



2017-18 WINTER SEASON

Start of the season is **Dec. 11th**

SPECIAL OLYMPICS WASHINGTON

East Region Winter Events and Programs

Special Olympics



Table of Content:



- Pre-Season registration deadlines & paperwork-----	2
- Final registration deadlines & paperwork-----	3
- East Region sport specific meetings-----	4
- Background checks & Class-A volunteer registration-----	5
- Team Captains & Athlete Leadership-----	6
- Health and Fitness-----	7
- East Region contacts & area map-----	8
- Moses Lake Basketball Sub-Regionals-----	9
- Spokane Basketball Sub-Regionals-----	10
- Ski & Snowboard Regionals-----	11
- Basketball Regionals-----	12
- New sports offered-----	13
- Code of Conduct-----	14-15

East Region Webpage

The East Region now has our very own webpage. Follow this [link](#) for all Region specific info; Tournament dates, schedules, brackets, registration & general info!

2017-18 WINTER SEASON



EAST REGION

PRE-SEASON REGISTRATION INFORMATION & DEADLINES

Pre-Season Registration Due: Tuesday, December 19th, 2017

- Please submit the Pre-season registration, Check request, and Transportation request to your **Area Director**.

- **Pre-season form-** This is not your team's Final registration. This roster is used by SOWA to start running names through our database so that we can verify if athlete/partner paperwork is current or not. If there is question as to if an individual will be participating this season, list them on this roster just in case. Click [here](#) to access this form.

- **Check request-** Must be submitted by **Dec. 19th** in order for you to receive your advance payment. Click [here](#) to access this form.

- **Transportation Request-** Each team/program is responsible to arrange their own transportation to practices and tournaments. Busing companies will be responsible to arrange housing for their driver(s). Transportation request forms still need to be submitted to SOWA for approval. Click [here](#) to access this form.

- **Facility Use Contract-** Please verify if your venue requires a Facility use contract or not. If so, please send your Area Director an un-signed contract that has all of the times, dates, and locations you will be requiring for practices. Please also provide the facility point-of-contact's name, title, email, phone number, and address. The facility will provide the blank contract if required! *Leave the contact information section blank!*

REGISTRATION PAPERWORK AND RESOURCES:

- Coaches Resources: <http://specialolympicswashington.org/become-a-coach/coaches-resources/>

NOTES:

- All registrations are due no later than the referenced date, or date set by the *Area Director*.

- Final registration form must be submitted to your *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.

2017-18 WINTER SEASON



EAST REGION

FINAL REGISTRATION INFORMATION & DEADLINES

Final Registration Due in Region Office: **See below**

- Please submit your **Final registration** to your **Area Director**.
 - Area Directors may adjust the due date for their Area in order to meet the deadline listed below!

Skating, Alpine, Snowboarding, Cross Country, Snow Shoeing; (Due January 23rd, 2018)

- **Individual Sports Entry Form**- Must be completed for anyone wanting to compete in the above sports. Each individual needs to have a code listing which event they will be competing in. Click [here](#) to access this form.

Basketball; (Due January 8th, 2018)

- **Team basketball**- Must submit both the [Team Roster](#) & [Team BSAT](#) forms. The [Individual BSAT](#) form will help you assess each individual's skill level. (*The **Individual BSAT** does not need to be submitted with your final registration*). This roster cannot be altered without the consent of the Tournament Director once submitted!
- **Individual Skills Competition**- Must submit the [Individual Sports Entry Form](#), and have a qualifying score listed. Please use the [Individual Score Sheet](#) to determine the athlete's qualifying score. (The Individual Score Sheet does not need to be submitted with your final registration).
- **Team Skills Competition**- Must submit the [Team Roster](#) & [Team Skills Score Sheet](#). This roster cannot be altered without the consent of the Tournament Director once submitted!
- [Download](#) the UP (*Unified Partner Release*) form.
- [Download](#) the AFP (*Application For Participation*) form.
- Please refer to the [Codes Packet](#) for rules & registration specifics per sport!

