



Virtual Volunteering Next Steps

Social Media Advocates

- Like, comment, and reshare content from our Facebook page: <https://facebook.com/SpecialOlympicsWa>
- Like and submit stories to our Instagram page: @SpecialOlympicsWashington
- Tag us, Comment and Retweet our Twitter: @SO_Washington
- Post on social media using the hashtag #SOWAVirtualGames to begin connecting with athletes and other volunteers.
- Post pictures/videos on our FlipGrid at <https://flipgrid.com/sowavirtualgames>
- Searching through the platforms using the hashtag #SOWAVirtualGames compile the best photos and videos during the Virtual Summer Games and send them to me at arider@sowa.org.

Virtual Fans in the Stands

- 24 hours before your scheduled time you will receive an e-mail from us containing the call-in information for the Zoom session as well as a run of show.
- We will be getting volunteers together on a Zoom call Brady Bunch style to show everyone at once making noise and cheering on the athletes.
- Be ready for your close up as we will Zoom in on volunteers individually as a part of our session.
- Do you have a group of 10 or more? If so, please respond to this e-mail to coordinate your own personal Zoom session or invite them to join in the one you have selected.
- Along with the invitation for the Zoom link, volunteers will also be e-mailed out Zoom backgrounds that can be placed on your screen while you are on our call.

FlipGrid Video Posting

- 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!
- These videos will then be shared out on our Website, the FlipGrid itself and then downloaded to be used in other content during our Virtual Summer Games!

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Cheer Card Creation

- Please respond to this e-mail letting me know if you prefer to have your cheer card template delivered to you in an e-mail format or a hard copy via the mail.
- If you choose the e-mail format, you can then either design your cards right online or if you have a printer at home print out the cards and design that way.
- If you choose a hard copy format, please respond to this e-mail with your address and how many cards you would like sent your way.
- Once you are done creating your cards, there are a few options!
 - You can post pictures of you and your cards on our FlipGrid:
<https://flipgrid.com/sowavirtualgames>
 - 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 located at 2815 2nd Ave, Ste. 370, Seattle, WA 98101 where I will then mail them out to athletes who are competing in our virtual games.

Mask Up Challenge

1. On any ordinary face mask, draw/sew on a fun design that celebrates SOWA's Virtual Summer Games! Ideas for designs could be: supporting an athlete/team, your favorite SOWA Summer Virtual Game sport, or any other fun ideas.
2. Take a video or picture of the mask (either wearing it or the mask itself) and post it on Twitter/Facebook with the hashtag #SOWAVirtualGames, bonus entries will be awarded if you post a picture or video on our FlipGrid page: <https://flipgrid.com/sowavirtualgames>.
3. Make sure to turn in your picture or video before August 11th.
4. Best design wins a surprise SOWA Virtual Summer Games prize pack! The winner will be decided on August 18th.

On-Going Roles Next Steps

- **Letter Writing Campaign** – Please respond to this e-mail with the number of letters you would like to write. We are not able to supply athlete addresses so I will provide just the list of athlete names. Once the cards have been written please send the finished cards to myself at the office located at 2815 2nd Ave, Ste. 370, Seattle, WA 98101 where I will address and stamp them. In terms of the content, include positive messages: how have you been staying positive and active, favorite SOWA memory, what are you looking forward to about returning to events, a healthy recipe, it is up to you!

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- **Athlete Input Council** – Please look at this: job description and respond if this role is still of interest to you. If it is, please start by contacting me as well as filling out our online background check which can be found on this page: <http://specialolympicswashington.org/volunteer/volunteer-resources/>.
- **Data Analyzation** – There are two different projects that volunteers can help with when it comes to data. Please respond with your preferred project. Project #1 Area Analysis: Using data, break down the demographics of each of the areas that we serve at Special Olympics Washington. See this [example](#) from SO Illinois regarding % of population served, median household income, etc. That would be great information to have for each of the Areas! Project #2 Volunteer Data: Using volunteer data, help break down data such as what zip code do volunteers come from, what events are most popular, what are the hardest volunteer roles to fill and how can we come up with volunteer “target markets”. Please respond with your preferred project and you will be supplied with the data.
- **Healthy Eating Habits** – Do you have any recipes, healthy eating tips or tricks that have been getting you through quarantine? Send them to me at arider@sowa.org so they can be shared with our athletes or posted on our Facebook page. Feeling like the next Emeril Lagasse? We would love to have a recorded quick demonstration of your healthy creation you made to share with our athletes.
- **Robotics Field Creation** – Following the instructions on this page: <http://support.unifiedrobotics.org/knowledge-base/how-to-build-a-field/> create a Unified Robotics battlebot field. Materials will not be supplied, but once you have purchased them, e-mail me a copy of your receipt and we will send you a reimbursement check. Once you are done with the creation, we will work on the coordination of the drop off/pick up of the completed boards.
- **Virtual Coaching** – Please view this brief orientation on virtual coaching- <https://www.youtube.com/watch?v=1pzFKNeWVM8&list=PLWpETjqOdcH8Zz5418rKYxfM7NHVw0xw0&index=15>. Also, please complete the online background check which can be found on this page: Finally, please respond to this e-mail with the sports you would be interested in coaching and where in the state you are located (or most located if you are elsewhere during the pandemic) so we can begin placing you with an area during virtual competition.

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