



2022 WINTER SEASON

Start of the Season is November 22



**Special
Olympics**
Washington

Winter Events & Programs



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WINTER SEASON OFFERINGS

Special Olympics Washington is excited to announce the continuation of in-person training and competition this winter season! Beginning November 22, we will be offering the following in-person competitive sports:

- Basketball
- Cheerleading
- Figure Skating
- Speed Skating
- Alpine Skiing
- Snowboarding
- Cross Country Skiing
- Snowshoeing
- Esports (Rocket League)

These sports will conclude with a modified in-person competitions across the state pending local and state health regulations.

Modified may mean that competition will not be how you have experienced it in previous years. The structure and modifications for these competitions will be published on November 30 and will be communicated via email and social media.

Additional Sports Offerings

To ensure every athlete has an opportunity to participate, teams may select an alternative sport in place of a winter sport listed above if, for example, they are not able to secure a facility or feel participation would increase by selecting a different sport. Special Olympics Washington will not host a region or state competition for alternative sports but will provide the resources and COVID protocols to ensure a safe and positive experience for all. Registration for these sports can be done through the Winter Season registration portal that will also be used to register for competitive winter sports.

Non-Competitive Sports for Winter Season

- Bowling
- Volleyball
- Athletics
- Bocce
- Gymnastics
- Walking Club
- Fit 5

Athletes and Unified partners may participate in (1) one in-person sport along with a health component and virtual event for the Winter season.

Special Olympics Washington will continue to monitor the status of COVID-19 and will be acting under guidance and advice from the CDC, the Washington State Department of Health, and local health authorities. Please be advised that participation and/or events are subject to change or cancellation at any time. Safety is our highest priority.



BASKETBALL REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 14, 2021**
 - Upload [Participation Roster](#) for each sport

2. Athlete Forms Due: **January 11, 2022**
 - [Athlete Medical Form](#) (Expires after 3 years)
 - [Spanish Athlete Medical Form](#) (Expires after 3 years)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

3. Unified Partner Forms Due: **January 11, 2022**
 - [Unified Partner Registration Form](#) (Expires after 3 years)
 - [Background Check](#) (if 18+) (Expires after 3 years)
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

4. Coach Forms Due: **January 11, 2022**
 - [Background Check](#) (if 18+) (Expires after 3 years)
 - [Protective Behaviors](#)
 - Sports Specific Training
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

5. Team Basketball
 - Required** for Team Competition
 - Use [Individual BSAT form](#) to gather numbers for the final roster
 - Transfer total individual score from individual BSAT to final roster

6. For Individual Skills
 - Use the [Individual Skills Score Sheet](#) to determine qualifying score
 - Transfer total individual score from individual score sheet to final roster

7. Complete Online [Final Registration](#) Due: **January 11, 2022**
 - Attach **“Final Roster”**
 - Final date to submit Athlete Medical Forms for participation

Notes: An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete AFP or Partner Release form and registration deadlines) are not met.



BASKETBALL REGISTRATION RULES & CODES

- 1) Athletes may participate in one event
- 2) All basketball team entries must be identified by a team name
- 3) The age of the oldest team member determines the age group in which a team competes
- 4) Events identified with ** are designed for athletes with lower availability levels
- 5) Athletes using wheelchairs and assisted walking devices are eligible for individual and team skills only due to safety concerns
- 6) Scrimmages: teams and programs are encouraged to participate in 3-4 scrimmages throughout the season and prior to major competitions. We understand that in some cases, this can be difficult to facilitate. Scrimmages can come in many different forms: inner squads or practicing against another team in your program, entering your team into a recreational league to get more games, working with other programs to organize invitationals or league plays prior to each season, etc. There are many ways to get creative!
- 7) Roster sizes: Team rosters must have a minimum of 5 players and a maximum of 10 players

EVENTS

Basketball Individual Skills Competition**
Team Skills Competition**

Special Olympics Team Competition - Juniors (8-15)
Special Olympics Team Competition - Seniors (16-21)
Special Olympics Team Competition - Masters (22+)

