

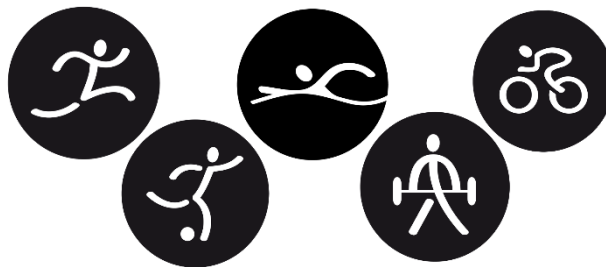


Special Olympics Washington Spring Sports and Competition Offerings

February 1, 2022

Special Olympics Washington is excited to announce the continuation of in-person training and competition this spring season! Beginning March 7, we will be offering the following in-person competitive sports:

- Athletics
- Soccer
- Swimming
- Powerlifting
- Cycling



Spring Season COVID protocols for practices will be published and communicated on February 15.

Programs are encouraged to start securing practice facilities, communicating with their teams on what they intend to offer and begin verifying individual paperwork. Athlete and Unified partner registration packets can be found [here](#) under “General Resources for All.”

Regional and State Games Competitions

- Athletics — Regional and State Games
- Soccer — Regional and State Games
- Swimming — Regional and State Games
- Powerlifting — Regional and State Games
- Cycling — State Games

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

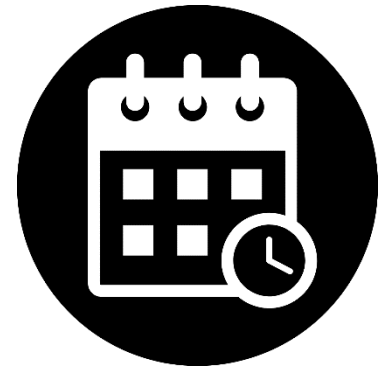
Modified may mean that competition will not be how you have experienced it in previous years. The structure and modifications for these competitions will be published on March 15 and will be communicated via email and social media.

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.

Timeline for Spring Season

- February 15 – Spring Season COVID protocols published
- March 7 – Start of Spring Season
- March 15 – Competition Structure and Modifications Published
- March 15 – Pre-Season Registration Due – all community-based teams
- April 12 – Athletics and Swimming Final Registration Due
- April 19 – Soccer and Powerlifting Final Registration Due
- May 3 – Cycling Final Registration Due
- May 19 – State Games Registration Due

Spring Season Registration [Portal](#)



Competition Schedule

- April 23 – Northwest Regional Swimming Competition, KCAC
- April 24 – Southwest Regional Swimming Competition, KCAC
- April 30 – Northwest Regional Athletics Competition
- May 1 – Southwest Regional Athletics and Soccer Competition
- May 7 – East Regional Athletics, Swimming, and Powerlifting Competitions, EWU
- May 7 – Northwest Regional Soccer Competition
- May 14 – Northwest Regional Powerlifting Competition
- May 14 – East Regional Soccer Competition
- June 3 – 12 – Special Olympics USA Games in Orlando
- June 17 – 19 – State Spring Games (PLU, JBLM, KCAC)



Unified Champion Schools Schedule

- February 15 – Spring Season COVID Protocols published
- March 7 – Start of Spring Season
- March 15 - Unified Schools Soccer Pre-Registration Due
- April 23 - Unified Schools Soccer League Play
- April 30 – Unified Schools Soccer League Play
- May 2 – Unified Schools Final Registration Due
- May 7 – Unified Schools Soccer League Play
- May 14 - Unified Schools Soccer Districts- State-Wide
- May 18 - Unified Schools Soccer State Games Registration Due
- May 28 - Unified Schools High School Soccer State Championship
- June 3 – 12 – USA Games
- June 17 – 19 – State Spring Games (PLU, JBLM, KCAC)

Spring Season Unified Champion Schools Registration [Portal](#)



Additional Sports Offerings

To ensure every athlete has an opportunity to participate, teams may select an alternative sport in place of a spring 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 regional 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 spring season registration portal that will also be used to register for competitive and non-competitive sports.

Alternative Sports for Spring Season

- Bowling
- Volleyball
- Bocce
- Gymnastics
- Flag Football

In-Person Fitness & Wellness Programming:

Special Olympics Washington athletes and teams can take the next steps to become healthier and improve their athletic performance by participating in the **Fit 5** program. Fit 5 is a flexible program that provides tips and information to lead a healthy lifestyle. Fit 5 is ideally implemented during team sports practices.

Virtual Fitness & Wellness Programming:

We are excited to present a new and exciting **School of Strength Challenge** for individuals and groups to complete virtually. Stay tuned for more details!

Athletes and teams will receive incentives for tracking their goals! Register as an individual or group for a Fitness & Wellness Program through the Spring Season Registration Portal:

- Community Program Registration [Portal](#)
- Unified Champion Schools Registration [Portal](#)



Special Olympics Washington is working hard to develop our COVID protocols and modifications for this Spring Season to ensure a safe and meaningful experience for all participants. We look forward to another successful season and are grateful for our athletes, coaches, and volunteers for ensuring our athletes are getting back on the fields with their teammates!

For questions or more information about Spring Season, please contact:

Stephen Opland, Director of Competition and Operations
sopland@sowa.org