

SW Fall Season Meeting

September 8, 2022

6pm

Southwest Region Leadership

Dori McGovern

Cheyenne Baird

Katherine Harbour

Special Olympics

Washington





HELLO
·A·N·D·
Welcome

Agenda



- Quick Resources - *Dori*
- Health Opportunities - *Della*
- Fall Season Timeline - *Dori*
- Final Registration at a Glance – *Katherine*
- Regional Competition Dates – *Dori*
- State Advancement - *Dori*
- Regional Paperwork – *Cheyenne*
- Sports Specific Coaches Meeting - *Dori*
- Questions

Quick Resources



[SW Region Website Page](#)

[COVID 19 Protocols](#)

[Fall Season Registration Portal](#)

Health Opportunities



- TBD CVS Vaccine Clinic in October
- Healthy Athletes @ Fall Games:
 - November 18th MedFest (pre-reg due **November 11th**)
 - November 19th Strong Minds (TBD), Special Smiles, Health Promotion

Fitness Program Models



<https://specialolympicswashington.org/fitness-wellness-programs/>

Fit 5 Program



Exercise 5 times per week



Drink 5 bottles of water per day



Eat 5 servings of fruits and vegetables per day

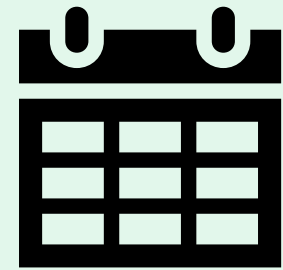
Walking Clubs



Physical
activity
focused



Step
tracking



Weekly group
walks, hikes
or runs

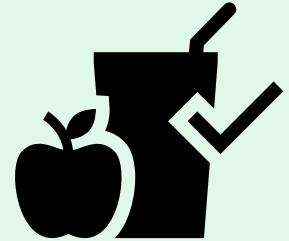
Unified Fitness Clubs (for UCS)



Group
fitness
activities



Step
tracking



Health
Education

Incentives!



Registration



Register in the pre-season registration form with your sport or as a standalone club. Indicate the # of kits your team will require for the season.

Contact fitness@sowa.org with questions.



Fall Season Timeline

- August 22 – Start of Fall Season
- Pre-season Registration – **COMPLETED**
- Individual Forms Due – **September 21**
- Final Event Registration Due – **BY SPORT**
 - ▶ Volleyball & Flag Football – September 28
 - ▶ Bowling – October 4
 - ▶ Gymnastics – October 24
- Delegation Reports - *Sent out for review no later than a week prior to the competition date.*
- Regional Competitions – **October 9 through November 5**
- Fall Games – **November 18-20**



Final Registration At-a-Glance



- The Final Registration/Event Confirmation Roster will be generated for the program by SOWA from Pre-Registration participant information and is sport specific
- Do Not change roster formatting outside of column size. Name info cannot be changed but, other fields can be
- Complete the “Will this person be attending the event?” column before entering any event information. Only participants with “Yes” will be entered into games.. If a participant chooses not to attend, simply select "no". There is no need to delete them from the roster.
- Ensure Team/Partner/ Relay names match exactly
- Participant’s totaled BSAT is entered into the “Individual” column and qualifying scores by “Individual” or “Team” where appropriate for the event
- Submit file in a .xlsx file format via the Seasonal Registration Portal