Unified® Team Competition - Juniors (8-15)
Unified® Team Competition - Seniors (16-21)
Unified® Team Competition - Masters (22+)



ALPINE & SNOWBOARDING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 14, 2021**
 - Upload [Participation Roster](#) for each sport

2. Athlete Forms Due: **January 11, 2022**
 - [Athlete Medical Form](#) (Expires after 3 years)
 - [Spanish Athlete Medical Form](#) (Expires after 3 years)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

3. Unified Partner Forms Due: **January 11, 2022**
 - [Unified Partner Registration Form](#) (Expires after 3 years)
 - [Background Check](#) (if 18+) (Expires after 3 years)
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

4. Coach Forms Due: **January 11, 2022**
 - [Background Check](#) (if 18+) (Expires after 3 years)
 - [Protective Behaviors](#)
 - Sports Specific Training
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

5. Complete Online [Final Registration](#) Due:
 - a. East Region - **January 18, 2022**
 - b. Westside – **January 25, 2022**
 - Attach **“Final Roster”**
 - Final date to submit Athlete Medical Forms for participation

Notes: An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete AFP or Partner Release form and registration deadlines) are not met.



ALPINE SKIING REGISTRATION RULES & CODES

- 1) Athletes may participate in up to three events
- 2) A level of competition (N, I, or A) and qualifying time must be submitted for all athletes entered. **Placement of athletes in proper levels is important**
- 3) Unified® races shall consist of one Special Olympian and one Partner skiing together with the results determined by the average of each competitor's time
- 4) **Athletes and Partners may not participate in like events. i.e. ... may not participate in Slalom and Unified® Slalom. Downhill and Unified® Downhill**
- 5) Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events
- 6) Finish time for the downhill competition is determined by the time of one run
- 7) Finish time for the slalom and giant slalom competition is determined by the combined time of two runs
- 8) Unified Partners need to attend all practices and competitions in order to participate on the team. State Games: Partners must be present and compete for preliminary times that are scheduled. No time will be scheduled outside of preliminary rounds on Friday. Unified Partners are considered Athletes and are held to the same expectations as everyone on the roster
- 9) All Athletes and Unified Partners must participate in any and all qualifying rounds or preliminary rounds in order to compete in the Games

EVENTS

Glide Event **

10 Meter Ski Race **

Slalom (Novice, Intermediate & Advanced)

Unified® Slalom (Novice, Intermediate & Advanced)

Giant Slalom (Novice, Intermediate & Advanced)

Unified® Giant Slalom (Novice, Intermediate & Advanced)

Downhill (Novice, Intermediate & Advanced)

Unified® Downhill (Novice, Intermediate & Advanced)



SNOWBOARDING REGISTRATION RULES & CODES

- 1) Athletes may participate in up to three events
- 2) A level of competition (N, I, or A) and qualifying time must be submitted for all athletes entered. **Placement of athletes in proper levels is important**
- 3) Unified® races shall consist of one Special Olympian and one Partner snowboarding together with the results determined by the average of each competitor's time
- 4) **Athletes and Partners may not participate in like events. i.e. ... may not participate in Slalom and Unified® Slalom. Super G and Unified® Super G**
- 5) Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events
- 6) Finish time for the Super G competition is determined by the time of one run
- 7) Finish time for the slalom and giant slalom competition is determined by the combined time of two runs
- 8) Unified Partners need to attend all practices and competitions in order to participate on the team. State Games: Partners must be present and compete for preliminary times that are scheduled. No time will be scheduled outside of preliminary rounds on Friday. Unified Partners are considered Athletes and are held to the same expectations as everyone on the roster
- 9) All Athletes and Unified Partners must participate in any and all qualifying rounds or preliminary rounds in order to compete in the Games

EVENTS

Glide Event **

Slalom (Novice, Intermediate & Advanced)