NOTES:

- All registrations are due no later than the referenced date, or date set by the *Area Director*.
- Final registration form must be submitted to your *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.**

2017-18 East Region Tournament Meetings



It is the responsibility of the Head coach to attend ALL scheduled meetings related to their team's sport(s) and tournament(s). If a Head coach cannot make the scheduled meeting, they must arrange for a liaison from their team to attend the meeting in their place.

ER Ski & Snowboard Coaches Meeting

Mon, Jan 22, 2018 6:30 PM - 7:30 PM PST

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/465607029>

You can also dial in using your phone.

United States: +1 (872) 240-3212

Access Code: 465-607-029

First GoToMeeting? Try a test session: <https://link.gotomeeting.com/system-check>

ER Basketball Coaches Meeting

Tue, Jan 23, 2018 6:30 PM - 7:30 PM PST

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/386073469>

You can also dial in using your phone.

United States: +1 (872) 240-3412

Access Code: 386-073-469

First GoToMeeting? Try a test session: <https://link.gotomeeting.com/system-check>

TRS - The Registration System



Volunteer Registration

Special Olympics Washington has adopted a new background check program called Verified Volunteers and is requiring all current Class A volunteers to renew their background checks through this system. All coaches, chaperones, Area Leadership Team members, officials, GMT members, programs volunteers, etc. must go through this new online background check before their next event. Registration takes about 5 minutes.

Please follow this link and sign up as your primary volunteer position:

<https://sowa-volunteerapplication.my-trs.com/>

Once you go through our background check process, you will be able to access your background check and monitor your status. After 3 years, you can simply login and renew through your account. Additionally, Verified Volunteers allows you to share your results with other organizations in their system.

Background check fees are taken on by Special Olympics Washington.

Please follow this link for questions and TRS instructions:

<http://specialolympicswashington.org/become-a-coach/>

Athlete Leadership



Learn more about Athlete leadership, and other leadership opportunities by following this [link](#)

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 and make calls to team members and families. They do a lot of communication for the program which is a huge thing and saves us valuable time. I use their help as much as I can.”

-Sandee 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*

Healthy Communities Programs



Healthy athletes are the best athletes! Starting this winter season, teams will have the option to incorporate health into their practices through SOWA's new Healthy Communities programs. Healthy Communities serves to raise awareness around the issue of health disparities facing people with ID, foster development focused on delivering care to people with ID, and ultimately create communities where Special Olympics athletes and others with ID have the same access to health and wellness resources and can attain the same level of good health as others. Examples of local Healthy Community programs available for teams during winter season 2017 are:



Fit 5 – based on the three simple goals of exercising 5 days per week, eating 5 total fruits and vegetables per day, and drinking 5 water bottles of water per day. Fit 5 provides tips and information to lead a healthy lifestyle through physical activity, nutrition, and hydration. Fit 5 can be lead or co-led by SOWA coaches, athletes, and unified partners.



SOfit – an Unified approach to wellness, which pairs athletes with a Unified Partner, with the primary goal of the program being to guide, educate and encourage athletes and partners to maintain a healthy lifestyle through increased physical activity and improved daily nutrition. SOfit can be lead or co-lead by SOWA coaches, athletes, and unified partners.

Teams interested in improving their health and bettering their athletic performance should contact Samantha Thompson to learn how to begin a [Healthy Communities program](#).

Samantha Thompson
sthompson@sowa.org
(206) 681-9386



Special Olympics
Washington
Health

MADE
POSSIBLE BY **Golisano** FOUNDATION

East Region Sr. Leadership Team







East Region Contacts:

[View Area Map on the website](#)

2017 Area map

East Region Areas:

-  South Central
-  Southeast
-  North Central
-  Northeast



Lori Landrus: Area Director

Southeast Area

Email: lorilandrus@yahoo.com
Phone: 208-413-0883

Ken Martinson: Area Director

South Central Area

Email: kmartinson829@gmail.com
Phone: 360-589-1916

Luke Wall: Area Director

North Central Area

Mailing address: 132A Highway 153, Pateros, WA. 98846
Email: lwall@sowa.org
Phone: 206-736-6234
Fax: 509-396-9902

