



# **SPECIAL OLYMPICS 'TEAM WASHINGTON'**

## Training Camp



### **Training Camp Schedule/Information**

**Start:** May 11<sup>th</sup>, 2018  
Check in: 1:00pm

**End:** May 13<sup>th</sup>, 2018  
Check Out: 3:00pm

**Location:** Renton Washington  
Red Lion Hotel & Conference Center; Seattle/Renton  
1 S Grady Way, Renton, WA 98057

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#### **Friday May 11<sup>th</sup>, 2018**

1:00pm – 1:30pm  
1:00pm – 2:30pm  
2:30pm – 3:00pm  
2:30pm – 3:30pm  
3:00pm – 6:30pm

7:00pm – 9:00pm

Head Coaches Meeting  
Athlete/Coach Check-in  
Team Meetings: All Delegation Members Present  
Parent Reception / Info Session  
Athlete and Team Breakout Sessions

- Healthy Athletes Screenings
- Media and Athlete photos
- Uniform Sizing/Fitting

Dinner / Opening Ceremonies

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#### **Saturday May 12<sup>th</sup>, 2018**

7:00am – 7:30am  
7:00am – 8:00am  
8:00am – 9:00am  
9:00am – 9:30am  
10:00am – 3:00pm

4:00pm – 4:30pm  
5:00pm – 6:00pm  
6:00pm – 7:00pm  
7:30pm – 9:30pm

Head Coaches Meeting  
Athlete / Delegation: Morning Exercise  
Breakfast: Opening remarks  
Departure to Sport Venue  
Onsite Athlete Training w/ Coaches

- Sack Lunch will be Provided

Return to Hotel  
Team Training  
Dinner  
Dance / Team WA Celebration

- Theme: "Dancing Through the Decades"  
Celebrating 50 years of Special Olympics



## Training Camp Schedule (Cont'd)

### Sunday May 13<sup>th</sup>, 2018

7:00am – 7:30am	Head Coaches Meeting
7:00am – 8:00am	Athlete / Delegation: Morning Exercise
8:00am – 9:30am	Breakfast: Opening remarks
10:00am – 11:00am	Hotel Departure
11:30am – 2:00pm	Athlete/Family Reception "Picnic in the Park"

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## Notes for Attendees

- Training Camp is a time for Athletes, Coaches, and UNIFIED Partners to Train together and get to know each other. Family receptions are provided at the beginning and end of camp to best share Parent/Family Information.
- All Delegation Members should bring their Fit 5 packet and Movband to the Training
- Be prepared with all Training Gear. Individual Sports and team sports will need to provide personal Workout/Training gear.
  - o For Example:
    - The Delegation will provide:
      - Soccer balls, Goals, Basketballs, Bocce Balls, etc.
    - Individuals need to Provide:
      - Sport Specific Training Gear
        - o Shin guards, Tennis Shoes, Cleats, Swimsuit, Rash Guard/Wetsuit, etc.
        - o Individuals will need to bring additional workout gear for Team/Group Training: Tennis shoes, Shorts, athletic Top, etc.
- A Full Packing List will be provided to Athletes, Coaches, and UNIFIED Partners
- Transportation will be provided to the Training Camp. Delegation Staff will work with Coaches to secure Travel arrangements. During Camp, Transportation will be provided.