 | 47 Special Events Pavilion/Reese Court (PAV) | J-2  | 56 Tennis Courts (TNC)                | H-2 |
| 3 Art Building (ART)            | D-4  | 12 Dryden Hall (DRY)                     | P-6  | 21 JFK Library (JFK)              | I-5 | 30 Pearce Hall (PRC)             | L-4 | 39 Red Barn (RDB)                             | A-2 | 48 Stahl House (STH)                         | M-4  | 57 University Campus Mall             | J-5 |
| 4 Brewster Hall (DBH), (BRW)    | D-11 | 13 EWU Children's Center (ECC)           | B-4  | 22 Kingston Hall (KGS)            | I-9 | 31 Pence Union Building (PUB)    | L-5 | 40 Robert Reid Lab School (RRL)               | F-5 | 49 Streeter Hall (STR)                       | Q-5  | 58 University House (PRH)             | K-8 |
| 5 Cadet Hall (CAD)              | F-4  | 14 Governor Martin Alumni House (GOV)    | E-8  | 23 Louise Anderson Hall (LAH)     | N-6 | 32 P.E. Activities PHASE (PEA)   | I-3 | 41 Roos Field (RSF), (WWF)                    | L-3 | 50 Student Family Housing (THA)              | B-2  | 59 University Recreation Center (URC) | M-4 |
| 6 Central Stores (CES)          | P-2  | 15 Hargreaves Hall (HAR)                 | K-8  | 24 Martin Hall (MAR)              | G-6 | 33 P.E. Classroom Building (PEC) | I-3 | 42 Rozell Plant (ROZ)                         | O-4 | 51 Student Health Center                     | N-8  | 60 University Theatre (THE)           | D-4 |
| 7 Cheney Hall (CHN)             | H-4  | 16 Holter House (HOL)                    | F-6  | 25 Modular Building Complex (MBC) | H-3 | 34 Plant Utilities (PLU)         | I-7 | 43 Cheney Normal School Heritage Center (ORS) | I-6 | 52 Surplus/Receiving Building (SSB)          | A-10 | 61 Visitor Center (VIS)               | F-7 |
| 8 Chissus Field (CBF)           | J-1  | 17 Huston Hall (HUS)                     | H-6  | 26 Monroe Hall (MON)              | J-7 | 35 Playfield 1 (PF1)             | F-2 | 44 Science Building (SCI)                     | J-4 | 53 Surbeck Services (SUR)                    | P-3  | 62 WA State Digital Archives (ARC)    | D-3 |
| 9 Communications Building (CMC) | E-4  | 18 Indian Education Center (IEC)         | J-10 | 27 Morrison Hall (MOR)            | R-5 | 36 Playfield 2 (PF2)             | G-1 | 45 Senior Hall (SNR)                          | J-9 | 54 Sutton Hall (SUT)                         | F-6  | 63 WA State Patrol Crime Lab (WSP)    | D-2 |







## Team Captains

Having an athlete serve as the captain for their team will help promote leadership amongst athletes and improve team training and competition between sporting teams. Captainship helps prepare athletes for other leadership opportunities such as coaching, mentoring, ambassadorship and volunteering.

**Definition of a Team Captain-** A team leader, either appointed or voted on, that is a member of a sports team. This person works to inspire teammates and help create a supportive community in every Special Olympics event they attend.

### **Potential Responsibilities:**

- Leads team meetings
- Helps coach technique
- Athlete representative on team decisions
- Motivational/team cheer leader
- Obtains input from team
- Promotes leadership amongst teammates

### **Qualities of a Team Captain-**

- Hard Worker
- Encouraging to others
- Trustworthy
- Respects others
- Passionate
- Communicates effectively

### **How are team captains identified?**

Captains are usually identified through a team election process while coaches input may be required in some situations. Captains serve for the length of one season and each team should elect a new captain at the end of this term. Depending on team dynamics, there may be more than one captain per team.

“One of the main things [our captains] do is set up phone trees make calls to team members and families. They do a lot of communication for the program is a huge thing and saves us time. I use their help as much as I can.”

-Santee Brock, *Head Coach, Ski Hawks*

“I went to the coach and let them know that we were independent and knew how to do things without our parents being present. So we helped with a lot of things like accounting for athletes and helping practice events.”

-Candace Madison, *Team Captain North Sound Stars*

# Codes of Conduct



## 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 ONLY 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