



2019-20 WINTER SEASON

Start of the season is **NOV 25th**

SPECIAL OLYMPICS WASHINGTON

Southwest Region Winter Events and Programs

Special Olympics



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Southwest Region Webpage

Follow this [link](#) for all Region specific info; Tournament dates, schedules, brackets, registration & general info!



PRE-SEASON REGISTRATION INFORMATION & DEADLINES

Pre-Season Registration Due: **Thursday, December 12th, 2019**

Please submit the [Pre-season/RTP Form](#) and [Transportation request](#) to your *Area Director* or your *Area Admin Support*.

- [Pre-Season & RTP 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 may 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. Athletes and partners are not eligible to participate until they have a current AFP or UP form on file in the State office! SOWA also uses this form to verify facility use by each team and approve funding.
- [Transportation Request](#)- Each team/program is responsible to arrange their own transportation to practices and tournaments. If you need to utilize any area/program funds for transportation to any event, a transportation request form and a quote must be submitted by the pre-season registration deadline. This includes, but is not limited to: busses and rental cars (Enterprise, Budget, etc.). It is best to project that you will attend all events (so transportation for sub-regionals, regionals and state competitions). You must then receive an approval from SOWA with an associated PO before booking with the rental company. Otherwise, the expense will not be paid by SOWA or area funds. Busing companies will be responsible to arrange housing for their driver(s).
- **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 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 RECOURSES:

You may find registration paperwork, trainings, and recourses on the [Coaches Recourses Page!](#)

- [Download](#) the **UP** (*Unified Partner Release*) form. **Due January 8th, 2020**
- [Download](#) the **AFP** (*Application For Participation*) form. **Due January 8th, 2020**

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*, or *Area Admin Support*.
- **New copies of athlete's AFP (Application for Participation) and Unified Partner Release forms must be submitted on or before January 8th, 2020.**
- **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.**



FINAL REGISTRATION INFORMATION & DEADLINES

- Please submit your Final registration to your *Area Director*, or *Area Admin Support*.
- Area Directors may adjust the due date for their Area in order to meet the deadline listed below!
- Please refer to the [Codes Packet](#) for rules & registration specifics per sport!

Basketball; (Due January 8th, 2020)

- Team basketball- Must submit the [Team Cover Sheet](#) and [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 [Team Cover Sheet](#) and [Individual Sports Entry Form](#). A qualifying score must be listed for each athlete. Please use the [Individual Skills Score Sheet](#) to determine the athlete's qualifying score. **(The Individual Skills Score Sheet does not need to be submitted with your final registration).**
- Team Skills Competition- Must submit the [Team Cover Sheet](#) & [Team Skills Score Sheet](#). This roster cannot be altered without the consent of the Tournament Director once submitted!

Cheerleading; (Due January 8th, 2020)

- [Individual Sports Entry Form](#) and [Team Cover Sheet](#) 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, and a team listed.
- Please refer to the [Codes Packet](#) for further registration requirements.

Skating, Alpine, Snowboarding, Cross Country, Snowshoeing; (Due January 15th, 2020)

- [Individual Sports Entry Form](#) and [Team Cover Sheet](#) 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.
- Please refer to the [Codes Packet](#) for further registration requirements.

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*, or *Area Admin Support*.
- New copies of athlete's **AFP** (Application for Participation) and Unified Partner Release forms must be submitted **on or before January 8th, 2020.**
- 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.

Coaches Education

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| Tier/Level | Action Items | Time Needed | Renewal Requirements | Cost |
|---|---|---|--|--------------------------------|
| Tier 1 – Sports Volunteer (Chaperone) | Volunteer Screening - WSP Form (SOWA will do background checks on all volunteers) | 5 min | Every 3 years | Free |
| | Protective Behaviors Quiz | 15 min | Every 3 years | Free |
| | General Orientation: Orientation Video General Orientation Quiz | 20 min | Once | Free |
| | Registration Online | 15 min | Once | Free |
| Tier 2 – Head Coach/Assistant Coach Prerequisite – All Tier 1 requirements | Concussion Training | 1 hour | N/A | Free |
| | Sudden Cardiac Training | 20 min | N/A | Free |
| | Certification at a Sport Specific Training School | 3 hours Recertification: 30 minutes | Every 3 years | Training Session Local Area |
| | Coaching Unified Sports – Required if program is in Unified Sports | 1 hour | 3 years | Free |
| Tier 3 – Continuing Education | Register to Volunteer at an Special Olympic Event | N/A | All coaches need to do at least one of these each year | Free |
| | Register for a Continued Education Course | | | |
| | Waiver for Continued Education (check website for Approved Courses) | | | |



Why Coaching Matters? – Coaching is a vital part of the Special Olympics organization.