Unified® Slalom (Novice, Intermediate & Advanced)

Giant Slalom (Novice, Intermediate & Advanced)

Unified® Giant Slalom (Novice, Intermediate & Advanced)

Super G (Novice, Intermediate & Advanced)

Unified® Super G (Novice, Intermediate & Advanced)



CROSS COUNTRY & SNOWSHOEING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 14, 2021**

- Upload [Participation Roster](#) for each sport

2. Athlete Forms Due: **January 11, 2022**

- [Athlete Medical Form](#) (Expires after 3 years)
 [Spanish Athlete Medical Form](#) (Expires after 3 years)
 Athlete & Parent/ Guardian Signature and Date – **Required**
 Physician Signature and Date – **Required**
 [COVID Code of Conduct](#) (does not expire)
 [COVID Waiver](#) (does not expire)

3. Unified Partner Forms Due: **January 11, 2022**

- [Unified Partner Registration Form](#) (Expires after 3 years)
 [Background Check](#) (if 18+) (Expires after 3 years)
 [COVID Code of Conduct](#) (does not expire)
 [COVID Waiver](#) (does not expire)

4. Coach Forms Due: **January 11, 2022**

- [Background Check](#) (if 18+) (Expires after 3 years)
 [Protective Behaviors](#)
 Sports Specific Training
 [COVID Code of Conduct](#) (does not expire)
 [COVID Waiver](#) (does not expire)

5. Complete Online [Final Registration](#) Due: **January 25, 2022**

- Attach **“Final Roster”**
 Final date to submit Athlete Medical Forms for participation

Notes: An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete AFP or Partner Release form and registration deadlines) are not met.



CROSS COUNTRY REGISTRATION RULES & CODES

- 1) Athletes may participate in up to two events and a relay
- 2) A qualifying time must be submitted for all athletes and partners entered
- 3) All Athletes and Unified Partners must participate in any and all qualifying rounds or preliminary rounds in order to compete in the Games
- 4) Unified Partners need to attend all practices and competitions in order to participate on the team. State Games: Partners must be present and compete for preliminary times that are scheduled. No time will be scheduled outside of preliminary rounds on Friday. Unified Partners are considered Athletes and are held to the same expectations as everyone on the roster
- 5) Special Olympics and Unified® races of the same distance will be contested at the same time, therefore an athlete cannot be in both. (i.e. 1K Special Olympics race and 1K Unified race)
- 6) Unified® relay teams shall consist of two Special Olympians and two Partners. The order of racing is left up to the coaches' decision
- 7) Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events
- 8) If there are not enough athletes to properly division separate Classical and Free Technique events of similar distances, the events shall be combined and follow Free Technique Rules

EVENTS

- 10 Meter Ski Race** - Classical Technique
- 25 Meter Ski Race** - Classical Technique
- 50 Meter Ski Race** - Country Skiing Race - Classical Technique
- 100 Meter Race** - Country Skiing Race - Classical Technique
- 500 Meter Race – Country Skiing Race
- 1 Kilometer Race – Country Skiing Race
- 2.5 Kilometer Race – Country Skiing Race
- 5 Kilometer Race – Country Skiing Race
- 7.5 Kilometer Race – Country Skiing Race
- 10 Kilometer Race – Country Skiing Race
- 4 x 1 Kilometer Relay Race – Country Skiing Relay
- 4 x 1 Kilometer Unified® Relay Race – Country Skiing Relay



SNOWSHOEING REGISTRATION RULES & CODES

- 1) Athletes may participate in up to two events and a relay
- 2) A relay team consists of four competitors
- 3) Unified relay teams shall be made up of two Special Olympics athletes and two Unified partners. The order of racing is left up to the coaches' decision
- 4) Relay teams must have a "team name" assigned to them on final registration
- 5) A qualifying time must be submitted for all athletes and partners entered
- 6) Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events
- 7) The Official Special Olympics Rules shall govern all Special Olympics Snowshoeing competitions. Special Olympics, Inc. is the International Governing Body for Snowshoeing

