

NW Spring Season Meeting

March 8, 2022

6pm

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Special Olympics
Washington





HELLO
·A·N·D·
Welcome

Agenda



- Quick Resources
- Season Timeline
- Chris Pratt Fund
- School of Strength (*Virtual Opportunity*)
- Fit 5
- Med-Fest (*King County Opportunity*)
- Registration Training
- Questions
- Northwest Regional Competition Dates



Quick Resources



[Northwest
Region Sports
Page](#)

[Return to
Activities
Webpage](#)

[NW Spring
Season
Registration
Packet](#)

[Spring Season
Registration
Portal](#)

[Spring Season
RTA Guide](#)

Chris Pratt Fund Information



- The Chris Pratt Sustainability Fund exists to provide financial support to programs and teams in need of 'one-time-only' or non-regular expenses.
- Deadlines to Apply:
 - 1st Round – CLOSED
 - 2nd Round – Thursday, March 10 (receive notification by Monday, 3/24)
- [APPLY HERE](#)



Northwest Region Season Timeline

- March 7 – Start of Spring Season
- March 14 – School of Strength Challenge Begins (*Virtually*)
- **March 15** – Pre-Registration is Due (PPE Kit Order in)
- **April 12** – Athletics & Swimming Final Registration is Due (no extensions)
- **April 15** – Delegation Reports out for revisions (*Swimming*) send corrections by **April 18**
- **April 19** – Soccer & Powerlifting Final Registration is Due
- April 22 – School of Strength Challenge Ends (*Virtually*)
- **April 22** – Delegation Reports out for revisions (*Athletics*) send corrections by **April 25**
- **April 25** – Delegation Reports out (*Soccer*) Brackets sent to teams **April 29**
- **May 2** – Delegation Reports out for revisions (*Powerlifting*) send corrections by **May 9**
- **May 3** – Cycling Registration is Due
- **May 19** – State Games Registration is Due

SPRING FITNESS CHALLENGE

MARCH 14 - APRIL 22, 2022

1



Exercise to the School of Strength videos online or using your DVD.
www.specialolympics.org/school-of-strength

2



Use the [Fitness Tracker](#) to record your progress every day.

3



[Submit a photo](#) of your Fitness Tracker for weeks 1-4 by April 8th to receive a running belt!

4



[Submit a photo](#) of your Fitness Tracker for weeks 5-6 by April 22nd to receive a t-shirt!



Athletes who complete the [Lifestyle Survey](#) and ALL 6-weeks of the challenge will be entered to win a custom SOWA duffle bag and an XBOX One X!

Fit 5



Special Olympics Washington athletes aim to meet three goals:



Drink 5 bottles of water a day



Eat 5 servings of fruits and vegetables a day



Exercise 5 times a week



King County MedFest!



As part of Healthy Athletes, MedFest provides a free sports physical exam for new athletes **and** returning athletes who have expiring medical forms!

- North King County: Saturday, April 16 (location TBD)
- South King County: Sunday, April 17 (location TBD)

Steps for an athlete to register:

1. Complete Health History [here](#)
2. Schedule an appointment [here](#)



Participant Roster



The spreadsheet is titled "Participant Roster" and contains the following sections:

- Program Information:** A form with fields for "Area", "Program Name", and "Sport" (all highlighted in yellow). It also includes a "Type" section with radio buttons for "Traditional (non unified)", "Community Unified", and "Unified Champion School".
- Instructions:** A yellow box containing text: "Please submit a roster of all Athletes, Unified Partners to confirm that the SOWA office has the updated forms that are required for participation. All Head Coaches, Assistant Coaches, Chaperones (18+), and Unified Partners (18+) must complete a WSP background check and be documented on this roster."
- Data Table:** A table with columns: #, Person Type, First Name, Last Name, Date of Birth, Gender, and Active Status. The first row is partially filled with yellow and orange cells.
- Key:** A legend table with columns "Color" and "Meaning":

Color	Meaning
Yellow	Drop Down List
Orange	Format Protected
Red	Free Type
Red	Check Box
- Navigation Tabs:** Located at the bottom, with a red arrow pointing to the "Roster" tab.

