

Special Olympics Washington



East Region - Area Leaders

April 4, 2025

Tim's Upcoming Schedule & Travel No Travel This Week

UPDATED EAST REGION CALENDAR

- April 3 Statewide Meeting for Bocce – (see information below)
- April 7 Soccer Rosters Due
- April 14 Athletics & Swim Rosters Due
- April 21 Bocce & Golf & Softball & Cycling Rosters Due
- May 3 Soccer Regionals – McFarland Middle School in Othello
- May 10 Swimming & Athletics Regionals – Cheney
- May 17 Bocce Regionals – McFarland Middle School in Othello
- May 18 Golf Regionals – The Plains Golf Course in Cheney
- June 20-22 Spring State Games – Tacoma

BOCCE COACH MEETING - April 3 * 5:30 pm - Head into your regional BOCCE competition better prepared! This meeting (see link below) includes, but not limited to:

- Where and how to submit your "sport specific" information during FINAL REGISTRATION - BSATS, Team names, etc.
- BOCCE Highlighted and Modified Rules: Overview of the most common rules ...and what rules are modified for SOWA's purposes.

NOTE: This is a Sports-related meeting and will not cover PROFILE-related issues.

CLICK ON LINK: <https://us02web.zoom.us/j/87656982634>

Whitman County / WSU Polar Pop & Polar Plunge




Spring Registration Clarifications and Updates and Deadlines

- Competition Registration Roster Due Date – roster submitted must include:
- Must have a profile at the time of submission to be included in the competition
- All names must be submitted to be included in the competition

- Must include first and last name, DOB, role
- Confirmation emails from Dynamics
- This means that the participant has been added to your group/visible to you.
- This does not confirm that they are cleared for the competition.
- Please verify in your Coach Zone and/or your clearance report to confirm this.
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- **Rosters Due – HARD DEADLINE** – No late submissions can be accepted
 - Soccer (ER): Monday, April 7
 - Athletics (ER): Monday, April 14
 - Swim (ER): Monday, April 14
 - Bocce (ER): Monday, April 21
 - Golf (ER): Monday, April 21
 - Softball (ER): Monday, April 21
 - Recreational Cycling: Monday, April 21
- **Clearance Report + Rosters Returned**
 - Soccer (ER): Monday, April 14
 - Athletics (ER): Monday, April 21
 - Swim (ER): Monday, April 21
 - Bocce (ER): Monday, April 28
 - Golf (ER): Monday, April 28
 - Softball (ER): Monday, April 28
 - Recreational Cycling: Monday, April 28
- **Clearance Due**
 - Athletes who are not cleared by this date will be scratched from competition.
 - This is the time to add your sports information
 - Soccer (ER): Thursday, April 17
 - Athletics (ER): Thursday, April 24
 - Swim (ER): Thursday, April 24
 - Bocce (ER): Thursday, May 1
 - Golf (ER): Thursday, May 1
 - Softball (ER): Thursday, May 1
 - Recreational Cycling: Thursday, May 1
- **SOWA Returns Roster For Sports Information Edits**
 - Soccer (ER): Monday, April 21
 - Athletics (ER): Monday, April 28
 - Swim (ER): Monday, April 28
 - Bocce (ER): Monday, May 5
 - Golf (ER): Monday, May 5
 - Softball (ER): Monday, May 5
 - Recreational Cycling:
- **Final Sports Information Due**
 - Soccer (ER): Wednesday, April 23
 - Athletics (ER): Wednesday, April 30
 - Swim (ER): Wednesday, April 30
 - Bocce (ER): Wednesday, May 7
 - Golf (ER): Wednesday, May 7
 - Softball (ER): Wednesday, May 7
 - Recreational Cycling: Wednesday, May 7
- **Final Delegation Report**

- Soccer (ER): Monday, April 28
- Athletics (ER): Monday, May 5
- Swim (ER): Monday, May 5
- Bocce (ER): Monday, May 12
- Golf (ER): Monday, May 12
- Softball (ER): Monday, May 12
- Recreational Cycling: Monday, May 12
- **Event Date**
 - Soccer (ER): Saturday, May 3
 - Athletics (ER): Saturday, May 10
 - Swim (ER): Saturday, May 10
 - Bocce (ER): Saturday, May 17
 - Golf (ER): Sunday, May 18
 - Recreational Cycling: N/A

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>

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/>

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#

COP ON TOP Dates

Saturday	June 14	Sunnyside
Sunday	June 15	Yakima
Saturday	July 12	Cheney, Omak & Walla Walla
Friday	July 18	Moses Lake
Saturday	July 19	Tri-Cities
Friday	July 25	Deer Park, Pullman
Saturday	July 26	Colville, Airway Heights Walmart (West Plains)
Saturday	August 2	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

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

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