



Connect and Compete at the 2021 Virtual Winter Games! As Special Olympics Washington works to safely return to our regular in-person sport programming, the Virtual Winter Games continue our drive to encourage athletes to stay active physically and socially at home while also engaging the support of families, sponsors and volunteers.

## Schedule of Events

- [Winter Season Participation Sign-ups](#) open – **Monday, November 30**
- [Virtual Winter Games Website](#) launches – **Tuesday, January 12**
- [Winter Wellness Cup](#) begins – **Monday, January 18**
- [Fitness Heptathlon](#) registration closed – **Friday, January 22**
- [Fitness Heptathlon](#) baseline scores due – **Friday, January 22**
- Submit your weekly [Winter Wellness Cup](#) scores beginning – **Sunday, January 24**
- [Winter Wellness Cup](#) registration closed – **Monday, January 25**
- [E-Gaming](#) registration closed – **Monday, February 1**
- [Fitness Heptathlon](#) midpoint scores due – **Friday, February 19**
- [E-Gaming](#) competition – **Saturday, March 6 – Sunday, March 7**
- [Fitness Heptathlon](#) final scores due – **Thursday, March 11**
- Celebration Week & Awards Ceremonies – **Monday, March 15 – Friday, March 19**

## How to Compete in the Virtual Winter Games

1. Sign-up starting Monday, November 30<sup>th</sup> through the [Winter Season Participation Sign-up Form](#).
  - *We strongly encourage athletes to connect with their coach prior to participating, but this is not required.*
  - *When signing up, athletes can request a virtual coach or a virtual unified partner.*
2. Athletes can compete in all three competitions offered:
  - *Fitness Heptathlon*
  - *Winter Wellness Cup*
  - *E-Gaming*
3. Train at home, or practice safety measures if in public.
4. Submit your Fitness Heptathlon and Winter Wellness Cup results by the deadlines listed above.

## Volunteer Opportunities

These are just some of the many opportunities to support athletes virtually. For more information and to sign up, go to <https://virtualwintervols.my-trs.com/>. Sign-ups begin December 7th.

- Virtual Unified Partner (Fitness Heptathlon, Winter Wellness Cup, E-Gaming)
- Virtual Coaching (Fitness Heptathlon, Winter Wellness Cup, E-Gaming)
- E-Gaming Tech Support
- Volunteer “Office Hours” for support
- Return to Activities Team Liaison



- [Youth Leadership Experience](#) (*Spirit Week*)
- Spirit Week Participation
- Virtual Fans in the Stands (*Creation of Cheer Cards and Encouraging Videos on FlipGrid*)

## Competitions being offered:

The **Fitness Heptathlon** is an eight (8) week event that allows athletes not only the chance to compete against their peers from across the state but also allows them to continue to build healthy habits! Participants select ANY seven (7) activities from the Fitness Options Guide. Competitors must select one workout from each of the categories. The categories include: **Agility, Core Body Strength, Lower Body Strength, Lower Body Endurance, Upper Body Strength, Cardiovascular Endurance and Balance**. Participants will complete the SAME seven exercises at three (3) different points of the season. Special Olympics Washington will need a Baseline Score (Week 1), Midpoint Score (Week 4 or 5), and Final Score (Week 8). Participants will be divisioned based upon gender, age, and score which reflects level of improvement. This model provides flexibility to participants and programs while competitors can work towards progression in the fitness exercises. The Fitness Heptathlon can be done individually or as Unified Pairs.

The **Winter Wellness Cup** is an exciting eight (8) week program designed to keep athletes, coaches, unified partners and family members healthy, fit & connected this winter! The Winter Wellness Cup will consist of weekly activities in a variety of categories including: Fitness, Nutrition, Hydration, Positive Health Habits, Strong Minds, a Unified Champion Schools Challenge and a bonus Resource Fair category! Participants will earn points based on how many of the weekly activities they accomplish. Individuals and teams will submit their points each week to fight their way to the top of the live leaderboard. Participants can earn incentives based on how many weeks they submit their points. Leaderboard champions will be recognized with the ultimate Winter Wellness Cup title at the end of the eight (8) week season. We have also integrated virtual workshops including cooking lessons, crafts, dance, nutrition education and more as part of our Resource Fair. We can't wait for you to get fit & stay healthy with us all winter long!

**Rocket League** is a free, downloadable game on most consoles! This exciting game is a 3 x 3 modified indoor soccer match where each player can customize the vehicle that will be used in the arena.

Those who wish to participate must already have a console and the ability to play online. Competitors can sign up with their existing team of 3. If they do not have a team, they will be assigned one after registration.

There are two different types of teams: Traditional, which consists of 3 athletes and Unified, which consists of 2 athletes and 1 unified partner. There will be both Community Unified teams and UCS teams!

Competitors must be available on March 6th and 7th. On March 6th teams will play in a round robin pool-play type format. At the end of the day on March 6th teams will be divisioned and bracketed for the final knockout rounds on March 7th. All matches will last 5 minutes and will be a best of five format. Games that are tied at the end of regulation will go into a sudden death overtime.