


**SOSC SOCIAL MEDIA CONTENT**

Week of June 4 - 10

Monday, June 4

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Final Leg: Central - LAPD South Traffic	T	E	O	7:00 AM	The Central Route is off and it's @LAPDSouthTraff with the torch early this morning. Come on out and support the #FinalLeg: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC	DONE	Y
Final Leg	ALL	M	O	7:30 AM	The 2018 #SummerGames are this week and the #FlameOfHope is on its way! The #SOSCTorchRun will travel more than 150 miles today through more than 35 communities by more than 30 agencies. Kids came out to cheer on @TorrancePD, find out where you can cheer on the #FinalLeg this week: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #LETR  Kids came out to cheer on @TorrancePD a year ago, find out where you can cheer on the #FinalLeg this week as it heads to #SummerGames on Saturday: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #LETR #SOSCTorchRun	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC	DONE	Y
Final Leg: South - Whittier	T	E	O	8:00 AM	Up first for the southern leg of the #TorchRun is @WhittierPD. The #FlameOfHope will travel 65.8 miles today on this #finalleg. Don't miss it! <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #LETRforSOSC	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC	DONE	Y
Final Leg: North - Beginning	T	E	O	9:10 AM	The Northern Route of the #FinalLeg began with @PRCity Police. @SLOsheriff took it for a bit. @APD_Police is next and the morning will end with @SLOCHP #WeAreSOSC #TorchRun	-	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC	DONE	Y
Final Leg: Central - PVEstes/Torrance	T	E	O	10:15 AM	The Central Route is in the hands of @PVEPD who charge up some big-time hills to hand it off to @TorrancePD, as they take the #FlameOfHope 7.7 miles. #WeAreSOSC #TorchRun #FinalLeg	-	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC	DONE	Y
Final Leg: South - Pomona	T	E	O	11:00 AM	The pack of officers on Valley Blvd. is @PomonaPD, who is taking it 7.1 miles on the Southern Route. They aren't the longest route. Who would that be??? <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #FinalLeg #TorchRun	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC	DONE	Y
Summer Games: 5 Days	ALL	E	O	12:00 PM	It's Monday, so as we are five days from #SummerGames, we have to call out the award ceremonies. There is nothing better, so on this #MedalMonday, we have to encourage you to head out to @CSULB this June 9-10 and check-out memorable competitions and moving medal ceremonies. Nothing like it. See you at the Games! #WeAreSOSC #SOSCSG  It's Monday, so as we are five days from #SummerGames and we have to call out the award ceremonies. There is nothing better, so on this #MedalMonday, we have to encourage you to head out to @CSULB this June 9-10. Nothing like it. See you at the Games! #WeAreSOSC #SOSCSG	-	 <ul style="list-style-type: none"> <li>• #WeAreSOSC #SOSCSG #SummerGames</li> <li>• #MedalMonday #ThingsToDo #DontMissThis</li> <li>• #Free #SoCal #FamilyFun #FamilyThingsToDo</li> <li>• #FreeThingsToDo #SouthernCalifornia #JoinUs</li> <li>• #WitnessThePassion #CelebrateChampions</li> </ul>	DONE	Y
Final Leg: Central - Beach	T/(LET R)	E	O	1:00 PM	The #TorchRun on the Central #FinalLeg is on the beach! @RedondoBeachPD, @HermosaBeachPOA, @ManhattanBchPD and @ElSegundoPD join forces to take the #FlameOfHope 11 miles. #WeAreSOSC	-	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC	DONE	Y
Final Leg: North - MorrowBay	T	E	O	1:45 PM	The North Route is in the hands with @CAStateParks as it will go to @MorrowBayPD and @CuestaPolice... Keep following: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #LETR #FinalLeg	-	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC	DONE	Y
#ICYMI: Valencia Twins	T	M	O	2:39 PM	#ICYMI: The saying "Two is Better Than One" is proven pretty accurate thanks to the Valencia Twins. Check out their spotlight as they prepare for @2018USAGames... <a href="https://youtu.be/swGiuwFznC0">https://youtu.be/swGiuwFznC0</a> #WeAreSOSC #RiseWithUs	<a href="https://youtu.be/swGiuwFznC0">https://youtu.be/swGiuwFznC0</a>	#RiseWithUs #ICYMI #WeAreSOSC	-	Y
Final Leg: South - Ontario	T	E	O	3:15 PM	Now with the #FlameOfHope is @OntarioPD as they take it 9 miles! Still not the longest... #WeAreSOSC #FinalLeg #TorchRun	-	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC	DONE	Y
Final Leg: North - SLO	T	E	O	4:00 PM	The North Route ends day one with @CalPolyPolice and @SLOPD. It will be an early wake-up call for the #FlameOfHope in the North. Day two begins at 5:50 AM! Coffee anyone??? #WeAreSOSC #FinalLeg	-	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC	DONE	Y
Final Leg: South - Corona	T	E	O	4:40 PM	The longest route today in the southern route, @CoronaPD. They end Day Five for the south #FinalLeg with 10 miles! Good running troops!!! #WeAreSOSC #TorchRun	-	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC	-	Y
Final Leg: Central - 56.7 miles	T	E	O	5:30 PM	The #FinalEg Central Route ends after 56.7 miles with @LAPDPacific, @Inglewood_PD, @CHPWestLA and finally @Culver_CityPD. Begins Day Two at 6 AM TOMORROW! #WeAreSOSC	-	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC	DONE	Y

KEY:

Owned - Content created by SOSC Headquarters; Curated - Content created outside SOSC HQ and relevant to SOSC; Promo - Call to action, asking followers to do something



Summer Games: 4 Days (Things To Do)	ALL	M	O	11:45 AM	<p>We have just FOUR days until #SummerGames. Here are four not-so-known things to do at this year's Games:</p> <p>1) Play #UnifiedBocce with #SOSCathletes. That's right, you can play in this year's games!</p> <p>2) Flag Football Scrimmage. That's right, flag football is an official sport offered by SOSC and it makes its debut this Summer Games with a pair of scrimmages.</p> <p>3) Take a tour. Yup, get a tour of all that does on at the #SummerGames thanks to an #SOSCathlete. They will lead you through @CSULB campus and give you the inside scoop!</p> <p>4) Make a sign. Arts &amp; crafts on a whole new level. Hit a Fan Zone stand and make your very own sign to cheer on the athletes!</p> <p>Get more on these fun things and so much more: <a href="https://sosc.org/SummerGames">SOSC.org/SummerGames</a> #WeAreSOSC #SOSCSG</p> <p>We have just FOUR days until #SummerGames. Here are four not-so-know things to do at this year's Games: 1) Play #UnifiedBocce; 2) Watch flag football; 3) Take a tour; and 4) Make a sign. Learn more: <a href="https://sosc.org/SummerGames">SOSC.org/SummerGames</a></p>	Learn more: <a href="https://sosc.org/SummerGames">SOSC.org/SummerGames</a>	<p>-----</p> <p>#SummerGames #SOSCathletes #WeAreSOSC #SpecialOlympics #ChooseToInclude #SOSCSG #ThingsToDo #DontMissThis #Free #SoCal #FamilyFun #FamilyThingsToDo #FreeThingsToDo #SouthernCalifornia #JoinUs #WitnessThePassion #CelebrateChampions</p>	DONE	Y
Summer Games: Thing 1	T	M	O	12:50 PM	<p>We have just FOUR days until #SummerGames. Four not-so-known things to do at this year's Games: #1 Play #UnifiedBocce with #SOSCathletes. That's right, you can play in this year's games! Learn more: <a href="https://sosc.org/SummerGames">SOSC.org/SummerGames</a> #WeAreSOSC #SOSCSG</p>	Learn more: <a href="https://sosc.org/SummerGames">SOSC.org/SummerGames</a>	#SummerGames #UnifiedBocce #SOSCathletes #WeAreSOSC #SOSCSG	DONE	Y
Summer Games: Thing 2	T	M	O	1:30 PM	<p>FOUR days until #SummerGames. Four not-so-known things to do at this year's Games: #2 Flag Football Scrimmage. That's right, flag football makes its debut this Summer Games with a pair of scrimmages. Learn more: <a href="https://sosc.org/SummerGames">SOSC.org/SummerGames</a> #WeAreSOSC #SOSCSG</p>	<a href="https://sosc.org/SummerGames">SOSC.org/SummerGames</a>	#SummerGames #WeAreSOSC #SOSCSG	DONE	Y
Final Leg: South Route 2	T	M	O	2:15 PM	<p>The Southern Route is in San Bernardino. @CHPinland San Bernardino, @SanBernardinoPD and @sbcountyda office will take the torch 15 miles. It ends with Colton PD tonight after 5 pm. They end it with 7-mile run. #WeAreSOSC #FinalLeg</p>		#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC	DONE	Y
Final Leg: Central Route 2	T	M	O	3:15 PM	<p>The #FlameOfHope is in Hollywood! @LAPDHollywood is taking the #FinalLeg on Highland... #WeAreSOSC #SOSCTorchRun</p>		#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC #FlameOfHope	DONE	Y
Final Leg: North Route 2	T/(LET R)	M	O	4:30 PM	<p>It was a long day and a long journey for the Northern Route #FinalLeg as @Lompoc_PD will end it tonight! Good work to all the agencies! #WeAreSOSC #TorchRun</p>		#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC #FlameOfHope	DONE	Y
Summer Games: Thing 3	T	M	O	5:00 PM	<p>We have just FOUR days until #SummerGames. Four not-so-known things to do at this year's Games: #3 Take a tour. Yup, get a tour of all that does on at the #SummerGames thanks to an #SOSCathlete. Learn more: <a href="https://sosc.org/SummerGames">SOSC.org/SummerGames</a> #WeAreSOSC #SOSCSG</p>	<a href="https://sosc.org/SummerGames">SOSC.org/SummerGames</a>	#SummerGames #WeAreSOSC #SOSCSG	DONE	Y
Summer Games: Thing 4	T	M	O	5:35 PM	<p>Our fourth thing to do at #SummerGames: 4) Make a sign. Arts &amp; crafts on a whole new level. Hit a Fan Zone stand and make your very own sign to cheer on the athletes! Learn more: <a href="https://sosc.org/SummerGames">SOSC.org/SummerGames</a> #WeAreSOSC #SOSCSG</p>	<a href="https://sosc.org/SummerGames">SOSC.org/SummerGames</a>	#SummerGames #WeAreSOSC #SOSCSG	DONE	Y
USA Games: Sarah Kovacs	ALL	M	O	6:00 PM	<p>There is a special kind of bond between a father and a daughter. Special Olympics athlete Sarah Kovacs has the distinction of additionally being coached by her father, Tom, in track and field. This father-daughter duo have both been involved with Special Olympics for more than 11 years and are headed to the 2018 Special Olympics USA Games in July. Read more: <a href="https://wp.me/p8DSMZ-Uw">https://wp.me/p8DSMZ-Uw</a> #WeAreSOSC #RiseWithUs</p> <p>There is a special kind of bond between a father and a daughter. #SOSCathlete Sarah Kovacs has the distinction of additionally being coached by her father, Tom. They are headed to the @2018USAGames. More: <a href="https://wp.me/p8DSMZ-Uw">https://wp.me/p8DSMZ-Uw</a> #WeAreSOSC #RiseWithUs</p>		#WeAreSOSC #RiseWithUs	DONE	Y
Final Leg: Central - LAPD Topanga	T	M	O	6:30 PM	<p>It was a long day for the #FlameOfHope on the Central Route of the #FinalLeg. @LAPDTopanga ends it tonight at the Topanga Canyon station. Follow it tomorrow on all three routes: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #SOSCTorchRun</p>	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC #FlameOfHope	DONE	Y

