



Have you registered for your tickets to the Opening Ceremony at the USA Games?

If you have not already, be sure to reserve your Opening Ceremony tickets by April 15th! As long as you have completed your family registration, you should have received an email with a link to reserve/purchase your Opening Ceremony tickets. Each athlete is allotted 2 complimentary tickets to the ceremony for his/her family, but you must register for them even if you only need those two complimentary tickets. Any additional tickets are available at a discounted price of only \$10/ticket (plus \$2 convenience fee per ticket). All tickets will be for seating in the special reserved family area of the stadium, and the tickets will be in your welcome packet when you arrive in Seattle and check in at Welcome Center (so you won't have to worry about leaving them behind in PA!)

After the April 15th deadline, tickets may still be available for purchase, but there will be no complimentary tickets, and the seating will be in general admission area instead of in the family section. In order to still get the discounted fee after April 15th, you will be provided a code that would have to be used when you purchase them. Also, any tickets purchased after April 15th will have to be printed at home and brought with you to Seattle. ***As you can see, be sure to reserve your tickets before April 15th to avoid any of these inconveniences!!***

If you have any questions about purchasing your tickets, please email:
family@specialolympicsusagames.org

DON'T FORGET:

Family Registration for the USA Games closes on May 15th. Each family member attending must register in order to have credentials to attend sporting events, enter venues, purchase opening ceremony tickets, use transportation provided to venues, etc. Be sure every family member attending is registered by May 15th! Family registration is available at :
www.specialolympicsusagames.org/families

FOCUS ON FITNESS:

Team PA is ranked in the top 10 nationwide so far in the Step Challenge! All the programs are ranked by average step count, and team PA is performing as one of the best! The top 10 states so far are:

Indiana, Oregon, Florida, South Dakota, Vermont, Wisconsin, Pennsylvania, Hawaii, Nebraska and Texas. Here are our top steppers:

Athlete	Avg. Steps	Total Steps
Tom Delaney	22,547	1,600,868
Pam Graham	21,594	1,533,140
Joey Ranck	21,224	1,506,928
Elizabeth Porter	15,807	1,122,309
Michelle Boone	15,610	1,108,427
Melissa Bock	15,072	1,070,136
Salley Kinsey	14,973	1,063,079

Keep up the good work and let's keep moving up the ranks!

RECIPE OF THE MONTH:

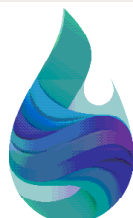
Elizabeth Porter shared this recipe that is a delicious and refreshing way to get in your daily water intake recommendations.

Blueberry Orange Water

- 6 cups water
- 2 oranges cut into wedges
- Handfull of blueberries
- Ice
- mint (optional)



Combine all ingredients in a pitcher and chill 2-24 hours to give a chance for flavors to blend. You can also squeeze juice of one orange and muddle the blueberries to intensify the flavor a bit. If desired, add a few springs of mint. Serve chilled and enjoy!



SPECIAL OLYMPICS
USA GAMES
SEATTLE 2018



GET TO KNOW TEAM PA!



Meet Team PA Athletics!

Athletes:

Eleazer Delacruz
Nina Kaneriya
Jonathan Kuchinskas
Christina Mereen
Kimberly Schickley
Jeremy Sensenig
Ashley Valentin

Coaches:

Taryn Mockus
Tom Delaney

IMPORTANT DATES & REMINDERS:

- **Registration for tickets to Opening Ceremonies: now through April 15** for guaranteed seating in family section and 2 free tickets. After that, seats will be in general seating and no free tickets.
- **USA Games Family Registration: now through May 15.** Must register to get credentials, register for opening ceremony tickets, entrance to venues, family events, transportation to venues, etc.
- **Summer Games:** May 31 - June 2
- **Send Off/Depart for Seattle:** June 30
- **Opening Ceremonies:** July 1
- **USA Games:** July 2 - 6
- **USA Games Family 4th:** July 4, 5-9 pm
- **Arrival Back to PA:** 7:55 AM on July 7 in Philadelphia

SPOTLIGHT ON SEATTLE:

Suggestions on things to do while visiting the "Queen City of the Pacific Northwest"



Pacific Science Center is a world class science museum located in the Seattle Center right next to the Space Needle. It was designed by Minoru Yamasaki for the 1962 World's Fair in Seattle. Enjoy something new everyday at the Pacific Science Center: hands-on activities, Planetarium, Laser Dome, 2 IMAX theaters, live science demos, and more. **Free admission to the Pacific Science Center will be offered to all athletes and registered families on July 3rd!**

For More Information Contact:

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