Our coaches are role models and help improve sports skills in our athletes. It is necessary for our coaches to exemplify good sportsmanship and model character traits to enhance the sports experience for our athletes. The lessons our athletes learn from coaches on and off the field – teamwork, self-discipline, and confidence – carry over into the athletes' everyday lives.

Tier 1 – Sports Volunteer (Chaperone)

The first tier of our Coaches Education program is the Sports Volunteer or Chaperone member of a team/program. Any prospective coach needs to go through these four requirements to be cleared to chaperone a team or an athlete. These are the basic forms that screen our coaches to ensure our athletes safety which is our number one priority in Special Olympics. All of these items will need to be done only once and should take less than 30 minutes in total.

- [Volunteer Screening - WSP Form](#)
- [Protective Behaviors Quiz](#)
- [Orientation Video / General Orientation Quiz](#)
- <https://coachesregistration.my-trs.com/>

Tier 2 – Head Coach / Assistant Coach

The second tier of our Coaches Education program is the Head Coach/Assistant Coach. Any coach that wants to be a Head or Assistant Coach has to complete all of the items listed below. The items in this tier are more tailored to specific sport needs and require an in-person training. The in-person trainings allow for a development of skills and drills for a sport that coaches can bring back to their practice and games. The online section of this portion will take 1 hour and 15 minutes in total. The in-person trainings will be 3-4 hours depending on sport and venue availability.

- [Concussion Training](#)
- [Sudden Cardiac Training](#)
- In-Person Sport Specific training
- [Coaching Unified Sports](#) – Only required if program/team is in UnifiedSports

Tier 3 – Continuing Education

The third tier is the continuing education portion of our Coaches Education program. We want all of our coaches to get involved in other sports and events that Special Olympics has to offer. This is also a great opportunity for our coaches to get more experience with Special Olympics athletes on and off the playing field. We want our coaches to do one of the following each year.

- Register to volunteer at an Special OlympicEvent
- Complete for a Continued Education Course (Sportsmanship, Principles of Coaching, etc.)
- Waiver for Continued Education

Coaches Meetings

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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.

Topic: Ski/Snowboard/Cross County Coaches Call

Time: Jan 16, 2020 05:30 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/650210522?pwd=UXJrUldWa2tGdStLVWl1K3FGUTVUZz09>

Meeting ID: 650 210 522

Password: 273739

One tap mobile

+17207072699,,650210522#

Topic: SW Basketball Coaches Call

Time: Jan 14, 2020 06:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/773693599?pwd=Qkx6TStaSnlsMWxvb0plNCt1ZkFuQT09>

Meeting ID: 773 693 599

Password: 066424

One tap mobile

+17207072699,,773693599#



Team Captains

Athlete Leadership [Webpage](#)

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.”

-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*

Health & Fitness Opportunities

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Healthy athletes are the best athletes! SOWA teams can work to improve their health, fitness, and athletic performance by participating in a Healthy Communities program:



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 is incorporated straight into your practice, and **it can be lead by coaches, athletes, unified partners, or volunteers.**



SOfit – a holistic approach to health and fitness that focuses on four kinds of wellness: nutritional, physical, emotional, and social. Each session of SOfit includes educational activities and physical activity. SOfit should be implemented as an additional day of practice during the week, or in place of practice during the off season. **SOfit can be lead or co-lead by SOWA coaches, athletes, unified partners, or volunteers.**

Athletes and teams who participate in a Healthy Communities program will receive SOWA swag, fitness and sport equipment, and more!

Teams interested in improving their health and athletic performance should fill out this form: <https://goo.gl/forms/1ioLpdx12eQRZli72>.

Della Norton
dnorton@sowa.org
(206) 293-7611



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Area Services

Area Services is continuing to develop and support the Area Directors and the Area Leadership Teams. Many Area Leadership teams are stepping up and filling gaps in administration, fundraising, finances, and other roles. Continue to keep your eyes out for announcements of new roles and people filling these needs. If you have people interested or capable of serving on your Area Leadership Teams, please see [Luke Wall](#) and [Alysanne Stack](#).

Please follow your Area Facebook pages for updates and information about your areas!

Finances and Fundraising

In the last two years SOWA has undergone changes on the finances and fundraising of the organization. Starting in 2018, teams/programs are officially responsible for the following program costs: transportation, equipment, facilities, and uniforms. Local Program Coordinators/coaches need to have a plan for programming and understand the expenses that support them. There should be a plan to fundraise to support the expenses for the programming plan. Begin planning NOW accordingly for your spring season expenses and work with your Area Director and/or Area Services Manager to develop an expense and fundraising plan.