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Wednesday, June 6

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Final Leg - June 6 Preview	ALL	E	O	7:27 AM	It's three days until #SummerGames and the #SOSCTorchRun #FinalLeg is bringing the #FlameOfHope ever so closer. The North Route hits Santa Barbara and travels 52+ miles. The Central Route splits into two, hitting Pasadena and Tri-Valley area. And the Southern Route is on Day 7 and will travel another 40 miles. Follow the #Torch as it heads to @CSULB for Opening Ceremony on June 9: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #SOSCSG.  3 days until #SummerGames & #SOSCTorchRun is bringing the #FlameOfHope ever so close. The North Route hits Santa Barbara, Central Route splits into two & Southern Route is on Day 7. Follow the #FinalLeg: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #SOSCSG	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC #FlameOfHope	DONE	Y
Final Leg - North Route: SBSO/CHP	T	M	O	8:07 AM	The Southern Route of the 2018 #SOSCTorchRun began in Solvang with @SBSheriff office and @chp_santabarb. After a 3-mile run, the #FlameOfHope will be shuttled to @CalStatParks, who take over at 9. Follow: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #FinalLeg	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC #FlameOfHope	DONE	Y
Final Leg - Central Route: American Legion/LAPD Mission/San Fernando PD	T	M	O	8:45 AM	American Legion @StarPost309 and @LASDHQ Team Red, White & Blue began the Central Route of the #SOSCTorchRun this morning. @LAPDMission as the #FlameOfHope now and will hand it to @SanFernandoPD around 9:30 am. #WeAreSOSC #FinalLeg		#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC #FlameOfHope	DONE	Y
Final Leg - Southern Route: Day 7	T	M	O	9:41 AM	Day seven of the long Southern Route journey began with @SBCCProbation and the #FinalLeg continues with @RialtoPolice and @FontanaPD this morning. #WeAreSOSC #SOSCTorchRun		#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC #FlameOfHope	-	Y
Final Leg - Central Route: Burbank	T	M	O	10:41 AM	The Central Route continues it's Tri-Valley section with @LAPDFoothill, then @LAPDNorthHwdDiv taking the torch & handing it to @BurbankPD. #WeAreSOSC		#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC #FlameOfHope	DONE	Y
BWC	T	M	O	11:30 AM	Be part of Celebrating Champions alongside keynote speaker @jhekker of @RamsNFL at the 2018 Rafer Johnson Breakfast With Champions. Be part of the tradition on opening day of #SummerGames: <a href="https://sosc.org/BWC">SOSC.org/BWC</a> #WeAreSOSC	<a href="https://sosc.org/BWC">SOSC.org/BWC</a>	#SummerGames #SOSCSG #SOSCBWC #WeAreSOSC	DONE	Y
Wellness Wednesday: Healthy Athletes at SG	ALL	M	O	12:00 PM	#WellnessWednesday: Keeping our athletes healthy so they can compete is a key part of Special Olympics' mission. We are about #InclusiveHealth. That's why Special Olympics athletes receive free health screenings during #SummerGames at the Healthy Athletes Village. From 10:30 am - 2 pm on Saturday and 8 am to 2 pm Sunday, clinicians and volunteers from through SoCal will provide FREE, yup FREE, health examinations in six disciplines. Learn more on this amazing opportunity: <a href="https://sosc.org/summergames/healthyathletes">https://sosc.org/summergames/healthyathletes</a> #WeAreSOSC #SOSCSG  #WellnessWednesday: Keeping our athletes healthy so they can compete is a key part of Special Olympics' mission. We are about #InclusiveHealth. During #SummerGames clinicians and volunteers provide FREE, yup FREE, health examinations: <a href="http://bit.ly/2rtNPj">http://bit.ly/2rtNPj</a> #WeAreSOSC #SOSCSG	<a href="https://sosc.org/summergames/healthyathletes">https://sosc.org/summergames/healthyathletes</a>	#WellnessWednesday #WeAreSOSC #SOSCSG #SummerGames #HealthAthletes #InclusiveHealth #ChooseToInclude #HealthandWellness #Fitness #SpecialOlympics #FreeClinics	DONE	Y
Healthy Athletes: The disciplines	T	M	O	12:46 PM	#WellnessWednesday: What are the six disciplines of #HealthAthletes? Here U go: Fit Feet, FUNFitness, Health Promotion, Healthy Hearing, Opening Eyes and Special Smiles. Learn more: <a href="https://sosc.org/summergames/healthyathletes">https://sosc.org/summergames/healthyathletes</a> #WeAreSOSC #SOSCSG	<a href="https://sosc.org/summergames/healthyathletes">https://sosc.org/summergames/healthyathletes</a>	#WellnessWednesday #WeAreSOSC #SOSCSG #SummerGames #HealthAthletes #InclusiveHealth #ChooseToInclude #HealthandWellness #Fitness #SpecialOlympics #FreeClinics	DONE	Y
Final Leg - North Route: Santa Barbara	T	M	O	1:04 PM	The 52.8-mile journey for today's Southern Route is currently in Santa Barbara w/ @CHP_SantaBarb, @SBSheriff, & @SB_Police running the #FlameOfHope. Getting closer to arrival of June 9 Opening Ceremony of #SummerGames. #WeAreSOSC #FinalLeg		#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC #FlameOfHope	DONE	Y
Final Leg - Southern Route: Claremont	T	M	O	1:25 PM	The Southern Route heads into the Pomona area. @UplandPD has it now, & then the #FlameOfHope goes to @ClaremontPD and @LaVernePD. Follow: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #FinalLeg		#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC #FlameOfHope	DONE	Y
Final Leg - Central Route: Glendale/LAPDNortheast	T	M	O	1:49 PM	The Central Route has split into two sections. @GlendalePD and LAPD @NortheastArea will wrap-up the Tri-Valley into Greater LA section of the #FinalLeg. The #SOSCTorchRun began its other leg in Pasadena, & its currently with @PasadenaPD. #WeAreSOSC		#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC #FlameOfHope	DONE	Y
Final Leg - Central Route: San Marino/Alhambra	T	M	O	2:50 PM	The @SanMarinoPD and @AlhambraPolice end the Central Route this afternoon. It begins its trek into Downtown LA tomorrow. Learn where: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #FinalLeg #SOSCTorchRun	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC #FlameOfHope	DONE	Y
Final Leg - Southern Route: San Dimas, Glendora, Azusa	T	M	O	3:36 PM	After 40 miles, the #SOSCTorchRun South Route ends this afternoon with @SDMLASD, @Glendora_PD and @AzusaPD. Great running officers! #WeAreSOSC #FinalLeg		#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC #FlameOfHope	DONE	Y
Final Leg - North Route: USPIS	FB/T	M	O	4:51 PM	The second section for #SOSCTorchRun in the central route was @USPIS_LA. Who? The U.S. Postal Inspection Service! They were one of 13 to carry the #FlameOfHope on that route today. See who has it tomorrow: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #FinalLeg		#SOSCTorchRun #FinalLeg #TorchRun #WeAreSOSC #FlameOfHope	DONE	Y

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SG: 3 Days (Healthy Athletes)	ALL	M	O	6:00 PM	Summer Games is in three days, and all #SOSCathletes are encouraged to visit #HealthAthletes Village for FREE FREE FREE health screenings. Healthy Athletes is dedicated to providing health screenings and education to our athletes while changing the way future health professionals interact with people with intellectual disabilities. #InclusiveHealth is the goal: <a href="https://www.sosc.org/healthyathletes">https://www.sosc.org/healthyathletes</a> #WeAreSOSC #SOSCSG	<a href="https://www.sosc.org/healthyathletes">https://www.sosc.org/healthyathletes</a>	#WellnessWednesday #WeAreSOSC #SOSCSG #SummerGames #HealthAthletes #InclusiveHealth #ChooseToInclude #HealthandWellness #Fitness #SpecialOlympics #FreeClinics	DONE	Y
Chipotle Promotion	T	F	P	7:30 PM	This month help support #TeamSOSC go to Seattle for @2018USAGames by visiting ANY California Chipotle on Thursday, June 14! Show the cashier this image, and 50% of the proceeds will be donated to Special Olympics. That simple! #WeAreSOSC #RiseWithUs	-	#WeAreSOSC #RiseWithUs #TeamSOSC	DONE	Y

