



### Virtual Fall Games Opportunities

To sign up for these roles, please visit: <https://virtualvol.my-trs.com/> or e-mail [arider@sowa.org](mailto:arider@sowa.org).

- **Virtual Unified Partner**
  - Sign up to compete right alongside (remotely) an athlete competing in the Virtual Fall Games!
  - Volunteers will be assigned to compete in a Unified Competition with an athlete/group of athletes who do not have a Unified Partner.
  - Unified Partner opportunities include our Stride Challenge, Football Team Pass, Basketball Free Throw Shootout, Volleyball Bump-Set-Spike, and our Cycling competitions.
  - Virtual Unified Partners are encouraged to check in with athletes to talk about training plans, offer encouragement, and support with submission of results.
  - **A background check is required to be a Virtual Unified Partner**
- **Virtual Coach**
  - Sign up to help athletes along the way as they train and compete for the Virtual Fall Games. After signing up, volunteers will receive a virtual coaching training course to learn more about the process.
  - Volunteers will then be assigned to an athlete/group of athletes who are looking for a coach. Virtual Coaches will check in with the athletes to give training tips, encouragement, and support with the submission of results.
  - **A background check is required to be a Virtual Coach**
- **Host a Live Workout or Demonstration Session**
  - Do you have a skill (cooking class, magic show, leading a live workout, dance class) that you'd like to share with the Special Olympics Washington community? Sign up for this role and we will connect with you to get a live class/demonstration scheduled!
- **Social Media Advocates**
  - Like, Comment and Share Content from our Twitter, Facebook, and Instagram.
  - Post on social media using the hashtag #SOWAVirtualGames
- **Virtual Fans in the Stands**
  - Bring the noise and join us during the week of the Virtual Fall Games where we will gather volunteers as a part of our Virtual Fans in the Stands! These calls will be recorded and shared during the week of our Virtual Fall Games. Check our registration link (TRS) for dates and call in information!
  - Have a group of 10+, contact [arider@sowa.org](mailto:arider@sowa.org) to set up your own Virtual Fans in the Stands Session.
- **Cheer Cards**
  - Get your creative skills going and share your best Cheer Cards for our competitors to see during the Virtual Fall Games!
  - Once you are done creating your cards, there are a few options!
    - You can post them on our FlipGrid page.
    - You can post the pictures on Facebook/Twitter using the hashtag #SOWAVirtualGames
    - Finally, you can also mail them back to them at me at our office, where I will then mail them out to athletes who are competing.



- **Creation of Encouraging Videos**
  - Head over to our FlipGrid: <https://flipgrid.com/sowavirtualgames>
  - For instructions on posting on FlipGrid: <http://specialolympicswashington.org/wp-content/uploads/How-to-Submit-a-Message-of-Encouragement-on-Flipgrid.pdf>
  - Post your video! Videos can be messages of encouragement, good luck, great jobs, what do you miss about SOWA, your favorite SOWA memory, anything encouraging!
- **Spirit Week Participation**
  - Volunteers are encouraged to join in our Virtual Fall Games spirit week where each day during the week of November 16<sup>th</sup> we will have a new theme.
- **Ongoing Virtual Volunteer Roles**
- **Letter Writing**
  - Looking to send some encouragement from athletes while we are all at home!
  - Let us know how many letters you would like to write, and we will supply a list of athletes.
  - Supply your own materials, and then once you are done, send them to our office at 2815 2<sup>nd</sup> Ave, Suite 370, Seattle, WA 98121 where we will address and send them out to the athletes.
  - Messages of encouragement, your favorite Special Olympics memory, what you miss about events, what event you are looking forward to when we return? Has a favorite recipe that has been getting you through quarantine? Write it out and send it along with your card!
- **Data Analyzation**
  - Volunteer Data Project – We are looking for volunteers who can help break down our volunteer data to better determine our volunteer demographics, retention rate, recruitment rate and more!
- **Robotics Field Creation**
  - <http://support.unifiedrobotics.org/knowledge-base/how-to-build-a-field/>
- **Athlete Survey Caller**
  - Volunteers will be assigned to a group of athletes to call and follow up on our survey.