



### Virtual Fall Games Opportunities

To sign up for these roles, please visit: <https://virtualvol.my-trs.com/> or e-mail [arider@sowa.org](mailto:arider@sowa.org).

- **Virtual Unified Partner**
  - Sign up to compete right alongside (remotely) an athlete competing in the Virtual Fall Games!
  - Volunteers will be assigned to compete in a Unified Competition with an athlete/group of athletes who do not have a Unified Partner.
  - Unified Partner opportunities include our Stride Challenge, Football Team Pass, Basketball Free Throw Shootout, Volleyball Bump-Set-Spike, and our Cycling competitions.
  - Virtual Unified Partners are encouraged to check in with athletes to talk about training plans, offer encouragement, and support with submission of results.
  - **A background check is required to be a Virtual Unified Partner, 18+**
- **Virtual Coach**
  - Sign up to help athletes along the way as they train and compete for the Virtual Fall Games. After signing up, volunteers will receive a virtual coaching training course to learn more about the process.
  - Volunteers will then be assigned to an athlete/group of athletes who are looking for a coach. Virtual Coaches will check in with the athletes to give training tips, encouragement, and support with the submission of results.
  - **A background check is required to be a Virtual Coach, 18+**
- **Host a Live Workout or Demonstration Session**
  - Do you have a skill (cooking class, magic show, leading a live workout, dance class) that you'd like to share with the Special Olympics Washington community? Sign up for this role and we will connect with you to get a live class/demonstration scheduled!
- **Social Media Advocates**
  - Like, Comment and Share Content from our Twitter, Facebook, and Instagram.
  - Post on social media using the hashtag #SOWAVirtualGames
- **Virtual Fans in the Stands**
  - Bring the noise and join us during the Celebration week of the Virtual Fall Games where we will gather volunteers as a part of our Virtual Fans in the Stands! These calls will be recorded and shared during Celebration Week. Check our registration link (TRS) for dates and call in information!
  - Have a group of 10+, contact [arider@sowa.org](mailto:arider@sowa.org) to set up your own Virtual Fans in the Stands Session.
- **Cheer Cards**
  - Get your creative skills going and share your best Cheer Cards for our competitors to see during the Virtual Fall Games!
  - Once you are done creating your cards, there are a few options!
    - You can post them on our FlipGrid page.
    - You can post the pictures on Facebook/Twitter using the hashtag #SOWAVirtualGames
    - Finally, you can also mail them back to them at me at our office, where I will then mail them out to athletes who are competing.



- **Creation of Encouraging Videos**

- Head over to our FlipGrid: <https://flipgrid.com/sowavirtualgames>
- For instructions on posting on FlipGrid: <http://specialolympicswashington.org/wp-content/uploads/How-to-Submit-a-Message-of-Encouragement-on-Flipgrid.pdf>
- Post your video! Videos can be messages of encouragement, good luck, great jobs, what do you miss about SOWA, your favorite SOWA memory, anything encouraging!

- **Spirit Week Participation**

- Volunteers are encouraged to join in our Virtual Fall Games spirit week where each day during the week of November 16<sup>th</sup> we will have a new theme.

**Ongoing Virtual Volunteer Roles**

- **Letter Writing**

- Looking to send some encouragement from athletes while we are all at home!
- Let us know how many letters you would like to write, and we will supply a list of athletes.
- Supply your own materials, and then once you are done, send them to our office at 2815 2<sup>nd</sup> Ave, Suite 370, Seattle, WA 98121 where we will address and send them out to the athletes.
- Messages of encouragement, your favorite Special Olympics memory, what you miss about events, what event you are looking forward to when we return? Has a favorite recipe that has been getting you through quarantine? Write it out and send it along with your card!

- **Data Analyzation**

- Volunteer Data Project – We are looking for volunteers who can help break down our volunteer data to better determine our volunteer demographics, retention rate, recruitment rate and more!

- **Robotics Field Creation**

- <http://support.unifiedrobotics.org/knowledge-base/how-to-build-a-field/>