



Have all Family Members Registered for the USA Games?

Why register?

- Registration is the only way to receive a credential for the USA Games!
- Only credentialed family members can use the free transportation from the University of Washington (UW) to the sporting venues.
- Credentialed family members will receive offers for shopping and tourist attraction discounts that they can use around Seattle.
- Credentialed family members will be able to access the Family Lounges at the different venues.

Registration is EASY, and should only take a few minutes! Each family member attending the games needs their own registration. Registration closes May 15th, but the sooner the better! The link to register can be found on the USA Games website at:
www.specialolympicsusagames.org

Don't Forget:

All Athletes must send a copy of a state-issued photo I.D. to their coaches by February 26th!

FOCUS ON FITNESS:

Team PA's Health Messenger, **Elizabeth Porter**, suggests this healthy, fun snack including fruit, veggies and protein:



Recipe of the Month:

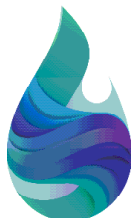
Ants on a Log:

Celery, cut into 3" sections
Filling of choice (see below)
Topping of choice (see below)

Clean celery stalks and cut into sections. Pat dry so filling adheres better. Spoon in filling and top as desired. Be creative and enjoy!

Filling and Topping Suggestions:

Peanut Butter and raisins (classic)
Hummus and diced red pepper
Cream Cheese and minced carrots
Chicken Salad with diced cashews
Greek Yogurt and salsa
Egg Salad and green onion slices
Cream Cheese and Jelly
Or try your own combination!



GET TO KNOW TEAM PA!

Meet our Area M Basketball Team:

Players:

Tasha Bretz
Jamey Carst
Eugene Ferreira
Matthew Mausner
Timothy McConnell
Adaira McNaughton
Christopher Nichols
Ethan North
Dena Russ
Gary Williams

Coaches:

Clyde North
Shannon Pechart
Eddie Wright



IMPORTANT DATES & REMINDERS:

- **All players submit state-issued photo ID to coaches:** deadline February 26.
- **USA Games Family Registration:** now through May 15
- **Team PA Training Camp:** April 7-8
- **Summer Games:** May 31 - June 2
- **Send Off/Depart for Seattle:** June 30
- **USA Games:** July 1 - 6
- **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"



Take a ride on one of the Washington State Ferries: A ride across Puget Sound aboard one of the Washington State Ferries is a quintessential Pacific Northwest experience! Enjoy the breathtaking views of the Seattle Skyline and beautiful surroundings as you cruise to the nearby charming community of Bainbridge Island. This is one of those cases where the journey is as much fun as the destination! For more information visit: www.bainbridgeisland.com/ferry

For More Information Contact:

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