EVENTS

25 Meter Race **
50 Meter Race **
100 Meter Race
200 Meter Race
400 Meter Race
800 Meter Race
1600 Meter Race
5K Meter Race
10K Meter Race
4 x 100 Meter Relay Race
4 x 200 Meter Relay Race
4 x 400 Meter Relay Race
4 x 100 Meter Unified Relay Race
4 x 200 Meter Unified Relay Race
4 x 400 Meter Unified Relay Race



FIGURE & SPEED SKATING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 14, 2021**
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2. Athlete Forms Due: **January 11, 2022**
 - [Athlete Medical Form](#) (Expires after 3 years)
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4. Coach Forms Due: **January 11, 2022**
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 - [Protective Behaviors](#)
 - Sports Specific Training
 - [COVID Code of Conduct](#) (does not expire)
 - [COVID Waiver](#) (does not expire)

5. Complete Online [Final Registration](#) Due: **January 25, 2022**
 - Attach **"Final Roster"**
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Notes: An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete AFP or Partner Release form and registration deadlines) are not met.



FIGURE SKATING REGISTRATION RULES & CODES

- 1) Athletes may participate in up to three of the events listed below
- 2) A level of competition must be submitted for all athletes entered
- 3) When registering, athletes must be registered for Compulsory and Free Competition together when choosing events

EVENTS

Singles Compulsory Competition (Levels 1 - 5)

Singles Freestyle Competition (Levels 1 - 5)

Ice Dancing (Levels 1 - 3)

Unified® Ice Dancing (Levels 1 - 3)

Pair Skating (Levels 1 - 2)

Unified® Pairs Skating (Levels 1 – 2)



SPEED SKATING REGISTRATION RULES & CODES

- 1) Athletes may participate in up to three of the events listed below
- 2) A qualifying time must be submitted for all athletes entered
- 3) Events identified with ** are designed for athletes with lower ability levels who are unable to participate in the other events

EVENTS

25 Meter Straight Race**
55 Meter Half Lap Race**
111 Meter Race
333 Meter Race
500 Meter Race
777 Meter Race
1000 Meter Race
1500 Meter Race
3000 Meter Relay
3000 Unified® Relay
1500M Unified® 4-person Short Track
4X500M 4000 Meter Unified® Relay



CHEERLEADING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 14, 2021**
 - Upload [Participation Roster](#) for each sport

2. Athlete Forms Due: **January 11, 2022**
 - [Athlete Medical Form](#) (*Expires after 3 years*)
 - [Spanish Athlete Medical Form](#) (*Expires after 3 years*)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
 - [COVID Code of Conduct](#) (*does not expire*)
 - [COVID Waiver](#) (*does not expire*)

3. Unified Partner Forms Due: **January 11, 2022**
 - [Unified Partner Registration Form](#) (*Expires after 3 years*)
 - [Background Check](#) (if 18+) (*Expires after 3 years*)
 - [COVID Code of Conduct](#) (*does not expire*)
 - [COVID Waiver](#) (*does not expire*)

4. Coach Forms Due: **January 11, 2022**
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 - [Protective Behaviors](#)
 - Sports Specific Training
 - [COVID Code of Conduct](#) (*does not expire*)
 - [COVID Waiver](#) (*does not expire*)

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Notes: An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete AFP or Partner Release form and registration deadlines) are not met.