#### Thursday, June 7

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Summer Games: 2 days (Sponsors)	ALL	M	O	7:30 AM	A big reason the Summer Games have been a success for 48 years and counting: partnerships. A big thank you to title sponsor Albertsons, Vons, & Pavilions. Not only for Summer Games, but for their support of spreading inclusion and joy all year. Joining them as co-presenting sponsors are Disney, Kaiser Permanente (official health partner of SOSC), and Reliance Steel & Aluminum. And even more spectacular, each of these amazing companies have employees that jump at the chance to volunteer at the Games. Truly spectacular! Thank you! Learn more about our amazing partners: <a href="https://sosc.org/summergames/sponsors">https://sosc.org/summergames/sponsors</a> #WeAreSOSC  A big thank you to the 2018 #SummerGames title sponsor, @Albertsons, @Vons & @Pavilions. You truly are remarkable company represented by amazing people! Thank you. #WeAreSOSC #SOSCSG	<a href="https://sosc.org/summergames/sponsors">https://sosc.org/summergames/sponsors</a>	#WeAreSOSC #SOSCSG #ChooseToInclude #Sponsors #ThankYou #SpecialOlympics #Albertsons #Vons #Pavilions #Partnerships	DONE	Y
Sponsors: Title Sponsor AVP	T	M	O	8:22 AM	#DYK: Not only is @Albertsons, @Vons, @Pavilions a title sponsor, 100s of employees #volunteer during the #SummerGames, getting up before the sun to make more than 8000 lunches. Yes. 8000! You folks rock. See you bright and early in TWO DAYS!		#DYK #WeAreSOSC #SummerGames	DONE	Y
Summer Games: @BrianAnthony	T	M	C	9:15 AM	Opening Ceremony in 48 hours!!! See you there... #WeAreSOSC #SummerGames #SOSCSG			DONE	Y
Final Leg - Southern Route: Irwindale	FB/T	M	C	9:24 AM	Day 8 for the Southern Route will travel 53 miles today. It started with @IrwindalePolice, then to @WestCovinaPD, @BaldwinPark PD and is on a six mile leg with @ElMontePolice. #WeAreSOSC		#WeAreSOSC #FinalLeg #SOSCTorchRun #FlameOfHope	DONE	Y
Final Leg: @LAPDWestTraffic	T	M	C	9:33 AM	Way to run @LAPDWilshire and @LAPDWestTraffic. Thank you!			DONE	Y
Final Leg: @LAPDDevonshire	T	M	C	9:55 AM	You folks are ALWAYS running for #SOSCathletes. THANK YOU @LAPDDevonshire for ALL you do every day for #SpecialOlympics #ChooseToInclude #FinalLeg			DONE	Y
Final Leg - Northern Route: Oxnard PD	T	M	O	10:15 AM	The fourth and final day of the #SOSCTorchRun in the north began with a 7-mile run by @Ventura_PD. It has just changed hands and @OxnardPD1903 is running the #FlameOfHope. #WeAreSOSC #FinalLeg		#WeAreSOSC #FinalLeg #SOSCTorchRun #FlameOfHope	DONE	Y
Final Leg - Avalon	T	M	C	10:45 AM	How cool was this! The #FlameOfHope on the Island! Awesome work @SoCalTorchRun #WeAreSOSC #FinalLeg			DONE	Y
Sponsor: Disney	T	M	O	11:26 AM	Special thank you to @WaltDisneyCo for joining us this year as c-presenting sponsor of the 2018 #SummerGames. THANK YOU! #WeAreSOSC #SOSCSG	<a href="https://sosc.org/summergames/sponsors">https://sosc.org/summergames/sponsors</a>	#SOSCSG #WeAreSOSC #SummerGames	DONE	Y
Sponsor: Kaiser	FB/t	M	O	12:00 PM	Not only is Kaiser Permanente (@KPCALnews) our official health partner, they are co-presenting sponsor of the 2018 #SummerGames. We are in good hands, that is for sure! #WeAreSOSC #SOSCSG	<a href="https://sosc.org/summergames/sponsors">https://sosc.org/summergames/sponsors</a>	#SOSCSG #WeAreSOSC #SummerGames	DONE	Y

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Fan in stands: @gen_kp	T	M	C	12:20 PM	See? They ( @KPSCALnews ) are everywhere... Good work @KPWestLA. You guys are just so good to our #SOSCAthletes! See you at the games. #SummerGames #WeAreSOSC			DONE	Y
Final Leg - Southern Route: Temple City	T	M	O	12:45 PM	#FinalLeg: @MonroviaPolice, @ArcadiaPD, @TEMLASD, @SanGabrielPOA have taken the Southern Leg into the afternoon. Keep watch, torch is on its way to #SummerGames, which is in TWO DAYS! #WeAreSOSC		#WeAreSOSC #FinalLeg #SOSCTorchRun #FlameOfHope	DONE	Y
Sponsor: Reliance	T	M	O	1:10 PM	A big thank you to @reliance_rs for thir continued partnership with us, including as co-presenting sponsor of this year's #SummerGames. Thank you! #WeAreSOSC #SOSCSG		#SOSCSG #WeAreSOSC #SummerGames	DONE	Y
Final Leg - Northern Route: CSU-Channel Islands	T	M	O	1:45 PM	The @CI_Police is about to take the #FlameOfHope as the northern leg has just two more stops. Up next @VenturaSheriff. #SOSCTorchRun #FinalLeg #WeAreSOSC		#SOSCTorchRun #FinalLeg #WeAreSOSC	-	Y
Sponsor: Edwards	FB	M	C	2:30 PM	One of our venue sponsors for the 2018 #SummerGames. Thank you! Fun begins in two days!			DONE	Y
Final Leg - Central Route: Beverly Hills	T/I	M	O	2:31 PM	The #FlameOfHope is now in Beverly Hills. @BeverlyHillsPD will take it to @UCPDLA. After 3.3 miles in Westwood, @LAPDWestLA will take the #FinalLeg into the afternoon. #SOSCTorchRun #WeAreSOSC		#SOSCTorchRun #WeAreSOSC	DONE	Y
Final Leg - Northern Route: LASD Lost Hills	T	M	O	3:00 PM	After taking the #FlameOfHope from @VenturaSheriff, @LHSLASD is taking the #FinalLeg its final four miles of the northern Leg. Good show #LETRI #WeAreSOSC		#SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Final Leg - Central Route: Santa Monica PD	T	M	O	4:34 PM	The Central Route comes to a close for the night in the hands of @SantaMonicaPD. They hand it to the FBI for the night. They are up for the final day at 7 am!		#SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Final Leg - Southern Route: Monterey Park	T	M	O	5:15 PM	The @NorwalkLASD is wrapping up the 53 miles of the #SOSCTorchRun Southern Route. The afternoon included @MontereyParkPD, @CHP_EastLA, @EastLALASD, @MontebelloPD, @PRVLASD, @DowneyPolice, & @CHPSFS. #FinalLeg #WeAreSOSC		#SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Summer Games: 2 days (What to expect)	ALL	E	O	6:00 PM	The 49th annual Special Olympics Southern California Summer Games is set to begin on Saturday, June 9 with Opening Ceremony at 9:30 a.m. The Games run through Sunday, June 10 and end with Closing Ceremony at 3:00 p.m. All told more than 1,100 athletes will represent 25 Southern California delegations. Take a look at everything there is to do this weekend: https://wp.me/p8DSMZ-W0 #WeAreSOSC #SOSCSG  The 49th annual Summer Games are TWO DAYS!! All told more than 1,100 athletes will represent 25 #SoCal delegations. Take a look at everything there is to do this weekend: https://wp.me/p8DSMZ-W0 #WeAreSOSC #SOSCSG #ThingsToDo	https://wp.me/p8DSMZ-W0 🏏 ---- #WeAreSOSC #SpecialOlympics #SummerGames #SOSCSG #ThingsToDo #FreeFun #Free #FamilyFun #FamilyFriendly #SoCal #SoCalLife #WitnessThePassion #ChooseToInclude	DONE	Y	
Join Us in the morning	FB/T	M	O	7:30 PM	Join us tomorrow morning for a special preview of the 2018 Summer Games. Catch us live on Facebook from Cal State Long Beach as we look at the upcoming Games, hear from special guests and meet some of the athletes participating in the Games as well as the upcoming USA Games. Don't miss it! #WeAreSOSC #SOSCSG  Join us tomorrow morning for a special preview of the 2018 Summer Games. Catch us live on Facebook from 7:30a-10a @CSULB as we look at the upcoming Games. Don't miss it! #WeAreSOSC #SOSCSG	🏏 ---- #WeAreSOSC #SpecialOlympics #SummerGames #SOSCSG #ThingsToDo #FreeFun #Free #FamilyFun #FamilyFriendly #SoCal #SoCalLife #WitnessThePassion #ChooseToInclude	DONE	Y	

#### Friday, June 8

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Join Us in the morning	T	M	O	7:00 AM	Join us in a half hour for our 2018 #SummerGames Preview live on Facebook from @CSULB. Don't miss it! #WeAreSOSC #SOSCSG		#WeAreSOSC #SummerGames #SOSCSG	DONE	Y
Final Leg Reposts	T/I	M	C	7:15 AM	#ICYMI: A moment from our #SOSCTorchRun #FinalLeg... Torch arrives to @CSULB today!		#FlameOfHope #SOSCTorchRun #FinalLeg #WeAreSOSC	-	Y
Summer Games Media Day	FB	E	O	8:00 - 10:00 AM	2018 Summer Games Preview Event live on Facebook: Time Segment Interviewees 8:15 a.m. Segment 1 – Let the Games Begin Jim McDonnell, Kim Unland, Blake Chow 8:30 a.m. Segment 2 – Year to Celebrate Bill Shumard 8:45 a.m. Segment 3 – USA Games Brett Laza, Kim Laza, Al Labrada, Krystal Johnson 9:00 a.m. Segment 4 – Volunteers/Partnerships Andy Barker, Volunteer from AVP 9:15 a.m. Segment 5 – Sports Jen Totman & Jim Saunders, Ashley Bahr, Bill Shumard 9:30 a.m. Segment 6 – What to expect Blake Chow, Kim Unland, Bill Shumard, Brett Laza, Andy Barker		#WeAreSOSC #SummerGames #SOSCSG	LIVE	Y
Final Leg - @Casey30155	T	M	C	8:00 AM	Thanks for calling out these awesome agencies for running the @SoCalTorchRun #FinalLeg. #FlameOfHope is almost to its final destination @CSULB #WeAreSOSC		#FlameOfHope #SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Final Leg - Azusa	FB/T	M	C	8:30 AM	Always fun day when running with @AzusaPD THANKS for once again getting the #FlameOfHope to the #SummerGames & for supporting #SOSCAthletes. #WeAreSOSC #FinalLeg		#FlameOfHope #SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Final Leg - Northeast Area LAPD	T	M	C	9:07 AM	Great running @NortheastArea! The #FlameOfHope is almost to its final destination - #SummerGames @CSULB #WeAreSOSC #FinalLeg		#FlameOfHope #SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y