Fall Season
Registration
Portal

Final
Registration
Guide



Final Registration At-a-Glance Continued

| Special Olympics Washington Event Confirmation/Final Registration | | | | | | | | | | Program Information | | | | Tips | | | |
|--|--|-----------------|------------------|-----------|----------------|---------------|--------|---------------|-----------------|---------------------------|--------------|---------------|---------|--|--|--|--|
| | | | | | | | | | | Area: | Other | | | -Begin by completing the "Will this person be attending the event?" Column. Include ALL participants including coaches and volunteers. -Enter Individual Qualifying Scores/Times and totaled BSAT scores into the "Individual" Column. -Enter Team Qualifying Scores/Times into the "Team" Column. | | | |
| | | | | | | | | | | Program Name: | Golden Girls | | | | | | |
| | | | | | | | | | | Sport: | Softball | | | | | | |
| # | Will this person be attending the event? | Person Type | Legal First Name | Last Name | Preferred Name | Date of Birth | Gender | Active Status | Clearance | Team / Partner Group Name | Event Code | Individual #1 | Team #1 | Notes | | | |
| 1 | Yes | Assistant Coach | Rosemary | Nylund | Rose | 1/17/1922 | F | Returning | Clear | | | | | | | | |
| 2 | Yes | Head Coach | Sophia | Petrillo | | 7/25/1924 | F | Returning | Not Fully Clear | | | | | | | | |
| 3 | Yes | Athlete | Dorothy | Zbornnak | | 5/13/1923 | F | Returning | Not Fully Clear | Softball Team | 8 | | | Catcher | | | |
| 4 | Yes | Athlete | Blanche | Devereax | | 2/21/1935 | F | Returning | Clear | Softball Team | 16 | | | | | | |
| 5 | No | Athlete | Stanley | Zbornnak | | 11/5/1933 | M | Returning | Clear | | | | | | | | |
| 6 | Yes | Athlete | Miles | Webber | | 12/10/1923 | M | New | Not Fully Clear | Softball Team | 5 | | | Pitcher | | | |
| 7 | Yes | Athlete | Monte | Markham | | 8/6/1966 | M | New | Clear | Softball Team | 16 | | | | | | |
| 8 | | | | | | | | | | | | | | | | | |

Westside Regionals



October 9

Westside Volleyball Regional at
DaKine SportsCenter 9-4pm



November 5

Westside Gymnastics Regionals at
Naydenov Gymnastics Gym



October 16

Westside Flag Football Regionals at
White River High School 8-4pm

Area Bowling Regionals



October 23

Peninsula Area Bowling Regionals
at All Star Lanes & Casino 8:00-
4:30pm



TO BE ANNOUNCED

Columbia River Area Bowling
Regionals at Husted's Hazel Dell
Lanes



Capital & Pierce County Area
Bowling Regionals at Bowleros
Saturday 1-6pm
Sunday 9-2pm

October 29-30

***Please note that lunch will NOT be
provided at these competitions.***

State Advancement



Volleyball – 100%



Gymnastics – 100%



Bowling – To Be Announced



Flag Football – To Be Announced

Regional Paperwork



Transportation Requests

- First Email Cheyenne a quote
- Quote from the bus company
- Estimated gas cost for private vehicle
- How many vans rented from Enterprise
- After quote is approved, email invoice to Cheyenne to be paid



Facility Contracts/ Insurance

- Email Cheyenne contract
- I have a general insurance letter, but I need to know if they want someone listed as additionally insured. If they do, I need that information if not listed in the contract to write up a COI.
- Facility contracts need to be signed by Cheyenne and not Area Directors or Program Coordinators.

Chris Pratt Fund

- Apply each season if you have:
- A new team starting up
- Have needs for an existing program

Sports Coaches Meeting



Westside Volleyball Coaches Meeting
Thursday, September 29 6:00-7:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/6060538100>

Meeting ID: 606 053 8100

One tap mobile

+12532158782,,6060538100# US (Tacoma)

Dial by your location

+1 253 215 8782 US (Tacoma)

Westside Flag Football Coaches Meeting
Wednesday, October 5 6:00-7:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/6060538100>

Meeting ID: 606 053 8100

One tap mobile

+12532158782,,6060538100# US (Tacoma)

Dial by your location

+1 253 215 8782 US (Tacoma)

Southwest Region Bowling Coaches Meeting
Wednesday, October 12 6:00-7:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/6060538100>

Meeting ID: 606 053 8100

One tap mobile

+12532158782,,6060538100# US (Tacoma)

Dial by your location

+1 253 215 8782 US (Tacoma)

Westside Gymnastics Coaches Meeting
Wednesday, October 26 6:00-7:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/6060538100>

Meeting ID: 606 053 8100

One tap mobile

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Dial by your location

+1 253 215 8782 US (Tacoma)

COME
JOIN
US





Any
Questions?

Reach out if you need anything!



**Thank
you!**