CHEERLEADING REGISTRATION RULES & CODES

- 1) Athletes may participate in individual performance or team completion but not both. Athletes and Unified Partners may also only participate within one level of one event
- 2) Additionally, teams may be further defined by squad size (small = 5 – 9 members; large = 10-15 members) and Traditional or Unified Sports
- 3) For all Unified Sports® team competition, the number of Special Olympics athletes must be equal to or exceed the number of Unified Partners by one
- 4) Ability is the primary divisioning factor in Special Olympics. In the sport of cheerleading, the ability of an athlete or team is determined by the event in which they are competing (e.g. individual skills, non-mount or tumble, etc)
- 5) The Special Olympics Washington Cheerleading Competition Guide, and SOWA rules and guidelines will govern all cheerleading competitions sanctioned by SOWA. SOWA has adopted the safety guidelines and competition rules developed by the National Federation of High School Athletic Associations (NFHS), and United States AllStar Federation Level 1 (USASF)

EVENTS

Individual Performance

Team non-mount & non-tumble: There are no tumbling, stunts or mounts allowed in this level

Team non-mount: tumbling is allowed in this level, but no stunts or pyramids

Team non-tumble: stunts and pyramids are allowed in this level; however tumbling elements are not

Team mount & tumble: Tumbling, stunts, and pyramids are allowed



ESPORTS(ROCKET LEAGUE) REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **December 14, 2021**
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2. Athlete Forms Due: **January 11, 2022**
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 - [Protective Behaviors](#)
 - Sports Specific Training
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 - [COVID Waiver](#) (does not expire)

5. Complete Online [Final Registration](#) Due: **January 25, 2022**
 - Attach **"Final Roster"**
 - Final date to submit Athlete Medical Forms for participation

Notes: An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete AFP or Partner Release form and registration deadlines) are not met.



ROCKET LEAGUE REGISTRATION RULES & CODES

- 1) Athletes may participate on a Traditional Team or Unified Team, but not both
- 2) Athlete must have their own gaming console, access to internet, and ability to download Rocket League in order to compete
- 3) Consoles required: Xbox, PlayStation, Nintendo, and PC
- 4) Teams must be identified with a specific team name

EVENTS

Traditional 3v3

Unified 3v3



COACHES TRAININGS

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.

2022 Winter Season Registration Coaches Training

Wednesday, December 8, 2021 5:00 PM-6:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/87087614827>

Meeting ID: 870 8761 4827

One tap mobile

+12532158782,,87087614827#



VOLUNTEER REGISTRATION



Special Olympics Washington Volunteers are fundamental to every program and event across the state. Volunteer opportunities range from coaching and program management positions to event volunteers. There is a place for everyone!

Volunteers are required to go through further training and a background check process before all Ongoing Volunteer Roles. To volunteer at events, register using the event applications located on the Event Volunteers page.

Please follow this link to sign up as an Ongoing Volunteer:
<https://sowa-volunteerapp-site.my-trs.com/>

It is vital that ALL volunteers are properly trained and feel equipped to execute the responsibility required of their position. Please take the time to review the information on the [Volunteer Resources Page](#).

Already registered but need to renew your [WSP Background Check](#)? Please fill out the form and submit it to the contacts listed at the top of the form.



COACHES EDUCATION

Tier/Level	Action Items	Time Needed	Renewal Requirements	Cost
Tier 1 – Sports Volunteer (Chaperone)	Online Background Check (SOWA will do background checks on all volunteers) (Good Deed Code: e45cri8)	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
Tier 2 – Head Coach/Assistant Coach Prerequisite – All Tier 1 requirements	Concussion Training	1 hour	N/A	Free
	Certification at a Sport Specific Training School	3 hours	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)			



COACHING TIERS DESCRIPTION

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.

- [Online Background Check](#)
- [Protective Behaviors Quiz](#)
- [Orientation Video / General Orientation Quiz](#)

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](#)
- **In-Person Sport Specific training**
- [Coaching Unified Sports](#) – Only required if program/team is in Unified Sports

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 a Special Olympics Event**
- **Complete a Continued Education Course (Sportsmanship, Principles of Coaching, etc.)**
- **Waiver for Continued Education**



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:

- Lead team meetings
- Help coach technique
- Athlete representative on team decisions
- Motivational/team cheer leader
- Obtain input from team
- Promote leadership amongst teammates

Qualities of a Team Captain:

- Hard Worker
- Encouraging to others
- Trustworthy
- Respects others
- Passionate
- Communicates effectively
- A good role model

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.

