



Welcome to the first issue of **The Seattle Scoop**:

The monthly newsletter for Team PA athletes & families that will be attending the 2018 USA Games

The Seattle Scoop will serve to give helpful reminders, important dates, fun information, and also introduce you to many of our athletes and coaches representing SOPA at the USA Games in Seattle this summer. Our goal is to send **The Seattle Scoop** out regularly on the second Friday of each month leading up to the games. Some of the regular features of the newsletter:

- Important Dates and Reminders
- Focus on Fitness
- Get to Know Team USA
- Spotlight on Seattle
- Coming Soon!

Special Note: *Hi everyone!*
My name is Beth Boardman
(bboardman@specialolympicspa.org),
and I am the new Programming Staff
Coordinator at SOPA. Part of my
duties will be helping Gina with this
newsletter as well as other logistics in
preparation for the USA Games. I look
forward to communicating with all of you!



COMING SOON!

MovBands Step Challenge:

SOI is challenging all athletes to complete a total of 1 million steps before the USA games! The challenge runs from February 1 - June 30, 2018. All participants will soon be receiving a Movband fitness tracker in the mail, and your USA coach will help you set it up. This is a great way to achieve your fitness goals, and there are fun individual awards and prizes available, as well as SOPA team awards!

Tune in to our next **Family Webinar Call on Thursday, February 8 at 7:00 pm** for all the details! Let's get walking...you can do this!

FOCUS ON FITNESS:

Did you set your SMART Fitness Goals for 2018? In order to be in your best shape for the games, remember to set your **SMART** Goals, and work with your coaches to attain them. As a reminder, SMART goals are:

Specific,
Measurable,
Attainable,
Relevant,
Time Sensitive

Recipe of the Month:

Blueberry Spinach Smoothie:

- 1 cup frozen blueberries
- 1 whole overripe banana (fresh or frozen)
- 1 cup fresh spinach
- 2/3 cup 1% milk
- 1/3 cup plain Greek yogurt
- 1-2 tbsp. honey or maple syrup
- 1 tbsp. ground flax seed

Place all ingredients in blender, puree until smooth. Makes 2 servings.

Each serving contains 214 calories, and just over 5 grams of fiber, along with 2 servings of fruit and a veggie serving.



SPECIAL OLYMPICS
USA GAMES
SEATTLE 2018



GET TO KNOW TEAM PA!

In this section, we will introduce some of the athletes and coaches going to the games from different sports. This month we are featuring soccer.

Meet our Chester County Chargers Soccer Team! This Unified 7v7 Soccer team earned their spot at Fall Fest in what was dubbed the "Battle for Seattle". After 4 hard fought one goal differential games, they advanced in a best of 5 series. Two of the 4 games (including the one that sent them to Seattle) went to overtime!

Athletes:

Chase Darlington
Monica Harmon
Celine Heffron-Pero
Jason Hiegel-Yates
Marko Hubbell
Erik Mazurkiewitz
Herbie Rider
Lisa Robinson
Rita Schofield
Bobby Seeger
Kristine Stout
Laura Waite

Coaches:

Pam Graham
Shelly Fouracre
Andy Fouracre



IMPORTANT DATES & REMINDERS:

- **Family Webinar Call:** Thurs., Feb. 8th, 7 PM
- **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"



Besides attending all the games, events, ceremonies, and Special Olympics Fan Zone and Village, there are so many other fun things to do in beautiful Seattle! Here is one not to be missed:

Pike Place Market: Established in 1907, Pike Place Market is Seattle's first public market and the epicenter for fresh produce and specialty foods. Over 9 acres of farmers, crafts, and unique shops. For more info, visit: www.pikeplacemarket.com

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