



Team PA Training Camp April 7-8

Schedule at a Glance:

- **Fri April 6:** The Western delegates will arrive on Friday evening at and check into hotel at 5 pm. Dinner, and evening activity planned.
- **Sat April 7:** Breakfast at 8 am. All other delegates arrive and check in by 10:00 am. Uniform fittings scheduled throughout the day. Lunch at noon, and sports training from 1:30 - 4:30 pm. Team PA dinner and activity planned for evening.
- **Sun April 8:** Breakfast at 8 am, breakout meetings and hotel check out from 8:30 - 9:30 am. Team trainings from 10 am - 11:30 am. Lunch and wrap-up meeting at noon, with departure scheduled at 1:00 pm.

As a reminder any families attending training camp are asked to stay at a different hotel than the athletes. We have reserved a Training Camp Family Block at:

Sheraton Great Valley Hotel
707 E Lancaster Avenue, Frazer, PA 19355

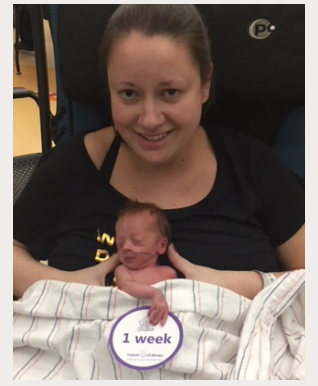
They have given us a great rate of \$89/night. You can book by going to www.starwoodmeeting.com/Book/PASpecialOlympicsCamp or calling 1-866-627-8166. **Be sure to ask for the PA Special Olympics Team Training Room Block.**

DON'T FORGET:

Have you registered for your tickets to the Opening Ceremonies at the USA Games? Each athlete is allotted 2 complementary tickets to the Opening Ceremonies for his/her family. You must register for the Opening Ceremony tickets even if you only need the 2 complementary tickets. If you have already completed the USA GAMES Family Registration, you should have received an email with details and link on how to register for your tickets. You will be able to designate how many tickets you need, and will only pay for the tickets you need above the 2 free tickets. Any additional tickets are at a special rate of \$10/each (plus \$2 convenience fee per ticket). Tickets for seating in the family area of the stadium is only guaranteed if ordered by **April 15th**...after that your seats may be in general seating. All your registered tickets will be in your welcome packet when you check in at the USA Games Welcome Center. If you have any questions about registering or purchasing tickets, email family@specialolympicsusagames.org

SPECIAL ANNOUNCEMENT:

Congratulations to Coach Stacy Banyas and her husband Jon on the birth of their beautiful daughter Gianna Grace! Gianna was born on 2/28/18 and was 8 weeks early, but as you can see, is doing well and getting stronger every day!



FOCUS ON FITNESS:

Are you getting your 7000 steps in each day? While getting your steps in, don't forget to stay hydrated! As Elizabeth Smith Porter reminds us in her recent facebook post, here are some of the reasons why drinking at least 7 full glasses of water a day is beneficial for our health and make use better athletes:

1. **Better Immune Health**
2. **Improves Digestion**
3. **Healthy bowel movements and urination**
4. **Joint Lubrication**
5. **Better Memory Function**
6. **Temperature Control**
7. **Muscle Efficiency**
8. **Weight Loss**



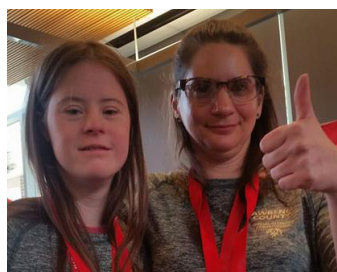
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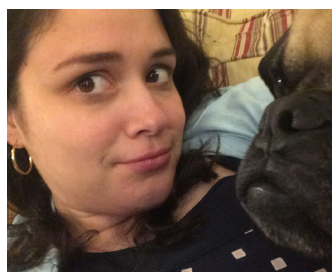
GET TO KNOW TEAM PA!



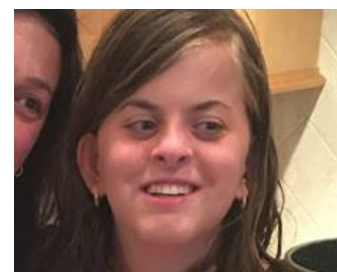
Cindy Walthour
Bocce Coach



Andrea Snider & Jill Byler
Bocce Team from Lawrence Co



Katharine Wenocur
Gymnastics Coach



Hanna Gremo
Gymnastics



Doug and Nathan Jacobs
Unified Bocce Team from Area P



Sally Kinsey
Tennis Coach



David Miller
Tennis

IMPORTANT DATES & REMINDERS:

- **USA Games Family Registration:** now through **May 15**
- **Registration for tickets to Opening Ceremonies:** now through **April 15** for guaranteed seating in family section. After that, seats may be in general seating
- **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"



Chihuly Garden and Glass celebrates the one-of-a-kind glassblowing art of Tacoma-born glass artist Dale Chihuly. The centerpiece of Chihuly Garden and Glass is the Glasshouse, a 40-foot tall, glass and steel structure covering 4,500 square feet of light-filled space. The installation in the Glasshouse is an expansive 100-foot long sculpture in stunning, vibrant colors. **Chihuly Garden and Glass** is conveniently located next to the Space Needle in Seattle Center. www.chihulygardenandglass.com

For More Information Contact:

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