The purpose of the Athlete Leadership Program is to empower athletes to develop leadership skills and utilize their voices and abilities to undertake meaningful leadership roles, influence change in the Special Olympics movement and create inclusive communities around the world.

For questions and more information about other leadership opportunities, please contact Initiatives Manager, Leah Shaffner at lshaffner@sowa.org.



EAST REGION CONTACTS LIST



Sr. Manager of Sports & Competition, East Region

Grant Opland

Mailing address: PO Box 727 Colbert, WA. 99005
Email: gopland@sowa.org Phone: 206-231-6014

Sr. Manager of Area Services, East Region

Luke Wall

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ATHLETE CODE OF CONDUCT

Special Olympics is committed to the highest ideals of sport and expects all athletes to honor sport and the mission and vision of Special Olympics. All Special Olympics athletes and Unified Sports® partners agree to the following code:

Sportsmanship

- I will practice good sportsmanship.
- I will act in ways that bring respect to me, my coaches, my team, and Special Olympics.
- I will not use bad language.
- I will not swear or insult other persons.
- I will not fight with other athletes, coaches, volunteers, or staff.

Training & Competitions

- I will train regularly.
- I will learn and follow the rules of my sport.
- I will listen to my coaches and the officials, and ask questions when I do not understand.
- I will always try my best during training, divisioning, and competitions.
- I will not hold back in preliminary competitions just to get into an easier finals competition division.

Responsibility for My Actions

- I will not make inappropriate or unwanted physical, verbal, or sexual advances on others.
- I will not smoke in non-smoking areas.
- I will not drink alcohol or use illegal drugs at Special Olympics events.
- I will not take drugs for the purpose of improving my performance.
- I will obey all laws and Special Olympics rules, the International Federation, and the National Federation/Governing Body rules for my sport(s).

I understand that if I do not obey this Code of Conduct, I will be subject to a range of consequences by my Program or a Games Organizing Committee, up to and including not being allowed to participate.

Name

Athlete or Unified Sports®
Partner *Circle Role*

Date



COACHES CODE OF CONDUCT

Special Olympics is committed to the highest ideals of sport and expects all coaches to honor sport and the mission and vision of Special Olympics. All coaches agree to observe the following:

Respect for Others

- I will respect the rights, dignity, and worth of athletes, coaches, volunteers, friends, and spectators in Special Olympics.
- I will treat everyone equally regardless of gender, ethnic origin, religion, or ability.

Ensure a Positive Experience

- I will ensure that for each athlete I coach, the time spent with Special Olympics is positive.
- I will respect the talent, developmental stage, and goals of each athlete.
- I will ensure each athlete competes in events that challenge that athlete's potential and are appropriate to that athlete's ability.
- I will be fair, considerate, and honest with athletes.
- I will ensure that accurate scores are provided for entry of an athlete into any event.
- I will instruct each athlete to perform to the best of the athlete's ability at all preliminary competitions and finals competition in accordance with the Special Olympics Sports Rules.

Act Professionally and Take Responsibility for My Actions

- My language, manner, punctuality, preparation, and presentation will demonstrate high standards.
- I will display control, respect, dignity, and professionalism to all involved in the sport.
- I will encourage athletes to demonstrate the same qualities.
- I will not drink alcohol, smoke, or take illegal drugs while representing Special Olympics at training sessions or during competition.
- I will refrain from any form of personal abuse towards athletes and other – including verbal, physical, and emotional abuse.
- I will be alert to any form of abuse from other sources directed towards athletes in my care.

Quality Service to the Athletes

- I will seek continual improvement through performance evaluations and ongoing coach education.
- I will be knowledgeable about the Sports Rules and skills of the sport(s) I coach.
- I will provide a planned training program for individual practices and the season.
- I will keep copies of the medical, training, and competition records for each athlete I coach.