Each team is responsible for coming together to help fundraise in their area to support local program costs. SOWA has released a series of resources and tools coaches, Area Directors, and Fundraising Coordinators are able to use to help each area reach its goal. As a state we have transitioned from an annual campaign to a seasonal campaign in an effort to have 100% participation from our athletes, families, volunteers and more. Some athletes may have already met their peer-to-peer goals during the first quarter of the year with Winter Sports, others may continue to fundraise.

Tools to Get Started

- Each area now has its unique donation URL. Teams can create a page specific for your team budget and your spring goal. You can invite others to join your fundraising team to help spread the word. This will provide you will a way to fundraise online and track the money your team raises. Money received offline and marked for your team will be manually entered by SOWA staff. This page can be created at any time – but the area goal found will be updated for Spring on March 30.
- A Coach's Resources guide is available online with information on peer-to-peer fundraising. Redesigned envelopes are available for peer-to-peer fundraising to help empowers athletes to be advocates. In addition, you will find resources like pre-written business solicitation letters, webinars on 88how to fundraise, and more. Visit our area resources page at: <https://www.dropbox.com/sh/qbjzdmq15iuyv/AABfSzf5AqlOr5apNavAJDwia?dl=0>

SW Region Leadership Team:

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Southwest Region Contacts:

Columbia River Area

Area Director: Elizabeth Francis & Barry Gill
Email: Elizabeth.francis@outlook.com ;
Barry.gill@pkinetics.com
Phone: 503-810-3955

Olympic Peninsula Area

Area Director: Rebecca Fry
Email: rebeccaayn2018@gmail.com
Phone: 425-306-6990

Area Admin Support: Wendy Bonham
Email: peninsulaareliaison@gmail.com

Capitol Area

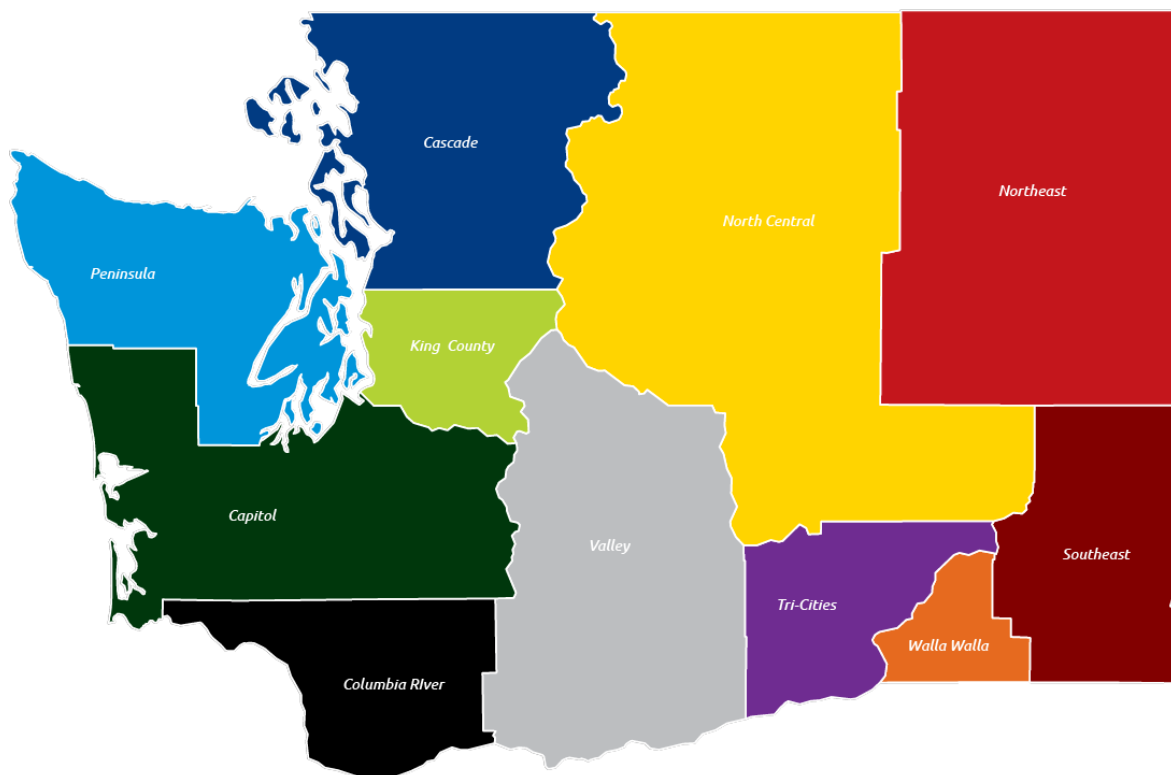
Area Director: Mark Barker
Email: bballdad11@comcast.net
Phone: 360-791-0742

SOWA Staff:

Interim Sports & Competition Manager, SW Region
Stephen Opland
Mailing address: 2815 2nd Ave. Ste 370, Seattle WA. 98121
Email: sopland@sowa.org
Phone: 206-681-9370

Area Services Manager, West

Alysanne Stack
Mailing address: 2815 2nd Ave. Ste 370, Seattle WA. 98121
Email: astack@sowa.org
Phone: 206-231-6034



Bremerton Sub-Regional BB Competition

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Date: Saturday - January 25th, 2020

Locations: TBD

Visit the [SW Sports Webpage](#) for more information. Updates will be posted once confirmed and finalized!



