

Special Olympics Washington Summer Games 2010

~Joint Base Lewis McChord, & Weyerhaeuser King County Aquatic Center~

~ June 4th, 5th, & 6th, 2010 ~

Bremerton Kitsap Athletic Teams: Aquatics, Athletics, Powerlifting, & Soccer

*Schedule for Friday, June 4th *

BKAT Teams: Mighty Giants (Athletics), Seahorses (Aquatics), Adrenalin (Powerlifting), & Soccer Teams: Cubs, Bobcats, Wildcats, Huskies, SaberKats, & Panthers.
Time: 12:00 PM, Friday all Athletes traveling with BKAT Teams
Where: Bremerton Lanes- 540 Bruenn St., Bremerton
Departure: Teams will leave Bremerton by van for Summer Games
Check-In: 2:00 PM North Fort Lewis, Olympic Village
Dinner: Godfather's Pizza Buffet & Beverage \$8.00 or bring a sack dinner
Opening: 6:30 PM, Parade staging, McChord AFB, Hangar # 1
Ceremonies: 7:30-9:00 PM March of the Olympians, Ceremonies, and Entertainment
Olympic Village: Return, preparation for Summer Games, R & R, Lights Out @ 10:30 PM

*Schedule for Saturday, June 5th

Team Breakfast: 5:30 to 7:00 AM North Fort Lewis, Olympic Village
Competition: Starts at 7:30 AM and will end by 5:00 PM
Olympic Village Departure: BKAT Teams departure time to your venue will be announced by Head Coaches
Powerlifting -Youth Fitness: 6:45 AM Adrenalin with Coach Ryan & Assistants (Competition Saturday ONLY)
Athletics - Cowan Stadium: 7:00 AM Mighty Giants Team with Coaches Chris & Lisa, & Assistants
Aquatics - Weyerhaeuser: 7:15 AM Seahorses w/Coaches Tab, Doug & George (Competition Saturday ONLY)
Soccer - Parade Grounds: 7:45 AM Cubs, Bobcats, Wildcats, Huskies, SaberKats, Panthers, Coaches & Staff
Olympic Town: 9:00-4:00 PM Games, Healthy Athletes, Demonstrations, Entertainment, and Souvenirs - Memorial Stadium, Soccer Venue, & Weyerhaeuser
Lunches: 10:30-12:30 PM provided for athletes and served based upon events/games
Olympic Village: 5:00 to 7:00 PM Team Dinner and prepare for Victory Dance
Victory Dance & Happening: Convoy 6:30 PM to McChord AFB, Hangar #1 and #2
7:00 to 10:00 PM Theme is the Movie, "Avatar" Attire: Blue, Green & White
Olympic Village: Return, Preparation for Summer Games, R & R, Lights Out @ 11:00 PM

* Schedule for Sunday, June 6th

Team Breakfast: 6:00 to 7:00 AM North Fort Lewis, Olympic Village
Competition: Starts at 7:30 AM and will end by 4:00 PM
Athletics as Scheduled. Soccer based on Saturday Results
Olympic Village Checkout: BKAT Team Departure to their venues TBA by Head Coaches (Aquatics, too!)
Olympic Town: 9:00-2:00 PM Memorial Stadium or Soccer Venue as time permits
Lunches: 10:30-12:30 PM provided for all athletes and served based upon events/games
Awards Ceremonies: Powerlifting at Youth Fitness (10:00 AM), Athletics: Cowan Stadium at the end of each event and Soccer upon completion of games at the Parade Grounds.
Closing Ceremonies: 2:00 PM Parade Grounds-Watkins Field Recognition of our Hosts & Retire Torch
Dinner: Please bring \$8.00-\$10.00 for Fast Food Dinner before returning home
Return Estimated: Between 6:00 - 7:30 PM at Bremerton Lanes

* Schedule is Subject to Change

BKAT Team Uniforms & Items for your Sports Gear Bag:

Special Olympics provides Adrenalin Singlet's, Mighty Giants Shirts and Soccer shirts or uniforms (Same as Regionals)

Mighty Giants with Coach Chris & Lisa: Dark Blue Shorts, white socks, and appropriate running shoes

Seahorses with Coach Doug & Tabatha: Competition Suit, goggles, 2/3 towels, sandals, warm-ups or sweats .

Adrenalin and Coach Ryan Team: Weight Belt, Black T-shirt, Purple socks, footwear, toiletries, and extra towel.

Cubs Skill Team and Coach Charla: Shin Guards, Soccer shoes, black socks and shorts or sweats.

Jr. Bobcats with Coach Chris: Shin Guards, Soccer shoes, red socks and white t-shirt, and hand towel.

Sr Wildcats with Coach Andy: Shin Guards, Soccer Shoes, red socks, black shorts, hand towel, & white t-shirt.

7-a-Side Huskies with Coach Barb: Shin Guards, Soccer shoes, Purple socks, hand towel, and white t-shirt.

MA SaberKats with Coach Robin: Shin Guards, Soccer Shoes, black socks & shorts, hand towel, & white t-shirt.

MA Panthers with Coach Matt: Shin Guards, Soccer shoes, black socks & shorts, hand towel, and white t-shirt.