Name

Coach or Asst. Coach
Circle Role

Date



FAMILY CODE OF CONDUCT

We hope as family members, you will embrace the spirit of Special Olympics and help to provide a competition and training environment that enhances athlete character and skill development. The following Family Code of Conduct should be emphasized during training, competition, and special events at any level – including SOWA, Area Program, National, Regional and World.

As a Special Olympics family member, I pledge the following:

- I will let my athlete choose the sports in which he/she would like to participate. I will not force my choice upon him/her.
- I will remember that athletes participate to have fun and that the game is for them; not for the family members.
- I will see to it that my athlete's medical form is up-to-date, complete, and on file.
- I will learn the rules of the game and the SOI policies before I complain or protest.
- I (and my guests) will be a positive role model for my athlete and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all athletes, coaches, officials, and spectators at every game, practice, or competition.
- I understand that I play a vital role in the health and safety of my athlete's participation. I have a responsibility to assist Special Olympics in providing for the health and safety of all athletes by reporting suspicious behavior, talking to my child about personal safety, dropping off and picking up my child/guard from Special Olympics events at the times designated by the organization (not excessively earlier or later than said established times), and any and all other reasonable measures to assist in the protection of Special Olympics athletes.
- I (and my guests) will never engage in any kind of unsportsmanlike conduct, such as booing and taunting, refusing to shake hands, or using profane language and gestures with any official, coach, or family member.
- I will never encourage any behaviors or practices that would endanger the health and well-being of the athletes.
- I will teach my athlete to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will demand that my athlete treat other athletes, coaches, officials, and spectators with respect, regardless of race, creed, color, sex, or ability.
- I will teach my athlete that doing one's best is more important than winning, so that my athlete will never feel defeated by the outcome of a game or his/her performance.
- I will praise my athlete for competing fairly and trying hard, and I will make my athlete feel like a winner every time.
- I will never ridicule or yell at my athlete or other participants for making a mistake or losing a competition.
- I will emphasize skill development and practices, and how they benefit my athlete over winning.
- I will also de-emphasize games and competition in lower age groups.
- I will promote the emotional and physical well-being of the athletes ahead of any personal desire that I may have for my athlete to win.



- I will respect the officials and their authority during games and competition, and will never question, discuss, or confront coaches during competitions. Instead, I will take time to speak with coaches at an agreed upon time and place.
- I will demand a sports environment for my athlete that is free from drugs and alcohol, and I will refrain from their use at all sports events and competitions.
- I will smoke/chew tobacco only in designated areas.
- I will refrain from coaching my athlete or other athletes during competitions and practices if I am not the assigned coach.

As a Special Olympics Washington family member, I also understand that if I fail to abide by the aforementioned rules and guidelines, I may be subject to disciplinary action that could include, but may not be limited to, the following:

- Verbal warning by officials, coaches, and/or sub-Program and SOWA personnel
- Game suspension with written documentation of incident kept on file in the SOWA office
- Written warning
- Game forfeit through official or coach
- Season suspension
- Misbehavior Report submitted to Event Director

I hereby certify that I have reviewed, understood, and agreed to this Code of Conduct.

Signature of Family Member

Date

(Print)

Area Leadership Team/sub-Program



DISCIPLINARY ACTIONS

Standards of Behavior

While participating in Special Olympics—whether in transit, during practice, at a competition, or in any associated social activity—participants 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.
- **Category B**
 - Profanity or verbal abuse.
 - Tobacco use in restricted areas.
 - Frequent unexcused absences.
 - Poor personal hygiene.

Disciplinary Measures

In *Category A*, Special Olympics Washington (defined as State staff) reserves the right to immediately suspend any participant, 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 offender.
2. Personal meeting with the offender.
 - 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 participant has the right to appeal, with written plan in place, to improve behavior.



DIVISIONING & ARTICLE 1

The Official Special Olympics Sports Rules provide standards for Special Olympics training and competition. [Article I](#) provides general principles not found in the sport-specific rules and is essential knowledge for all people involved with Special Olympics sports.