Areas attending: [Peninsula Area](#), and [Pierce County](#)

Notes:

This is a qualifying tournament for the SW Regional Basketball Tournament. Allocations from each division advancing to the SW 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. Lunch will be provided to those participating in the competition, as well as volunteers.

Day Schedule

| | | |
|--------------------|--------------------|-----|
| 8:15 am - 8:45 am | Warm up and Team | TBD |
| 8:45 am - 9:00 am | Check-in Opening | TBD |
| 9:00 am - 5:00 pm | Remarks Basketball | TBD |
| 11:00 am - 5:00 pm | Competition Awards | TBD |
| 11:30 am - 1:00 pm | Lunches | TBD |

Olympia Sub-Regional BB Competition

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Date: Sunday - January 26th, 2020

Location: Capital HS - 2707 Conger Ave NW, Olympia, WA 98502

Marshall MS - 3939 20th Ave NW, Olympia, WA 98502



Areas attending: [Columbia River Area](#), [Grays Harbor County](#), [Lewis County](#), and [Thurston County](#)

Notes:

This is a qualifying tournament for the SW Regional Basketball Tournament. Allocations from each division advancing to the SW 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. Lunch will be provided to those participating in the competition, as well as volunteers.

Day Schedule

| | |
|--------------------|---------------------------|
| 8:15 am - 8:45 am | Warm-up and Team Check-in |
| 8:45 am - 9:00 am | Opening Remarks |
| 9:00 am - 5:00 pm | Basketball Competition |
| 11:00 am - 5:00 pm | Awards |
| 11:30 am - 1:00 pm | Lunches |

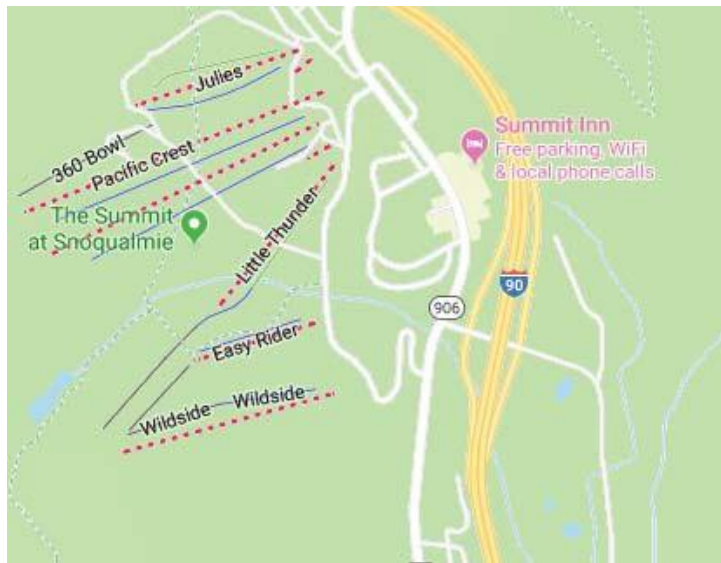
West Side Alpine, Snowboarding, & X-Country Competition

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Date: Saturday – February 1st, 2020

Location: Summit at Snoqualmie - 1001 WA-906, Snoqualmie Pass, WA 98068



Notes:

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

Visit the [SW Sports Webpage](#) for more information. Updates will be posted once confirmed and finalized!

Logistics:

Awards will take place on the mountain. Lunches will be provided from the Snoqualmie Rotary Club. More info to follow!

Day Schedule

Coming Soon...

SW BB Regional Competition

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Date: Saturday – February 8th, 2020

Location: TBD

Visit the [SW Sports Webpage](#) for more information. Updates will be posted once confirmed and finalized!



Areas attending: [Columbia River Area](#), [Capitol Area](#), and [Peninsula Area](#)

Notes:

This is a qualifying tournament for the State Basketball Competition in Wenatchee. Allocations for each division advancing to the State Basketball Competition, TBD. Competition 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 & Team Check-in | TBD |
| 8:45 am - 9:00 am | Opening Remarks | TBD |
| 9:00 am - 5:00 pm | Basketball Competition | TBD |
| 11:00am - 1:00pm | Lunch | TBD |
| 11:00 am - 5:15 pm | Awards | TBD |

Code of Conduct

**Special
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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

**Special
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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