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Final Leg - Southern Route	T	M	O	9:30 AM	The final day for the Southern Route, all 52 miles, continues as @BuenaParkPD just handed the #FlameOfHope to @AnaheimPD.		#FlameOfHope #SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Final Leg - Southern Route: SBCSD_ACT	T	M	C	10:09 AM	Thanks for supporting #SOSCAthletes! Great showing @SBCSD_ACTS You folks are always there for us! #WeAreSOSC #FinalLeg		#FlameOfHope #SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Final Leg - Southern Route	T	T	M	12:45 PM	Taking the #FlameOfHope from @FountainValleyPD right now is @HuntingtonBeachPD. They will take it 12.5 miles as the Southern Route has two more stops.		#FlameOfHope #SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Final Leg - CHP West LA	FB	M	C	1:15 PM	The #FlameOfHope is almost to CSULB and the 2018 #SummerGames, thanks in part to @CHP-West Los Angeles and more than 200 law enforcement agencies throughout SoCal! THANK YOU. #WeAreSOSC	<a href="https://www.facebook.com/330263627183242/videos/811026155773651/">https://www.facebook.com/330263627183242/videos/811026155773651/</a>	#FlameOfHope #SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Final Leg - LAPDvannuysdiv	T	M	C	1:15 PM	#ICMI: @lapdVanNuysDiv was out in force Wednesday... #FlameOfHope is almost "home". Arrives this afternoon @CSULB #FinalLeg		#FlameOfHope #SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Final Leg - Hollywood	T	M	C	2:02 PM	Nothing like these iconic location thanks to @LAPDHollywood helping to bring the #FlameOfHope to the #SummerGames. Torch arrives in just a few hours! #WeAreSOSC #FinalLeg		#FlameOfHope #SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Final Leg - SBCProbation	T	M	C	2:44 PM	Southern Route coming to a close... Thanks in part to these folks. Great running @SBCProbation... #FinalLeg #SOSCTorchRun #WeAreSOSC		#FlameOfHope #SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Final Leg - Central Route Live Posting	ALL	M	O	1:15 to 5 PM	Final leg of torch run from Harbor to CSULB		#FlameOfHope #SOSCTorchRun #FinalLeg #WeAreSOSC	LIVE	LIVE
Final Leg - Southern Route: Seal Beach	T	M	O	3:15 PM	The final 7.5 miles of the Southern Route is in the hands of @SealBeachPD, who will hand it off to @CHP-SouthLA. They will take it on to @CSULB around 4 pm. #WeAreSOSC		#FlameOfHope #SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Final Leg - Torrance	FB	M	C	4:00 PM	The @Torrance PD is always one of the well represented forces on the #FinalLeg. As the #FlameOfHope reaches @CSULB today, we thank them and the more than 200 agencies who supported the #SOSCAthletes by running the last two weeks. #WeAreSOSC	<a href="https://www.facebook.com/jill.reed/posts/10155814323103542">https://www.facebook.com/jill.reed/posts/10155814323103542</a>	#FlameOfHope #SOSCTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Summer Games Eve	FB/T	M	O	6:00 PM	Happy Summer Games Eve! The venues are ready. Athletes are checking. Let the fun begin tomorrow morning at the 49th annual Summer Games. Follow the game on all of our social media channels, including live facebook features. See you at the Games! #WeAreSOSC				
Summer Games Celebrate	T/I	T/I	O	7:00 PM	The games begin tomorrow. Tell us, how will you #CelebrateChampions at #SummerGames... See you at the GAMES!				

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**SOSC SOCIAL MEDIA CONTENT**

Week of May 28 - June 3

**Monday, May 28**

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Final Leg Kickoff	ALL	M	O	7:38 AM	The 2018 Summer Games can't get started on June 9 without the Flame of Hope, and its journey through roughly 900 miles of Southern California begins on Tuesday, May 29 with a pair of special kick-off events. Be part of this amazing tradition: <a href="https://wp.me/p8DSMZ-UC">https://wp.me/p8DSMZ-UC</a> #WeAreSOSC #FinalLeg #FlameofHope  The 2018 Summer Games can't get started on June 9 without the Flame of Hope, and its journey through roughly 900 miles of Southern California begins TOMORROW! Be part of this amazing tradition: <a href="https://wp.me/p8DSMZ-UC">https://wp.me/p8DSMZ-UC</a> #WeAreSOSC #FinalLeg #FlameofHope	<a href="https://wp.me/p8DSMZ-UC">https://wp.me/p8DSMZ-UC</a>	#WeAreSOSC #FlameOfHope #FinalLeg #TorchRun #LETR #SOSCLETR #LETRforOSC #SpecialOlympics #WitnessThePassion #SummerGames #SOSCSCG #ChooseToInclude #SOSC50	DONE	Y
Who's Running	T	M	O	8:47 AM	The #FlameOfHope begins the 883.8 mile journey tomorrow. Which deartment are you wanting to follow? 🏃 who is running: <a href="https://wp.me/p8DSMZ-UC">https://wp.me/p8DSMZ-UC</a> #WeAreSOSC #LETRFinalLeg	-	#WeAreSOSC #FlameOfHope #FinalLeg #TorchRun #LETR #SOSCLETR	DONE	Y
Communities	T/I	M	O	10:30 AM	Tuesday's kickoff events for the Torch Run Final Leg is the start of two weeks in which the Flame of Hope will journey through more than 200 SoCal communities. It is a site to behold. See when it will be in your next of the woods: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #FinalLeg #TorchRun	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	#WeAreSOSC #FlameOfHope #FinalLeg #TorchRun #LETR #SOSCLETR #LETRforOSC #SpecialOlympics #WitnessThePassion #SummerGames #SOSCSCG #ChooseToInclude #SOSC50	DONE	Y
Memorial Day	ALL	M	O	12:30 PM	"It is foolish and wrong to mourn the men who died. Rather we should thank God such men lived." – George S. Patton. To those who courageously gave their lives and to those who bravely fight today, thank you. #MemorialDay2018 #MemorialDay #WeAreSOSC #SOSCLETR #LETRforOSC  "It is foolish and wrong to mourn the men who died. Rather we should thank God such men lived." – George S. Patton. To those who courageously gave their lives and to those who bravely fight today, thank you. #MemorialDay2018 #WeAreSOSC	-	#MemorialDay2018 #MemorialDay #WeAreSOSC #SOSCLETR #LETRforOSC	DONE	Y
LETR Thank You	T	M	O	1:45 PM	On this memorial day, we want to thank all of the law enforcement officers who make Special Olympics Southern California & our local communities thrive. Thank you! @SoCalTorchRun #MemorialDay2018 #WeAreSOSC	-	@SoCalTorchRun #MemorialDay2018 #WeAreSOSC	DONE	
Monday Motivation	T/I	M	O	4:30 PM	#MondayMotivation: Being named captain for your team's big game @StubHubCenter while in #TeamUSA's lockerroom... Yup, that's a #MotivationalMonday #WeAreSOSC #ThisIsLA #PlayUnified	-	#MotivationalMonday #WeAreSOSC #ThisIsLA #PlayUnified	DONE	

**Tuesday, May 29**

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Torch Run Kickoff - Live Event	T	E	O	8:15 AM	We are @flyLAXairport this morning for kickoff of @SoCalTorchRun #finalleg ... #flameofhope to arrive around 10 am. #WeAreSOSC #soscletr	-	#WeAreSOSC #FinalLeg #TorchRun #SOSCLETR #FlameOfHope	LIVE	Y
Final Leg Event: Torch	T	E	O	9:45 AM	#flameofhope on its way. @SoCalTorchRun #finalleg #WeAreSOSC	-	#WeAreSOSC #FinalLeg #TorchRun #SOSCLETR #FlameOfHope	LIVE	Y
Final Leg Event: United	T	E	O	10:05 AM	On the run, @united employees helping #flameofhope begin its journey. Thank you #UnitedAirlines for your support and partnership of @SoCalTorchRun #WeAreSOSC	-	#WeAreSOSC #FinalLeg #TorchRun #SOSCLETR #FlameOfHope	LIVE	Y
Final Leg Event: LAXPD	T	E	O	11:05 AM	Thank you @LAAirportPD for hosting the kickoff event for @SoCalTorchRun #finalleg Good looking group! #WeAreSOSC	-	#WeAreSOSC #FinalLeg #TorchRun #SOSCLETR #FlameOfHope	LIVE	Y
Final Leg Event: @LASD_HQ	T	E	C	11:30 AM	Well said!!! #wearesosc	-	#WeAreSOSC #FinalLeg #TorchRun #SOSCLETR #FlameOfHope	LIVE	Y
Final Leg Kickoff: Athlete	T	E	O	12:30 PM	#soscathlete Jordan gave her personal story at today's @SoCalTorchRun kickoff event... a standing ovation was the reaction when she finished. #wearesosc #soscletr	-	#WeAreSOSC #FinalLeg #TorchRun #SOSCLETR #FlameOfHope	LIVE	Y

