

Special Olympics Washington



East Region - Area Leaders

March 19, 2025

Tim's Upcoming Schedule & Travel Saturday, March 22 * Tri-Cities Polar Plunge

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
- March 31 Statewide Meeting for Athletics & Swimming – Invite Sent Soon
- April 1 Statewide Meeting for Soccer – Invite Sent Soon
- April 3 Statewide Meeting for Bocce – Invite Sent Soon
- April 7 Soccer Rosters Due
- April 14 Athletics & Swim Rosters Due
- April 21 Bocce & Golf & **Softball & 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

IMPORTANT REMINDERS

- Missed our March Region Call? Find recording [here](#) and slides [here](#)
- Spring Season Packet is now available (find attached)
- Sport Factsheets and schedules are on the East Region Web Site, your most up to date source for Competition information. <https://specialolympicswashington.org/east-region-sports/>

SPRING COACHES MEETINGS – Invites will be sent out soon


- March 31st - Statewide Athletics Coaches Meeting
- March 31st – Statewide Swimming Coaches Meeting
- April 1st - Statewide Soccer Coaches Meeting
- April 3rd - Statewide Bocce Coaches Meeting

SPRING VOLUNTEER OPPORTUNITIES

Spring Season is here and we are looking for 5000+ volunteers to support your local competitions across the state! Have family, friends or co-workers interested in supporting? Find opportunities below or learn more here: <https://specialolympicswashington.org/event-volunteers/>

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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>

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

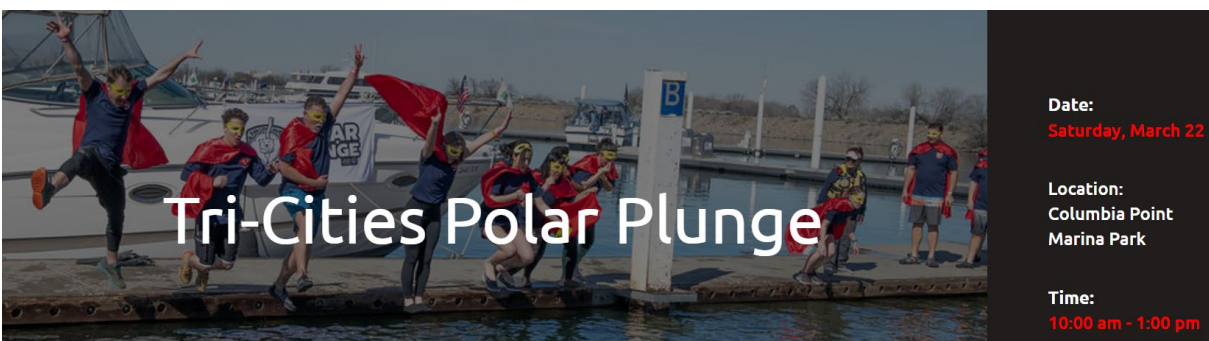
Passcode: 4or7qc2G

Dial in by phone

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

[Find a local number](#)

Phone conference ID: 584 658 814#



WSU * Whitman County Polar Plunge * March 29

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

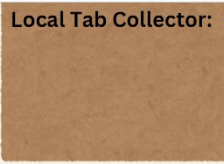


1 wheelchair



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