- Many cells require information to be selected from a drop-down list or in a specific format
- Whenever possible include Date of Birth
- Do not use nicknames
- Complete as much information as possible. More information here will result in a faster and more accurate return on the individual form results report
- Once complete submit through the Seasonal Registration Portal

Final Registration Submission Form



Final Registration Submission Form										Program Information		Area: Other		Program Name: Golden Girls		Sport: Athletics										
#	Final Reg	Person Type	First Name	Last Name	Date of Birth	Gender	New or Returning	Clearance	Team/Partner Group/Relay Name #1	Event Code #1	Individual #1	Team #1	Notes #1	Team/Partner Group/Relay Name #2	Event Code #2	Individual #2	Team #2	Notes #2	Event Code #3	Individual #3	Team #3	Notes #3	Event Code #4	Individual #4	Team #4	Notes #4
1	Yes	Assistant Coach	Rose	Nylund	1/17/1922	F	Returning	Not Fully Certified																		
2	Yes	Head Coach	Sophia	Petrillo	7/25/1924	F	Returning	Clear																		
3	Yes	Athlete	Dorothy	Zbornak	5/13/1923	F	Returning	Clear	Relay Team 1	Relay: 4 x 100 Meter Relay	1:45															
4	Yes	Athlete	Blanche	Devereaux	2/21/1935	F	Returning	Not Fully Certified	Relay Team 1	Relay: 4 x 100 Meter Relay	1:45															
5	No	Athlete	Stanley	Zbornak	11/5/1933	M	Returning	Not Participating																		
6	Yes	Athlete	Miles	Webber	12/10/1923	M	New	Clear	Relay Team 1	Relay: 4 x 100 Meter Relay	1:45															
7	Yes	Athlete	Monte	Markham	8/6/1966	M	New	Clear	Relay Team 1	Relay: 4 x 100 Meter Relay	1:45															
8																										
9																										
10																										
11																										
12																										

- The Final Roster will be provided to programs once Pre-Registration has ended. The Roster will come including the participants from the Participant roster with the ability to opt participants into final registration.
- Your roster may have different Event slots based on sport type.
- Begin the form by selecting "Yes" or "No" in the Final Registration Column. **Do not enter event information for people that you have not selected participation status for.**
- Do not delete people or reorganize your list. This will miss-align the clearance information. You may add additional participants at the end of the Roster.
- Details regarding forms will be listed in the Individual Form Results tab.

Regionals Information



23 April

NW Region Swimming
Competition @ **Weyerhaeuser
King County Aquatic Center**



7 May

NW Region Soccer Competition
@ **Lynnwood High School**



NW Region Athletics
Competition @ **Marysville
Pilchuck High School**



1 May

NW/SW Region Powerlifting
Competition @ **Washington
Athletic Club**



14 May



Sport Specific Coaches Meetings



13 April



NW Region Swimming Coaches Call @ 6pm

Join Zoom Meeting

<https://us02web.zoom.us/j/83585391638>

Meeting ID: 835 8539 1638



27 April



NW Region Soccer Coaches Meeting @ 6pm

Join Zoom Meeting

<https://us02web.zoom.us/j/85097504437>

Meeting ID: 850 9750 4437



NW Region Athletics Coaches Call @6pm

Join Zoom Meeting

<https://us02web.zoom.us/j/89751208441>

Meeting ID: 897 5120 8441



19 April



4 May

NW/SW Region Powerlifting Coaches Meeting @ 6pm

Join Zoom Meeting

<https://us02web.zoom.us/j/88340159973>

Meeting ID: 883 4015 9973



Reach out if you need anything!



**Thank
you!**