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Final Leg - Southern Rout Update	T	M	O	2:09 PM	The @SoCalTorchRun #FinalLeg is underway! @FBI_SanDiego wrapped up leg #5 of the Southern Route! See all the routes & when it will be in your area: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	#WeAreSOSC #FinalLeg #TorchRun #SOSCLeTR #FlameOfHope	LIVE	Y
Final Leg - Southern Route	T	M	C	3:15 PM	That is quite the force right there! Good. Work. @SanDiegoPoliceD @WeAreSOSC @SoCalTorchRun #FinalLeg		#WeAreSOSC #FinalLeg #TorchRun #SOSCLeTR #FlameOfHope	LIVE	Y
Final Leg - Southern Route	T	M	C	4:32 PM	Good work San Diego! Day one of the 2018 @SoCalTorchRun #FinalLeg wrapping up. See where it will be going next: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #FlameOfHope #LETR	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	#WeAreSOSC #FinalLeg #TorchRun #SOSCLeTR #FlameOfHope	LIVE	Y
Final Leg Event: @FlyLAXAirport	T	M	C	5:27 PM	So awesome to be with you this morning! Thank you for the amazing setting! #WeAreSOSC @SoCalTorchRun	-	#WeAreSOSC #FinalLeg #TorchRun #SOSCLeTR #FlameOfHope	LIVE	Y
Kickoff Event	ALL	M	O	6:30 PM	What a way to start the 2018 SoCalTorchRun #FinalLeg today from Chula Vista and at LAX! Departments from throughout #SoCal rallied to begin the 900 miles the #FlameOfHope to the 2018 Summer Games, which begins in just 11 days. For more photos from today's kickoff event at LAX: <a href="https://flic.kr/s/aHsmmtnSi6">https://flic.kr/s/aHsmmtnSi6</a> #WeAreSOSC #LETRforSOSC  What a way to start the 2018 SoCalTorchRun #FinalLeg today from Chula Vista and at LAX! For more photos from today's 🏆 Torch Run kickoff event at LAX: <a href="https://flic.kr/s/aHsmmtnSi6">https://flic.kr/s/aHsmmtnSi6</a> #WeAreSOSC #LETRforSOSC	<a href="https://flic.kr/s/aHsmmtnSi6">https://flic.kr/s/aHsmmtnSi6</a> 🏆👏 ----	#WeAreSOSC #LETRforSOSC #SpecialOlympics #ChooseToInclude #FlameOfHope #LETR #SOSCLeTR #LETRsOSC #SoCalLETR #TorchRun #TorchRunFinalLeg #LAX #LAPD #LASD #LAXPD	DONE	Y
Summer Games: 11 Days	T	E	O	7:27 PM	In 11 days, join us for the #SummerGames & play bocce with fans & #SOSCathletes. That's right, be part of the #Unified Bocce Experience! Sign up at the check-in located in the bocce venue. More: <a href="http://bit.ly/2kAOLsm">http://bit.ly/2kAOLsm</a> #WeAreSOSC #SOSCsg	<a href="https://sosc.org/summergames/unifiedbocce">https://sosc.org/summergames/unifiedbocce</a>	#SummerGames #SOSCsg #WeAreSOSC	DONE	Y

#### Wednesday, May 30

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Final Leg: Southern Route	T	M	O	6:30 AM	The #FlameOfHope is up early this morning. The@SDDistAtty office begins the #FinalLeg's journey in Del Mar, where it has seen views like this one at Torrey Pines State Reserve. Not too shabby... @SoCalTorchRun #FinalLeg #WeAreSOSC	-	@SoCalTorchRun #FinalLeg #WeAreSOSC	DONE	Y
Summer Games: 10 Days	ALL	M	O	7:30 AM	Did you hear? The Summer Games begin in 10 days and we kickoff our 50th Anniversary celebration with unique ways to be part of the fun. You can be part of the experience and play bocce with SOSC fans and athletes. That's right, be part of the #Unified Bocce Experience! Sign up at the Unified Bocce Experience check-in located in the bocce venue. More: <a href="https://sosc.org/summergames/unifiedbocce">https://sosc.org/summergames/unifiedbocce</a> #WeAreSOSC #SOSCsg  Did you hear? You can be part of the #SummerGames experience and play bocce with #SOSCathletes. That's right, be part of the #Unified Bocce Experience: <a href="http://bit.ly/2kAOLsm">http://bit.ly/2kAOLsm</a> #WeAreSOSC #SOSCsg	<a href="https://sosc.org/summergames/unifiedbocce">https://sosc.org/summergames/unifiedbocce</a>	• • • ---- #WeAreSOSC #SOSCsg #UnifiedSports #SOSC50 #50thAnniversary #UnifiedExperience #WitnessThePassion #CelebrateChampions	DONE	Y
Summer Games: Flag Football	T	M	O	8:30 AM	Another new experience at this year's #SummerGames will be flag football. Don't miss the skills exhibition and scrimmage. Learn more: <a href="https://sosc.org/summergames/competitions">https://sosc.org/summergames/competitions</a> #WeAreSOSC #SOSCsg	<a href="https://sosc.org/summergames/competitions">https://sosc.org/summergames/competitions</a>	#WeAreSOSC #SummerGames #SOSCsg	DONE	Y
Final Leg: Southern Route	T	M	O	9:30 AM	The #FinalLeg has hit the hands of @EscondidoPD, @CarlsbadPD and is now in the hands of @OceansidePD. They will turn it over to the Marines for one of the longer legs, 17 miles through Camp Pendleton! #WeAreSOSC #FlameOfHope		@SoCalTorchRun #FinalLeg #WeAreSOSC #FlameOfHope	DONE	Y
Unified Experience	ALL	M	O	12:06 PM	One month from now, Ramona Parrish and Hannah Larsh will be off to Seattle along with their Lompoc High School Unified basketball teammates for the 2018 Special Olympics USA Games. For Ramona, the newest member to the team, Special Olympics provides an opportunity to get "stronger." Read more: <a href="https://wp.me/p8DSMZ-Vz">https://wp.me/p8DSMZ-Vz</a> #WeAreSOSC #RiseWithUs  For Ramona Parrish, the newest member to the Lompoc HS Unified Basketball Team going to @2018USAGames, #SpecialOlympics provides an opportunity to get "stronger." Read more: <a href="https://wp.me/p8DSMZ-Vz">https://wp.me/p8DSMZ-Vz</a> #WeAreSOSC #RiseWithUs	<a href="https://wp.me/p8DSMZ-Vz">https://wp.me/p8DSMZ-Vz</a>	#WeAreSOSC #RiseWithUs	DONE	Y

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USA Games: 32 Days	T	M	O	1:12 PM	T-minus 32 days until the @2018USAGames Opening Ceremony in Seattle! Lompoc HS #UnifiedBasketball and all of #TeamSOSC is ready to show the country what've we got! <a href="http://bit.ly/2HRRNsX">http://bit.ly/2HRRNsX</a> #RiseWithUs #WeAreSOSC	<a href="http://bit.ly/2HRRNsX">http://bit.ly/2HRRNsX</a>	#RiseWithUs #WeAreSOSC	DONE	Y
Final Leg: Southern Route	T	M	O	3:30 PM	The #FlameOfHope is in #OrangeCounty! @ocsd took the torch this afternoon and will close Day 2 of Southern Route. See where the @SoCalTorchRun #FinalLeg will be tomorrow: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	@SoCalTorchRun #FinalLeg #WeAreSOSC #FlameOfHope	DONE	Y
Chipotle	T	F	P	4:46 PM	Start our 50th anniversary celebration this summer by eating great food! Join us at ANY California Chipotle on June 14, show the cashier this image, and 50% will be donated to Special Olympics. That simple! #WeAreSOSC	-	#WeAreSOSC	DONE	Y
Pigskin Promotion	FB/T	M	O	5:45 PM	In addition to taking the torch to the Summer Games this week, LETR will be kicking off it's latest fundraiser: Pigskin Madness! Be a part of exciting football action every week of the pro football season in our latest and most exciting LETR fundraiser benefiting #SOSCAthletes. Not only does your contribution help support our athletes, Pigskin Madness participants could take home part of the winnings! For complete rules: <a href="https://sosc.org/pigskin">https://sosc.org/pigskin</a> #WeAreSOSC #LETRforSOSC  It's Pigskin Madness! Be a part of exciting 🏈 every week of the pro football season in our latest & most exciting LETR fundraiser benefiting #SOSCAthletes. For complete rules: <a href="https://sosc.org/pigskin">https://sosc.org/pigskin</a> #WeAreSOSC #LETRforSOSC	<a href="https://sosc.org/pigskin">https://sosc.org/pigskin</a>	#WeAreSOSC #LETRforSOSC	DONE	Y
#WellnessWednesday	T/I	M	O	7:00 PM	#WellnessWednesday: Our #SOSCAthletes have one thing down, it's fun laugh with someone. But did you know it can actually improve your health? It's true: laughter is strong medicine. Come on out to #SummerGames and get a taste! #WeAreSOSC #SOSCSG  #WellnessWednesday: Our #SOSCAthletes have one thing down, it's fun to laugh w/ someone. But #DYK it can actually improve your health? It's true: laughter is strong medicine. Come on out to #SummerGames and get a taste! #WeAreSOSC #SOSCSG	<a href="https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456">https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456</a>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> #WellnessWednesday #SOSCAthletes #SummerGames #SOSCSG #Laughter #BestMedicine #LaughterBestMedicine #ShareALaugh #AllSmiles #WitnessThePassion #GoodLaugh	DONE	Y

#### Thursday, May 31

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Summer Games: 9 Days	ALL	E	O	7:30AM	Register you 2 to 7 year-old to participate in the #SummerGames through the Young Athletes Festival and Rising Stars experience! Children with and without intellectual disabilities are introduced to sports during the Young Athletes Festival at Summer Games. Rising Stars gives young athletes, ages 6 and 7, the opportunity to apply their talents in a sport-specific event. Sign-up your child today: <a href="http://bit.ly/218SgXr">http://bit.ly/218SgXr</a> #WeAreSOSC #SOSCSG  Register you 2 to 7 year-old to participate in the #SummerGames through the Young Athletes Festival and Rising Stars experience! Sign-up your child today: <a href="http://bit.ly/218SgXr">http://bit.ly/218SgXr</a> #WeAreSOSC #SOSCSG	<a href="http://bit.ly/218SgXr">http://bit.ly/218SgXr</a>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> #WeAreSOSC #SOSCSG #YoungAthletes #RisingStars #GetInvolved #FamilyFun #ThingsToDo #FreeForFamily #KidsFun #ChooseToInclude #HaveFun #ForKids #Festival #RisingStars	DONE	Y
Final Leg: Lagnua Beach PD	T	M	O	8:26 AM	The #FlameofHope started with @lagunabeachpd this morning at 7:30 and is about to be handed off to @chp_ocounty officers from Santa Ana and Capistrano. Follow the #FinalLeg: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	@SoCalTorchRun #FinalLeg #WeAreSOSC #FlameOfHope	DONE	Y
Final Leg: Coasta Mesa/Newport Beach PD	T	M	O	9:23 AM	Now up in the @SoCalTorchRun, @NewportBeachPD followed by Costa Mesa PD. Follow the #FlameOfHope & its 900-mile journey to the 2018 #SummerGames on June 9: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #FinalLeg	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	@SoCalTorchRun #FinalLeg #WeAreSOSC #FlameOfHope	DONE	Y
National Save Your Hearing Day	T	M	O	11:26 AM	It's #NationalSaveYourHearingDay! Perfect reminder that at the Healthy Athletes Village during #SummerGames, #SOSCAthletes can get their hearing checked for FREE at the #HealthyHearing screening. More: <a href="https://www.sosc.org/summergames/healthyathletes">https://www.sosc.org/summergames/healthyathletes</a> #WeAreSOSC	<a href="https://www.sosc.org/summergames/healthyathletes">https://www.sosc.org/summergames/healthyathletes</a>	#NationalSaveYourHearingDay #SaveYourHearingDay #SOSCAthletes #HealthyAthletes #HealthyHearing #WeAreSOC	DONE	Y

