

# Edmonds Independents Special Olympics

"Let me win. But if I cannot win, let me be brave in the attempt."

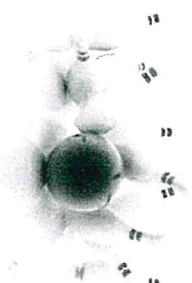
Track & Field



Basketball



Bowling



Softball



Swimming



Cycling



**Coordinator**

Lisa Guevara

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Year Round Fun

**EDMONDS INDEPENDENTS SPECIAL OLYMPICS COACHES**

**SPRING SEASON:**

**TRACK AND FIELD – PEGGY HAYWOOD**  
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**SWIMMING – JIM RUSSELL**

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**SUMMER SEASON:**

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**CYCLING AND SOFTBALL**

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**FALL SEASON:**

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**WINTER SEASON:**

**BASKETBALL – HECTOR AND ELISA GUEVARA**  
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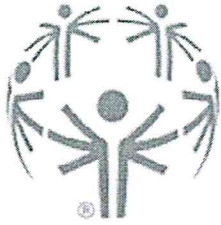
**ICE SKATING – ELAINE NAVE**  
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**have fun**







# **Special Olympics** *Washington*

## **Edmonds Independents Stingrays 2018**

Hello Athletes, Family, and Coaches:

Here is draft # 1 of our 2018 swim practice schedule for our Special Olympics Swim team including competition. Our team will compete in two swim meets. The Regional Swim meet is held in April, the final meet the State Swim meet is held the first week in June. You must compete in the Regional Swim meet then meet certain qualification standards in order to advance to the State Swim competition. I'll keep you posted.

Once again we will practice at the YMCA in Mukilteo. Because the YMCA will be closed for repairs from March 25 to April 15 I'm talking to the City of Lynnwood and others about their pool availability.

Our first practice begins Sunday, February 25, 2018 at 8:45am - 10:45am. Each of our regular practices will be held every Sunday at the same time and same venue, Mukilteo YMCA - 10601 47<sup>th</sup> Pl W Mukilteo, WA 98275. Because of our numbers, we will be splitting our team into three Sunday morning practice sessions, each 40 minutes. More to come!

Also, please stay tuned for additional optional practices. I'm planning on at least two optional practices during the week.

Sunday	2/25/18	8:45am – 10:45am
Sunday	3/4/18	8:45am - 10:45am
Sunday	3/11/18	8:45am – 10:45am
Sunday	3/18/18	8:45am – 10:45am
Sunday	3/25/18	Pool and time TBD
Sunday	4/1/18	No practice – Easter
Sunday	4/8/18	Pool and time TBD
Saturday	4/14/18	Regional Swim Meet – date to be determined
Sunday	4/15/18	Pool and time TBD
Sunday	4/22/18	8:45am – 10:45am
Sunday	4/29/18	8:45am – 10:45am
Sunday	5/6/18	8:45am – 10:45am
Sunday	5/13/18	No Practice – Mother's Day
Sunday	5/20/18	Pool and time TBD
Sunday	5/27/18	8:45am – 10:45am
Saturday	6/2/18	State Tournament – King County Aquatics Center – date estimated

State Summer Games at King County Aquatics Center will be held the first week in June. More to come.

Swim info: If you are a first time athlete with Special Olympics or if it's been 3 years since you last completed an AFP, you will need to obtain an AFP (application for participation formerly referred to as a "medical") from your coach or from Special Olympics ([www.specialolympicswashington.org](http://www.specialolympicswashington.org) Go to "athletes->medical release forms-> application for participation"). Most athletes may enter two or three individual events. We will begin to obtain qualifying times for individual events the first few weeks of practice as we only have six Sunday practice sessions before the April Regional Swim meet.

Please call with any questions. My number is 425-672-8150. My email is [jim@jamesrussellcpas.com](mailto:jim@jamesrussellcpas.com). Coach Jim!