Athletes should bring the following items:

1. **Remember to bring your BKAT Program Team Shirts and Hats for Opening Ceremonies**
2. **Please, bring Washington State ID card or photo identification**
3. We will issue **BKAT ID's** to help provide increased **Safety, Identification and an Olympic Standard.**
4. **MEDICATION: Please bring all medication** you are taking clearly labeled and/or in prescribed bottles, make sure you bring 5-day supply in the unlikely event of being delayed. We will do our best to monitor our athlete's medication.
5. **Please, bring bedding: a sleeping bag or blankets, small pillow, and flashlight (optional).**
6. **Two towels and washcloths.** Good Hygiene is important. Please, bring personal toiletries: soap, Deodorant, shampoo, toothbrush & paste, shaving gear for males, and cosmetics (optional) for females.
7. **Remember to bring a water bottle** (Water buffaloes are available for refilling bottles) and light snacks.
9. Recommend for Athletics and Soccer: Sweat pants and a light jacket or warm-up suit to go over uniform.
10. **Protective wear:** hat, lip balm, **sports sunscreen**, and sunglasses. (Be prepared with raingear).
11. **Clothes for Victory Dance "Avatar."** change of clothes for after competition, nightclothes, as well as socks & footwear
12. Your main bag will be left in the Olympic Village Barracks. Gear and personal items should be carried in a small sports bag to the competition venue, please be responsible at all times for your things.
13. **Please keep to a minimum electronic items, as use is discouraged during competition & the athletes are solely responsible for them.**
14. **Remember bring \$18.00-20.00 for meals**, Friday dinner (Or you may bring a sack dinner) and Sunday dinner before returning home. **Also, bring additional money, if you want snacks or Special Olympic souvenirs (T-shirts \$15 to \$25).**

Important Information

- **BKAT Pride.** We are proud of our teams as guests at all venues, Joint Base Lewis McChord (JBLM), & Weyerhaeuser please, remember to always treat our hosts, their facilities, and SOWA with respect at all times.
- **The Summer Games Hot Line: 1-800-752-7559 (x350).** (activated 6/3/10 at 7:00 AM)
- Emergency Contact SOWA: 206-334-0340, Weyerhaeuser 206-296-4444, or BKAT Program: 360-509-5271.
- JBLM will provide medical coverage during competition, Olympic Village, as well as Opening Ceremonies and at the Victory Dance. If an athlete must be transported to a hospital a coach, chaperone, or family member will accompany them.
- Coaches and chaperones will do their best to supervise athletes at all times to have a safe and enjoyable weekend at the 2010 Special Olympics Washington Summer Games.
- Official Special Olympics Washington **ID Badges and BKAT IDs' must be worn at ALL times**, it is for **Safety, Competition, Olympic Standard, Control, Meals, and Water.**
- **Athletes' medical forms (AFPs) will be carried at all times by their coaches.**
- **Before departing, we will discuss Athletes Standards of Behavior, Rules, Expectations, and Safety Information.**

Family and Guest Information

- **Thank you for your interest and hope you plan to attend the 2010 Summer Games. Your Special Olympic Athlete thanks you for your continued support and positive encouragement.**
- Activities for family members and guest include Hospitality Centers with beverages and light snacks.
- Special Olympics Washington website: www.sowa.org will post maps (Friday, May 28th) as well as Pre and Post- Games information.
- Family and Friends BBQ Picnic at the **McChord AFB-Chapel Support Center**, 700 Barnes Road. Saturday, June 4th 4:00-7:00 pm. (This event is **NOT** for athletes as they have a team dinner at Olympic Village before the Victory Dance.) Please make **reservations by calling 206-362-4949 x300.** Leave the following information: **1. SW Region, 2. BKAT Program, 3. Team Name, 4. Your Name, & 5. The number in your party.**
- **A valid stamped Joint Base Lewis McChord (JBLM) pass is required to access JBLM for Summer Games. Registered Special Olympic visitors must get there pass stamped at Fort Lewis Logistics Gate (Exit 123) on Friday or Dupont Gate (Exit 119) on Saturday or Sunday.** Once your pass is validated, it is valid at any gate for Fort Lewis and McChord AFB Bridgeport Way Main Gate (Exit 125). **All vehicle driver's MUST have a valid Drivers License, Vehicle Registration & Proof of Insurance. Additionally, All passengers 16 and over must be on the Access List and have a driver's license or other official photo ID. NO EXCEPTIONS. The stamped pass must be prominently displayed on the dash of your vehicle.** Expect and plan for congestion at entry gates as well as random vehicle searches. Remember **NO CELL PHONE** usage while operating a vehicle on **JBLM.**
- General directions: Take I-5 South to Exit 119 Fort Lewis (Athletics, Powerlifting, and Soccer). Note: Opening Ceremonies, Victory Dance, & Family BBQ are at McChord AFB use Exit 125 (Bridgeport Way). Follow the Special Olympic Signs to Events.

If you have, any questions please feel free to call me, Barb Pool: 360-692-4329

On behalf of your team coaches along with assistants & volunteers, we thank-you for the privilege of working with each and every athlete in our BKAT Program; we are so proud of you.

*Let's take our BKAT Pride, Teamwork, and Sportsmanship to the Summer Games. Let us have Fun & a Great Time!
Always remember – "Let me win, But if I can not win, let me brave in the attempt!!!"
Go-Go-Go BKAT Adrenalin, Bobcats, Cubs, Huskies, Mighty Giants, Panthers, SaberKats, Seahorses, and Wildcats!!!*