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Owned - Content created by SOSC Headquarters; Curated - Content created outside SOSC HQ and relevant to SOSC; Promo - Call to action, asking followers to do something

Final Leg: Irvine PD	ALL	M	O	12:15 PM	The @SoCalTorchRun is now in the hands of @IrvinePD. As one of more than 200 agencies that take part in the #LETRforSOSC, Irvine PD and countless other deaprtments raise more than a \$1.5 million for #SOSCAthletes. From running the #FlameOfHope these two weeks before #SummerGames to fun fundraisers like #TipACops or #CopOnARoof, they are always there for #SOSCAthletes. Thank you. More: <a href="https://sosc.org/letr">#WeAreSOSC #LETR</a>	<a href="https://sosc.org/letr">https://sosc.org/letr</a>	@SoCalTorchRun #FinalLeg #WeAreSOSC #FlameOfHope	DONE	Y
Plane Pull	T	M	O	1:18 PM	One of those events sponsored by @SoCalTorchRun is the annual Plane Pull! A unique way to benefit #SOSCAthletes: pull a 124,000-pound plane in teams of 25! Join the fun on Aug. 18: <a href="http://fundraising.sosc.org/site/TR?fr_id=1290&amp;pg=entry">#WeAreSOSC #SOSCPPlanePull</a>	<a href="http://fundraising.sosc.org/site/TR?fr_id=1290&amp;pg=entry">http://fundraising.sosc.org/site/TR?fr_id=1290&amp;pg=entry</a>	#WeAreSOSC #PlanePull #SOSCPPlanePull	DONE	Y
Final Leg: Orange PD	T	M	O	3:20 PM	The #TorchRun was in the hands of @SantaAnaPD for six miles and ends today with @CityOfOrangePD. They will take it four miles and finish at Hart Park! #FinalLeg #WeAreSOSC	-	@SoCalTorchRun #FinalLeg #WeAreSOSC #FlameOfHope	DONE	Y
#TBT: plane pull	T	E	O	4:30 PM	#TBT to last year's #PlanePull, which raised more than \$150,000 for #SOSCAthletes. Help us surpass that in 2018. Event is Aug. 18. Sign-up your team today: <a href="http://fundraising.sosc.org/site/TR?fr_id=1290&amp;pg=entry">#WeAreSOSC #SOSCPPlanePull</a>	<a href="http://fundraising.sosc.org/site/TR?fr_id=1290&amp;pg=entry">http://fundraising.sosc.org/site/TR?fr_id=1290&amp;pg=entry</a>	#WeAreSOSC #PlanePull #SOSCPPlanePull #TBT	DONE	Y
USA Games: Antonio Sainz	FB/T	M	O	5:30 PM	Happiness comes from the people we surround ourselves with. It's those contagious smiles and laughs that we all live for, and the fun memories we make along the way. For Antonio Sainz, a member of the Southwest HS Unified soccer team playing in the 2018 USA Games next month, his happiness comes from the moments he spends with his teammates. Read more: <a href="https://wp.me/p8DSMZ-Ue">#WeAreSOSC #RiseWithUs</a>	<a href="https://wp.me/p8DSMZ-Ue">https://wp.me/p8DSMZ-Ue</a>	#WeAreSOSC #RiseWithUs	VIDEO	Y
USA Games: 31 Days	T	M	O	6:30 PM	With only 31 days left until the @2018USAGames, Antonio Sainz and Southwest HS Unified Soccer can't wait to get to Seattle with #TeamSOSC to compete on the national stage! <a href="http://bit.ly/2HRRNsX">#RiseWithUs #WeAreSOSC</a>	<a href="http://bit.ly/2HRRNsX">http://bit.ly/2HRRNsX</a>	#WeAreSOSC #RiseWithUs	DONE	Y
SG: Young Athletes	T/I	M	O	7:30 PM	Hello #YoungAthletes! #SummerGames are quickly approaching and we would like to invite you (ages 6 to 7) to participate in Rising Stars. It's for everyone (children with and without ID)! Sign-up today: <a href="http://bit.ly/2H5uytB">#YoungAthletes #SOSCSG</a>	<a href="https://www.sosc.org/summergames/yaform">https://www.sosc.org/summergames/yaform</a>	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> #WeAreSOSC #SOSCSG #YoungAthletes #RisingStars #GetInvolved #FamilyFun #ThingsToDo #FreeForFamily #KidsFun #ChooseToInclude #HaveFun #ForKids #Festival #RisingStars	DONE	Y

#### Friday, June 1

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
#EVENTDAY: School Games	ALL	E	O	7:05 AM	It's a a school-based #EVENTDAY! Join the rising stars of Special Olympics San Diego County at the San Diego Unified School District Young Athletes Festival at Clairemont High School or #witnessthepassion of the more than 600 #SOSCAthletes during the Special Olympics Southern California - Orange County Garden Grove Unified School District Spring School Games at Bolsa Grande HS. For more information: <a href="https://sosc.org/Events">#WeAreSOSC</a>  #EVENTDAY: Join the rising stars of @SOSC_SanDiego at the @sdschools Young Athletes Festival at Clairemont HS or the more than 600 #SOSCAthletes during the @GGUSD School Games at Bolsa Grande HS. More: <a href="https://sosc.org/Events">#WeAreSOSC</a>	<a href="https://sosc.org/Events">SOSC.org/Events</a>	@ggusd @sdschools • • • • #WeAreSOSC #SOSCSG #YoungAthletes #RisingStars #GetInvolved #FamilyFun #ThingsToDo #FreeForFamily #KidsFun #ChooseToInclude #HaveFun #ForKids #Festival #RisingStars	DONE	Y

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Final Leg: Garden Grove PD/Anaheim PD	T/LETR : FB/I	E	O	7:50 AM	Day four of the #FinalLeg Southern Route gets started at 8 this morning with @GardenGrovePD taking the torch 3 miles to @AnaheimPD. Follow the #FlameOfHope: <a href="https://www.sosc.org/file/letr/2018-Southern-Non-Leo.pdf">https://www.sosc.org/file/letr/2018-Southern-Non-Leo.pdf</a> #WeAreSOSC #LETRforSOSC  Day four of the #FinalLeg Southern Route gets started at 8 this morning with @GardenGrovePD taking the torch 3 miles to @AnaheimPD. Don't forget to tag us! #WeAreSOSC #LETRforSOSC	<a href="https://www.sosc.org/file/letr/2018-Southern-Non-Leo.pdf">https://www.sosc.org/file/letr/2018-Southern-Non-Leo.pdf</a>	#WeAreSOSC #LETRforSOSC #FinalLeg	DONE	Y
USA Games: #30toGames (Swim)	T	M	O	8:45 AM	T-minus 30 days until the @2018USAGames Opening Ceremony in Seattle! #TeamSOSC is ready to show the country what've we got! <a href="http://bit.ly/2HRRNsX">http://bit.ly/2HRRNsX</a> #30toGames #WeAreSOSC #RiseWithUs	<a href="http://bit.ly/2HRRNsX">http://bit.ly/2HRRNsX</a>	#WeAreSOSC #RiseWithUs #TeamSOSC	DONE	Y
Final Leg: Fullerton/Placentia/Brea PD	T	E	O	9:35 AM	The morning tour of the #FinalLeg will travel 18 miles thanks to the hands of @FPDPIO, @csufpd, @placentiapolice and @BreaPD. #FlameOfHope #WeAreSOSC #TorchRun	-	#FlameOfHope #WeAreSOSC #TorchRun	DONE	Y
USA Games: #30toGames (Track)	ALL	M	O	12:00 PM	Hard to believe it's only #30toGames! #TeamSOSC is ready to compete alongside more than 4,000 athletes and coaches from around the country at the Special Olympics USA Games. <a href="http://bit.ly/2HRRNsX">http://bit.ly/2HRRNsX</a> #30toGames #WeAreSOSC #RiseWithUs		#WeAreSOSC #RiseWithUs #TeamSOSC	DONE	Y
Final Leg: La Habra PD	T	M	O	1:04 PM	The @LaHabraCA PD will wrap up the #FinalLeg for the first week as they take the #FlameOfHope into @WhittierPD for the weeked. All four routes in action starting Monday! More: <a href="https://www.sosc.org/letr/finalleg">https://www.sosc.org/letr/finalleg</a> #WeAreSOSC #TorchRun	<a href="https://www.sosc.org/letr/finalleg">https://www.sosc.org/letr/finalleg</a>	#FlameOfHope #WeAreSOSC #TorchRun	DONE	Y
USA Games: #30toGames (Piranhas)	T	M	O	4:19 PM	With only 30 days left until the @2018USAGames, we can't wait to get to Seattle to compete on the national stage! <a href="http://bit.ly/2HRRNsX">http://bit.ly/2HRRNsX</a> #30toGames #WeAreSOSC #RiseWithUs	<a href="http://bit.ly/2HRRNsX">http://bit.ly/2HRRNsX</a>	#WeAreSOSC #RiseWithUs #TeamSOSC	DONE	Y
Coming Up: Bowling	T	M	O	5:20 PM	Summer Games are in 8 Days. New begining this 2018 calendar year is that bowling is in its own season and it follows the summer games. Action begins this July! Learn more: <a href="https://sosc.org/sports/bowling">https://sosc.org/sports/bowling</a> #WeAreSOSC	<a href="https://sosc.org/sports/bowling">https://sosc.org/sports/bowling</a>	#WeAreSOSC #SummerGames	DONE	Y
#FridayFeeling: SG in 8 Days	ALL	M	O	6:30 PM	That #FridayFeeling! See you in eight days for the 2018 #SummerGames @CSULB, June 9-10. We begin our 50th Anniversary celebration. This is gonna be BIG! #WeAreSOSC #SOSCSG #SOSC50 #ChooseToInclude	-	#FridayFeeling #SummerGames #WeAreSOSC #SOSCSG #SOSC50 #ChooseToInclude	DONE	Y
USA Games: #30toGames (Tennis)	T	M	O	7:40 PM	#TeamSOSC couldn't be more excited for the @2018USAGames Opening Ceremony on July 1st. Only 30 days left to go! <a href="http://bit.ly/2HRRNsX">http://bit.ly/2HRRNsX</a> #30toGames #WeAreSOSC #RiseWithUs	<a href="http://bit.ly/2HRRNsX">http://bit.ly/2HRRNsX</a>	#30toGames #WeAreSOSC #RiseWithUs	DONE	Y

