

Special Olympics Washington



East Region - Area Leaders

March 13, 2025

Tim's Upcoming Schedule & Travel

Saturday, March 22 * Tri-Cities Polar Plunge

West Plains Snowboarder Joseph Warner earns a Silver Medal in the Giant Slalom at World Games



2025 SPRING SEASON UPDATE – CYCLING: For the 2025 Spring Season, cycling will be offered as a local sport only. Special Olympics Washington defines Local Sport as sport activity, training, or opportunity organized at the community or local level. These activities allow athletes to practice, develop skills, and engage with teammates and coaches outside of official competitions. Local sports can include team practices, scrimmages, and skill-building sessions that help athletes stay active and connected within their community. There will be no competitions or events offered, but there may be opportunities to host your own local event. **ACTION:** Though this is local, Registration is required. All participants and volunteers need to be credentialed. If an emergency or injury happens on site, and individuals are not credentialed, it is the liability of the coach for allowing participants and volunteers to be on site without credentials. Being that cycling is a high risk sport, we ask that coaches firm to ensure safety of all participating parties.

All Spring sports should have received their sports specific email that contains the step by step of the registration process with the dates for each piece. Please save these emails and use them as a resource to understand where you are in the process, as it has changed slightly this season. I also just want to take a second and thank you all for your hard work and dedication to working in the new SOWA portal, I appreciate you all so much!

MONTHLY ALL REGION MEETING

As a result of the poll we did statewide to reevaluate the day and time for the All Region Monthly Meeting, we will be moving it to the third Monday of every month at 6pm. Instead of sending a calendar invite, the link will always be the same and is listed below. It will also be at the bottom of my weekly Southwest Leaders Memo starting next week should you ever need to find it, I will try to send a reminder the week prior as well.

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 215 653 361 676

Passcode: 4or7qc2G

Dial in by phone

+1 469-998-6045,,584658814# United States, Dallas

[Find a local number](#)

Phone conference ID: 584 658 814#

HELPFUL PORTAL RESOURCES

- Quick Tips Videos: [YouTube Playlist](#) ** New Videos Available**
- [Portal 1-Pager Guides](#) for athletes & families on setting up their portal profiles.
- *Note: Guardians/Caregivers should enter their own name and email first when creating a profile.*
- Submit Portal questions here: <https://bit.ly/SOWA-PortalSupport>

UPDATED EAST REGION CALENDAR

- March 17 Start of Spring Season
- March 22 Tri-Cities Polar Plunge
- **March 24 Cycling Intent to Participate is Due**
- March 29 WSU / Whitman County Polar Plunge
- April 7 Soccer Rosters Due
- April 14 Athletics & Swim Rosters Due
- April 21 Bocce & Golf & **Cycling** Rosters Due
- TBA Softball Rosters Due
- May 3 Soccer Regionals – Othello
- May 10 Swimming & Athletics Regionals – Cheney
- May 17 Bocce & Softball Regionals – Tri-Cities
- May 18 Golf Regionals – Spokane
- June 20-22 Spring State Games - Tacoma

The East Region Web Site is your most up to date source for Competition information.

<https://specialolympicswashington.org/east-region-sports/>



Tri-Cities Polar Plunge

Date:
Saturday, March 22

Location:
Columbia Point
Marina Park

Time:
10:00 am - 1:00 pm

WSU * Whitman County Polar Plunge * March 29 * More Information SOON



COP ON TOP Dates

Saturday	June 14	Sunnyside
Sunday	June 15	Yakima
Friday	July 11	Moses Lake
Saturday	July 12	Cheney, Omak & Walla Walla
Saturday	July 19	Colville
Friday	July 25	Deer Park, Pullman

Saturday	July 26	Airway Heights Walmart (West Plains)
Saturday	August 2	Tri-Cities, Spokane (Lilac City)
Saturday	August 9	Quincy, Clarkston, Spokane Valley (Wolfpack)
Saturday	August 16	Pacers – Spokane North & Chelan
Saturday	August 23	Airway Hts. Yokes (West Plains - Michelle)
TBA	TBA	Ellensburg

COP on TOP of COFFEE SHOP

- In 2024, we hosted these events at 3 locations in Pasco & 2 locations in Moses Lake
- In 2025, we plan to expand. Let me know if you are interested in hosting in your city

EMPHASIS on ATHLETE SUPERVISION at OVERNIGHT EVENTS: At Spring State Games, we experienced higher than normal incidents of Athletes getting lost on the PLU campus, and being under supervised in the Dorms and at the Dance. The safety of our Athletes is the #1 priority. In the near future, we will be putting together supervision guidelines for our Coaches & Chaperones.

EMPHASIS ON ELIMINATING TRASH TALKING: We expect all those associated with Special Olympics to be respectful to each other. We need to get rid of negative statements or actions between opposing players and coaches – ON and OFF the field. This includes taunting, baiting, berating opponents, trash-talking, or actions which ridicule, threaten, or cause embarrassment to them. Coaches & Program Coordinators – Please address this with your teams. Repeat offenders will be subject to sanctions listed in the Special Olympics Code of Conduct.

EMPHASIS ON LESS CONTACT IN SPORTS: Thanks for your efforts with this initiative. At Soccer Regional & State Competitions, we observed far less contact than in previous seasons. We still have a ways to go, but are making solid progress.

UPDATED - EAST REGION CHALLENGE – T-SHIRT DESIGN & SIZE REQUEST COMING SOON

let's build a wheelchair! We were originally connected with a non-profit in the Midwest that was going to recycle the tabs and give us the money to then purchase wheelchairs. We have been collecting so many, that it makes more sense to recycle them here in the Northwest – so we created a new non-profit to host the collection. An Eastern Washington non-profit * Wheels for the West * collects plastic bread tabs to make wheelchairs ... ok, they recycle the tabs to make money for wheelchairs. The Whitman County Cougars Special Olympics Team is collecting for this foundation, and we need your help!!

Facebook Page <https://www.facebook.com/share/14f3MBAMTy/?mibextid=wwXlfr>

May 10, 2025 Regionals for Swimming and Track & Field at Eastern Washington University in Cheney
We will have our first collection event here

ATHLETES – we challenge you to collect as many tabs as you can, and you can win a T-shirt!

- Each athlete who collects 100 tabs earns a T-shirt!
- First collection will be at Spring Swimming & Athletic Regionals in Cheney, WA * May 10, 2025
- You do not have to attend the Games; your tabs can be brought by a coach or fellow athlete.



100 of these cool little plastic tabs = one of these cool little t-shirts

(designs vary according to stock & sizes on hand)

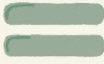
Bread Tab Collection!

Help Special Olympics Washington collect bread tabs to fund for a wheelchair! Please contact Lauren or Deb with any questions!

Lauren.wille@wsu.edu & whitcospecialo@gmail.com

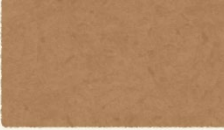


1 wheelchair



250,000 tabs

Local Tab Collector:



Helpful hint – 100 tabs weighs @ 1.3 ounces, so we will award T-shirts according to weight since we will not be able to count every bag at the Regional Tournament. So, 500 tabs will weigh 6.5 ounce