Stephen Opland:

Sr. Manager of Sports & Competition, East Region

Mailing address: PO Box 727 Colbert, Washington 99005
Email: sopland@sowa.org
Phone: 206-681-9370
Fax: 509-396-9902

Luke Wall: Area Director

Northeast Area

Mailing address: 132A Highway 153, Pateros, WA. 98846
Email: lwall@sowa.org
Phone: 206-736-6234
Fax: 509-396-9902

Marisue Harves:

Community Outreach Office Assistant

Luke Wall:

Sr. Manager of Area Services, East Region

Mailing address: 132A Highway 153, Pateros, WA. 98846
Email: lwall@sowa.org
Phone: 206-736-6234
Fax: 509-396-9902

2018 Moses Lake Sub-Regional Basketball Tournament

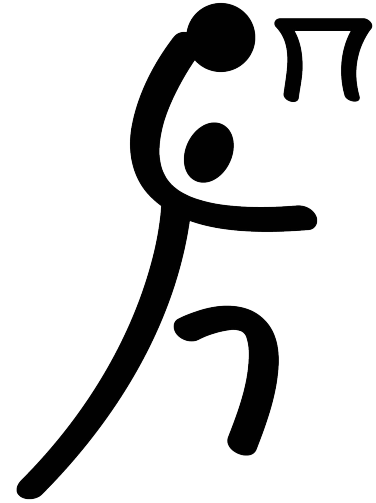


Date: Sunday-January 28th, 2018

Locations:

Moses Lake HS- 803 Sharon Ave E, Moses Lake, WA 98837

Chief Moses MS- 111 E Nelson Rd, Moses Lake, WA 98837



Areas attending: [South Central Area](#) and [North Central Area](#)

Notes:

This is a qualifying tournament for the East Regional Basketball tournament at WSU-Pullman for the community teams. Allocations for each division advancing, TBD. Tournament structure to follow!

Logistics:

Awards will be rolling awards, we will award as each division's games are completed. Souvenirs will be available for purchase. Lunch will be provided to those participating in the tournament, as well as volunteers.

[Day Schedule](#)

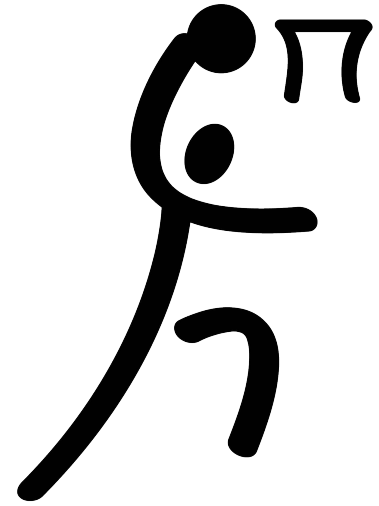
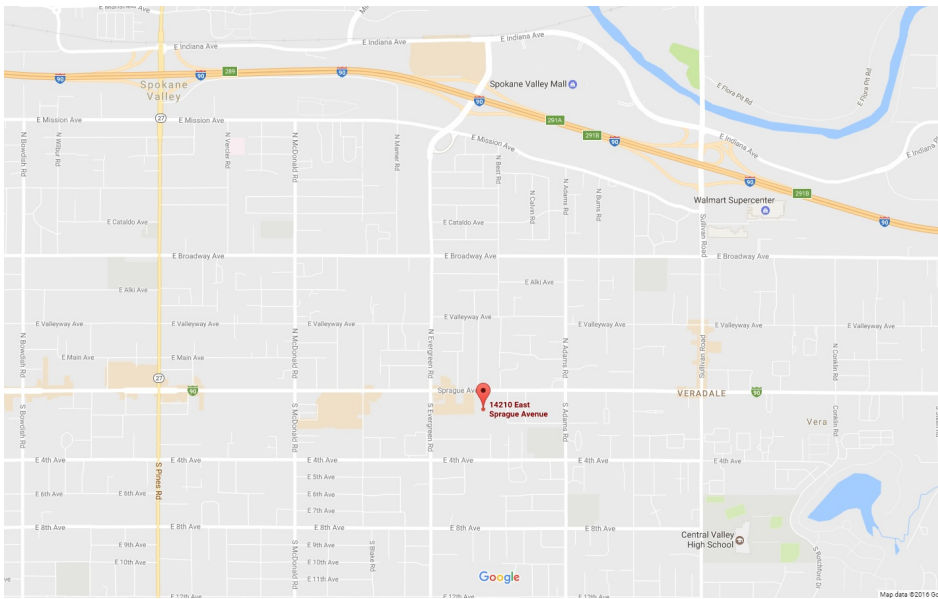
8:15 am – 8:45 am	Warm up and Team Check-in	Moses Lake HS
8:45 am -- 9:00 am	Opening Ceremony	Moses Lake HS
9:00 am – 5:00 pm	Basketball Tournament	Moses Lake HS/Chief Moses MS
11:00 am –5:00 pm	Awards	TBD
11:30 am - 1:00 pm	Lunches	Moses Lake HS/Chief Moses MS