#### Saturday, June 2

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
#EVENTDAY: IE Hoops Invite	ALL	E	O	8:00 AM	It's #EVENTDAY! Our final regional event before 2018 Summer Games. It's the Special Olympics Southern California - Inland Empire Hoops Invite at Citrus Hill HS today. Then in one week, #SUMMERGAMES. Who is excited?!? We're excited! Are you excited!?! #WeAreSOSC #SOSCSG  It's #EVENTDAY! Our final regional event before #SummerGames. It's the #InlandEmpire Hoops Invite at Citrus Hill HS today. Then in one week, #SUMMERGAMES. Who is excited?!? We're excited! Are you excited!?! #WeAreSOSC #SOSCSG	<a href="https://www.sosc.org/g/events?cgid=45&amp;ceid=4676&amp;cerid=0&amp;cdt=6%2f2%2f2018">https://www.sosc.org/g/events?cgid=45&amp;ceid=4676&amp;cerid=0&amp;cdt=6%2f2%2f2018</a>	#EVENTDAY #WeAreSOSC #SOSCSG #SummerGames #WitnessThePassion #ChooseToInclude #CelebrateChampions #ThingsToDo #SoCal #FamilyFun #FreeThingsToDo #ThingsToDoWithKids	DONE	Y
Social Saturday: Galaxy Pic	T	M	O	9:00 AM	#SocialSaturday: Don't forget to tag us in your #EVENTDAY pics or if you are just out enjoying the #WeekendVibe. Tag #WeAreSOSC	-	#SocialSaturday #Eventday #WeAreSOSC #WeekendVibe	DONE	Y
Final Leg: @CHP - San Juan Cap.	FB	E	O	9:22 AM	#CYMI: Our friends from CHP - San Juan Capistrano partnered with CHP - Santa Ana in the southern route of this year's #FinalWeek. Week one in the books. Week two begins June 4 in all four routes! #WeAreSOSC	-	#WeAreSOSC #FlameOfHope #TorchRun #FinalLeg #SummerGames	DONE	Y
Final Leg: @SDSheriff	T	M	C	9:30 AM	A look back at #FinalLeg week 1: Great stuff from @SDSheriff as the southern route took off this past week. THANK YOU... #WeAreSOSC #FlameofHope	-	#WeAreSOSC #FlameOfHope #TorchRun #FinalLeg #SummerGames	DONE	Y

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Final Leg: @OCSd	FB/T	M	C	10:23 AM	#ICYMI: #FinalLeg began last week. @OCSd @OCSdSanClemente @OCSdDanaPoint looking good in this video. #FlameOfHope is on its way to #SummerGames! #WeAreSOSC	-	#WeAreSOSC #FlameOfHope #TorchRun #FinalLeg #SummerGames	DONE	Y
Final Leg: @Everlysdad11	T	M	C	11:33 AM	Good looking group outside @MCIWPendletonCA ! Thanks for the run. #FlameOfHope #FinalLeg	-	#WeAreSOSC #FlameOfHope #TorchRun #FinalLeg #SummerGames	DONE	Y
Social Saturday: Follow/Tag	FB/T	M	O	12:23 PM	Don't forget to follow us on your favorite social media channel. FOLLOW. TAG. SHARE. INTERACT. WATCH. #WeAreSOSC	-	#WeAreSOSC	DONE	Y
Final Leg: Repost	I	M	O	12:30 PM	Repost from Final Leg Instagram	-	#WeAreSOSC #FlameOfHope #TorchRun #FinalLeg #SummerGames	DONE	Y
Final Leg: @LagunaBeachPD	T	M	C	1:39 PM	#ICYMI: More than 200 agencies take to the streets to bring #FlameOfHope to #SummerGames on June 9. Good work @LagunaBeachPD on your #FinalLeg this week!!! #WeAreSOSC	-	#WeAreSOSC #FlameOfHope #TorchRun #FinalLeg #SummerGames	DONE	Y
Final Leg: @stobal	T	M	C	2:10 PM	More from @LagunaBeachPD and their #FinalLeg run to support #SOSCAthletes. Great pics @stobal #FlameOfHope continues 900-mile journey Monday! #WeAreSOSC	-	#WeAreSOSC #FlameOfHope #TorchRun #FinalLeg #SummerGames	DONE	Y
Final Leg: @NewportBeachPD	T	M	C	3:12 PM	We are honored to have you carry it this past week! It is getting closer to #SummerGames. Good running @NewportBeachPD #FinalLeg #WeAreSOSC	-	#WeAreSOSC #FlameOfHope #TorchRun #FinalLeg #SummerGames	DONE	Y
TipACop: @SDSheriff	T	M	C	4:01 PM	What a busy week for @SDSheriff YOU GUYS ROCK 🙌 See you at #SummerGames??? #WeAreSOSC #FinalLeg #TorchRun #TipACop	-	#WeAreSOSC #FlameOfHope #TorchRun #FinalLeg #SummerGames	DONE	Y
TipACop: @SantaAnaPD	T	M	C	5:06 PM	Such good stuff! Thanks @SantaAnaPD, @CityOfOrangePD and @OCFADivision6 for the run supporting #SOSCAthletes. 🙌🙌🙌 #WeAreSOSC #FinalLeg	-	#WeAreSOSC #FlameOfHope #TorchRun #FinalLeg #SummerGames	DONE	Y
SG: 7 Days (50th)	FB/T	E	O	5:43 PM	In one week, the 2018 Summer Games begins. So to does our 50th anniversary celebration. Join us for an amazing two days of competition, acceptance, joy, inclusion, and a whole bunch of family fun. It is free to attend and cheer on the athletes. Get the complete run down of this year's #SummerGames: SOSC.org/SummerGames #WeAreSOSC #SOSCSG	<a href="https://sosc.org/SummerGames">SOSC.org/SummerGames</a>	#EVENTDAY #WeAreSOSC #SOSCSG #SummerGames #WitnessThePassion #ChooseToInclude #CelebrateChampions #ThingsToDo #SoCal #FamilyFun #FreeThingsToDo #ThingsToDoWithKids	DONE	Y
Weekend Vibes: 50th	T/I	M	O	6:30 PM	#WeekendVibes: 2018 Summer Games are in one week! Join us for a monumental celebration as we begin our 50th anniversary! See you at the Games: SOSC.org/SummerGames #WeAreSOSC #SOSCSG	SOSC.org/SummerGames	#EVENTDAY #WeAreSOSC #SOSCSG #SummerGames #WitnessThePassion #ChooseToInclude #CelebrateChampions #ThingsToDo #SoCal #FamilyFun #FreeThingsToDo #ThingsToDoWithKids	DONE	Y
Final Leg: @csufpd	T	M	C	7:17 PM	Getting it DONE in Fullerton. Great stuff @csufpd in supporting #SOSCAthletes. THANK YOU! #WeAreSOSC #FinalLeg	-	#WeAreSOSC #FlameOfHope #TorchRun #FinalLeg #SummerGames	DONE	Y

#### Sunday, June 3

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
#National Cancer Survivors Day	T	M	O	8:45 AM	Today is #NationalCancerSurvivorsDay. Today is a CELEBRATION for those who have survived, an INSPIRATION for those recently diagnosed, a gathering of SUPPORT for families, and an OUTREACH to the community. More: <a href="http://www.ncsd.org/index.htm">http://www.ncsd.org/index.htm</a> #NCSD2018 #WeAreSOSC	<a href="http://www.ncsd.org/index.htm">http://www.ncsd.org/index.htm</a>	#WeAreSOSC #NCSD2018	DONE	Y
SG: 6 Days (Fans in Stands)	FB/T	E	O	9:30 AM	Come out in six days & cheer on 1,100 of SOSC's most inspiring athletes at the #SUMMERGAMES! The Games are FREE and open to the public, and we want to fill the stands. Attend as a fan, or create a cheer team with your family and friends. When you arrive at the Games, stop by one of the Fan Zone Booths. You can create and gather cheer gear, learn about cheer guidelines, and be directed to a venue that needs Fans in the Stands! Register your group TODAY: <a href="http://bit.ly/2q5j013">http://bit.ly/2q5j013</a> #WeAreSOSC #SummerGames #SOSCSG  Come out in six days & cheer on 1,100 of SOSC's most inspiring athletes at the #SUMMERGAMES! Come on out as a "cheer team" with your family and friends. It's Fans in the Stands! Register your group TODAY: <a href="http://bit.ly/2q5j013">http://bit.ly/2q5j013</a> #WeAreSOSC #SOSCSG	<a href="https://sosc.org/summergames/fanexperience">https://sosc.org/summergames/fanexperience</a>	#WeAreSOSC #SOSCSG #SummerGames #WitnessThePassion #Fans #Volunteer #Volunteers #GetInvolved #ChooseToInclude #WeekendFun #CelebrateChampions #ThingsToDo #SoCal #FamilyFun #FreeThingsToDo #ThingsToDoWithKids #WeekendVibes	DONE	Y