2018 Spokane Sub-Regional Basketball Tournament



Date: Saturday-February 3rd, 2018

Location: Spokane Valley Fitness Center-
14210 E Sprague Ave, Spokane Valley, WA 99216



Areas attending: [Northeast Area](#) and [Southeast Area](#)

Notes:

This is a qualifying tournament for the East Regional Basketball tournament at WSU-Pullman. Allocations from each division advancing to the East Regional Basketball tournament (TBD). Tournament structure to follow!

Logistics:

Awards will be rolling awards, we will award as each division's games are completed. Souvenirs will be available for purchase at Olympic Town. Lunch will be provided to those participating in the tournament, as well as volunteers. Parking will be located at the back of the building (See attached map)

Day Schedule

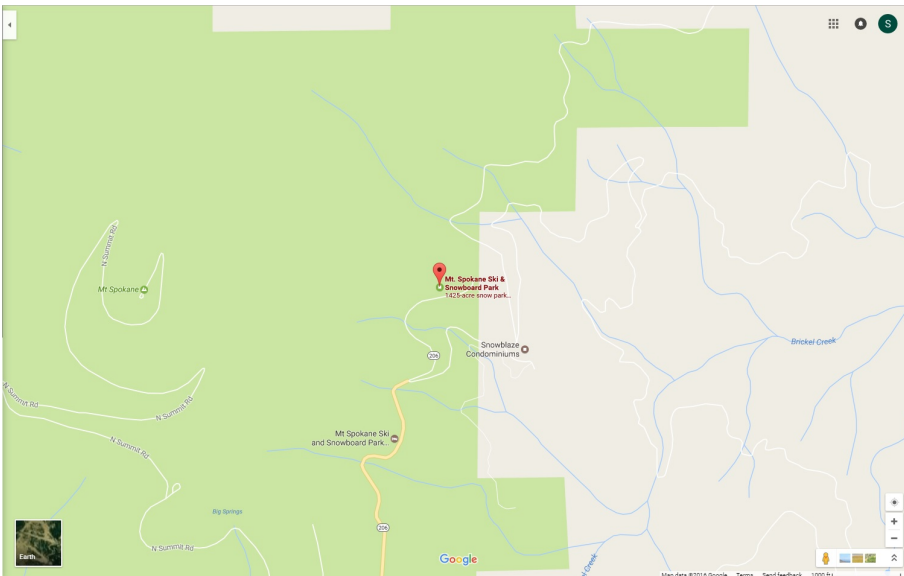
8:15 am – 8:45 am	Warm up and Team Check-in	Spokane Valley Fitness Center / All Courts
8:45 am -- 9:00 am	Opening Ceremony	Spokane Valley Fitness Center / Courts 1&2
9:00 am – 5:00 pm	Basketball Tournament	Spokane Valley Fitness Center / All Courts
11:00 am - 12:30 pm	Lunch	Spokane Valley Fitness Center / Next door
11:00 am –5:15 pm	Awards	Spokane Valley Fitness Center / Next door

2018 East Region Ski & Snowboard Tournament



Date: Sunday-February 4th, 2018

Location: Mt. Spokane-
29500 N Mt Spokane Park Dr, Mead, WA 99021



Notes:

This is a qualifying tournament for State competition. More info to follow!

Logistics:

Awards will take place on the mountain. Lunches will be provided from the Mt. Spokane kitchen. For info to follow!

Day Schedule

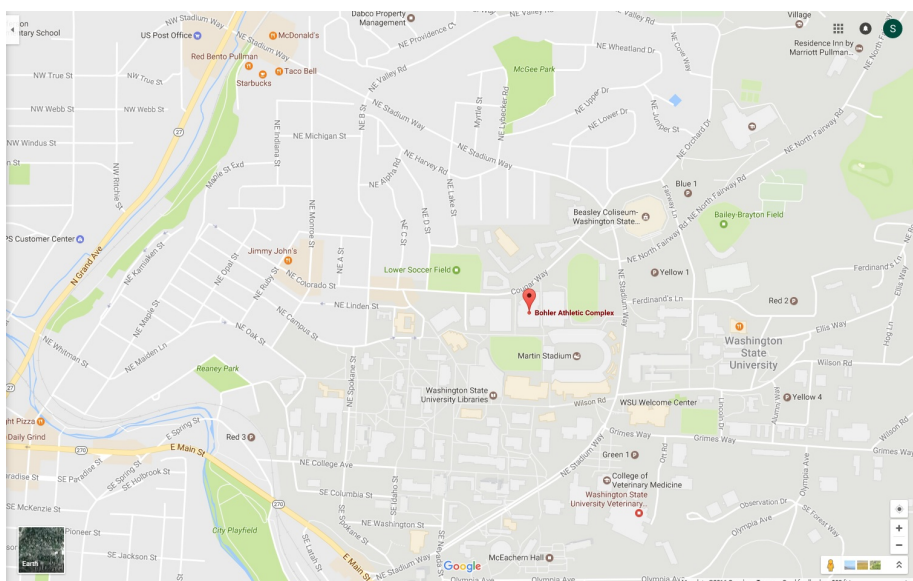
8:00am – 8:45am	Team Check-in	Mt. Spokane, Lodge 1
9:00am	Teams load chairlifts	Mt. Spokane, All chairlifts
9:15am – 1:30pm	Competition	Mt. Spokane, All runs
12:00pm - 2:00pm	Awards	Mt. Spokane, TBD
11:00am - 2:00pm	Lunches	Mt. Spokane, Lodge 1 & 2

2018 East Regional Basketball Tournament



Date: Saturday-February 10th, 2018

Location: WSU-Pullman, Bohler-Smith Complex



Areas attending: South Central Area, North Central Area, Northeast Area, Southeast Area.

Notes:

This is a qualifying tournament for the State Basketball tournament in Wenatchee. Allocations for each division advancing to the State Basketball tournament, TBD. Tournament structure to follow!

Logistics:

Awards will be rolling awards, we will award as each division's games are completed. Souvenirs will be available for purchase. Lunch will be provided to those participating in the tournament, as well as volunteers. There will be an Olympic Town with crafts, board & card games.

Day Schedule

8:15 am – 8:45 am	Warm up and Team Check-in	WSU, Pullman
8:45 am - 9:00 am	Opening Ceremony	WSU, Pullman
9:00 am – 5:00 pm	Basketball Tournament	WSU, Pullman
11:00am - 1:00pm	Lunch	WSU, Pullman
11:00 am –5:15 pm	Awards	WSU, Pullman

New sports available for Winter



Special Olympics Washington is excited to be offering new sports this Winter season. Contact your Area Director if you are interested in starting any of the sports listed below.

Snowshoeing:

Click [here](#) to learn about Snow Shoeing and what you'll need to get started.



Cheerleading:

Click [here](#) to learn about Snow Shoeing and what you'll need to get started.



Code of Conduct



Coaches Code of Conduct

([Download](#) Coaches Handbook)

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

([Download](#) Athlete Handbook)

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.

Code of Conduct



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

([Download](#) Volunteer Handbook)

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