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Weekend Vibes: Fans in Stands	T/I	M	O	10:30 AM	Serious #WeekendVibes... Attending #SummerGames in six days with your closest friends... See you at the Games! #WeAreSOSC #SOSC SG		👉 ----- #WeAreSOSC #SOSC SG #SummerGames #WitnessThePassion #Fans #Volunteer #Volunteers #GetInvolved #ChooseToInclude #WeekendFun #CelebrateChampions #ThingsToDo #SoCal #FamilyFun #FreeThingsToDo #ThingsToDoWithKids #WeekendVibes	DONE	Y
Opening Ceremony: @Brian Anthony	FB	E	O	11:19 AM	In JUST SIX day, Brian Anthony will be singing "CHAMPION" at Opening Ceremony! "Honored to be performing 6/9! Tell your friends about this 50th Anniversary Celebration at CSLB!" - THANKS BRIAN! #WeAreSOSC	-	#WeAreSOSC	DONE	Y
Chipotle Promotion	FB/T	F	P	12:21 PM	This month help support #TeamSOSC go to Seattle for @2018USAGames by visiting ANY California Chipotle on Thursday, June 14! Show the cashier this image, and 50% of the proceeds will be donated to Special Olympics. That simple! #WeAreSOSC #RiseWithUs	-	#WeAreSOSC #RiseWithUs #TeamSOSC	DONE	Y
Coaster Challenge	T	E	O	1:17 PM	On Aug. 4, embrace your inner thrill-seeker at Six Flags Magic Mountain and scream your way through some thrilling rides! SOSC's Coaster Race lets you make an impact in a different way! Learn more: <a href="http://fundraising.sosc.org/site/TR?fr_id=1350&amp;pg=entry">http://fundraising.sosc.org/site/TR?fr_id=1350&amp;pg=entry</a> #WeAreSOSC #Coast4Cause #CoasterRace	<a href="http://fundraising.sosc.org/site/TR?fr_id=1350&amp;pg=entry">http://fundraising.sosc.org/site/TR?fr_id=1350&amp;pg=entry</a>	#CoasterRace #Coast4Cause #WeAreSOSC	DONE	Y
Final Leg Week Two Preview	FB/T	M	O	2:39 PM	It is #SummerGames week and that means the #FlameOfHope will be all over Southern California. 🇺🇸🔥 All four routes will be in action this week, include the newest route, North Eastern Route benefiting Special Olympics Southern California - Kern County Region! The Special Olympics Southern California - San Luis Obispo... Northern Route begins in Paso Robles with the Paso Robles Police Department tomorrow morning at 8 am. The Special Olympics Southern California - LA & SGV Regions Central Route will begin with LAPD South Traffic Division on the PCH in South Bay. The Special Olympics Southern California - Orange County & Special Olympics San Diego County Southern Route continues with day five as Whittier Police Department begins at 7:30 am. Finally, the newest route starts with Bakersfield Police Department at 8:30 am at Mercy Hospital Southwest - Bakersfield (400 Old River Road,.... Follow all the officers bring the torch to California State University, Long Beach: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC  It is #SummerGames week and that means a whole bunch of @SoCalTorchRun, likely in your neck of the woods. @PasoRoblesPD, @LAPDSouthTraffic, WhittierPD & @BakersfieldPD, you're up first thing tomorrow! Follow: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #FinalLeg	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	#WeAreSOSC #FinalLeg #TorchRun #SoCalTorchRun #FlameOfHope #SummerGames #LETRforSOSC	DONE	Y
Final Leg Week Two Preview	T/I	M	O	3:20 PM	#ICYMI: It was a busy week for the #FinalLeg last week, including this hand-off between @CACorrections & @IrvinePolice at @JohnWayneAir with our partners from @United! See what's on tap this week: <a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a> #WeAreSOSC #FinalLeg	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	🇺🇸🔥 #WeAreSOSC #FinalLeg #TorchRun #SoCalTorchRun #FlameOfHope #SummerGames #LETRforSOSC	DONE	Y
Reminder: YA Sign-up	FB/T	M	O	4:15 PM	We are still in need of a few little ones (ages 2-7) to register for our #YoungAthletes demonstration next Saturday and Sunday! Register: <a href="https://www.sosc.org/summergames/yaform">https://www.sosc.org/summergames/yaform</a> #WeAreSOSC	<a href="https://www.sosc.org/summergames/yaform">https://www.sosc.org/summergames/yaform</a>	#YoungAthletes #WeAreSOSC	DONE	Y

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USA Games Feature: Valencia Twins	FB/T	M	O	5:15 PM	<p>#SundaySpotlight: As the saying goes, two is better than one and that is certainly true when it comes to the Valencia twins. These twin sisters are 32 years old and radiate joy when they are with each other. Antoinette and Bernadette, or “Annie” and “B,” will now take that joy to the Special Olympics USA Games in less than a month. More on their story: <a href="https://wp.me/p8DSMZ-VJ">https://wp.me/p8DSMZ-VJ</a> #WeAreSOSC #RiseWithUs</p> <p>#SundaySpotlight: As the saying goes, two is better than one and that is certainly true when it comes to the Valencia twins, who radiate joy . They take that joy to the @2018USAGames in less than a month. More on their story: <a href="https://wp.me/p8DSMZ-VJ">https://wp.me/p8DSMZ-VJ</a> #WeAreSOSC #RiseWithUs</p>	<a href="https://wp.me/p8DSMZ-VJ">https://wp.me/p8DSMZ-VJ</a>	#WeAreSOSC #RiseWithUs #TeamSOSC	VIDEO	Y
USA Games: 28 Days	T/I	M	O	6:20 PM	<p>Just 28 days until Opening Ceremony of the 2018 USA Games. Join in celebrating the Valencia twins and the entire #TeamSOSC as they compete against the rest of the nation. More on #TeamSOSC: <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs</p>	<a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a>	<p>📌</p> <p>-----</p> <p>#WeAreSOSC #RiseWithUs</p> <p>#ChooseToInclude #WitnessThePassion</p> <p>#SpecialOlympics #USAGames</p> <p>#USAGames2018 #28toGames #CountDown</p> <p>#Basketball #Twins</p>	DONE	Y

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**SOSC SOCIAL MEDIA CONTENT**

Week of May 21 - 27


Monday, May 21

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
#MondayMotivation	ALL	M	O	7:30 AM	<p>#MotivationalMonday: Southwest High School Unified Soccer player Pilar Roncoroni will travel to the @2018 USA Games, an opportunity she says is thanks to her high school. Once done, she hopes to go to college and follow her grandmother's footsteps. Watch... Learn more on the entire #TeamSOSC going to Seattle in July: <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs</p> <p>#MotivationalMonday: Southwest High School Unified Soccer player Pilar Roncoroni will travel to the @2018USAGames, an opportunity she says is thanks to her high school. Watch... Learn more on #TeamSOSC: <a href="http://bit.ly/2Fv3chH">http://bit.ly/2Fv3chH</a> #WeAreSOSC #RiseWithUs</p>	<a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a>	#WeAreSOSC #MondayMotivation #RiseWithUs #USAGames	VIDEO	Y
Unified Sports	T	M	O	8:30 AM	Team sports bring people together. #UnifiedSports does that, & much more. About 1.4 million people take part, empowering individuals w/ & w/o intellectual disabilities to engage through the power of sports. More: <a href="http://bit.ly/2IRpRsj">http://bit.ly/2IRpRsj</a> #WeAreSOSC #PlayUnified	<a href="https://www.specialolympics.org/Coaching_Guides/UnifiedSports.aspx">https://www.specialolympics.org/Coaching_Guides/UnifiedSports.aspx</a>	#WeAreSOSC #PlayUnified	DONE	Y
School Games: @McFarland_CA	T	M	C	9:30 AM	Thank you @McFarland_USD for a great day! You #SOSCAthletes were awesome. #WeAreSOSC	-	#WeAreSOSC #SOSCAthletes	DONE	Y
BWC	T	M	O	11:18 AM	Join keynote speaker @jhekker at the 2018 Rafer Johnson Breakfast With Champions on the opening day of the 2018 Summer Games. Be part of an event that will leave you inspired. More: <a href="https://sosc.org/BWC">sosc.org/BWC</a> #WeAreSOSC #SOSCBWC	<a href="https://sosc.org/bwc">https://sosc.org/bwc</a>	#WeAreSOSC #SOSCBWC	DONE	Y
SLO Tip-A-Cop	FB/T	E	O	11:50 AM	<p>Those in the San Luis Obispo County you don't want to miss out on this week's annual #TipACop dinners. This amazing annual event gives you a chance at #GreatFood for a #GreatCause. Local law enforcement officers will trade in their badges for aprons to spend an evening serving you and raising money for Special Olympics San Luis Obispo County this week at four Tip-A-Cop fundraiser dinners. Officers, Deputies, Police Chiefs, and the Sheriff will happily wait on customers hand and foot. 100% of the proceeds raised at the dinners will benefit Special Olympics athletes. The annual dinner in Cambria on May 29 is sold out, but here are the other three:</p> <p>Tuesday, May 22: Paso Robles Event Center - Seatings: 5:30 p.m. &amp; 7:00 p.m.                      Wednesday, May 23: Alex Madonna Expo Center - Seatings: 5:30 p.m. &amp; 7:00 p.m.                      Thursday, May 24: South County Regional Center - Seatings: 5:30 p.m. &amp; 7:00 p.m.</p> <p>For more information, visit <a href="https://www.sosc.org/slocountytipacops">https://www.sosc.org/slocountytipacops</a> #WeAreSOSC</p> <p>This week is the annual #TipACop Dinners in San Luis Obispo County. These amazing events are unique family style dinners served by local officers with all funds going to #SOSCAthletes in SLO County. More: <a href="https://www.sosc.org/slocountytipacops">https://www.sosc.org/slocountytipacops</a> #WeAreSOSC</p>	<a href="https://www.sosc.org/slocountytipacops">https://www.sosc.org/slocountytipacops</a>	#WeAreSOSC #TipACop	DONE	Y
USA Games: 40 Days	T/I	M	O	12:30 PM	The Southwest High School Soccer Team is one of two #PlayUnified teams traveling to the @2018USAGames in 40 days. Learn more about the entire #TeamSOSC: <a href="http://bit.ly/2Fv3chH">http://bit.ly/2Fv3chH</a> #WeAreSOSC	<a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a>	#WeAreSOSC #UnifiedSports #TeamSOSC #SouthwestHS #PlayUnified #Soccer #UnifiedSoccer #USAGames #RiseWithUs #ChooseToInclude #WitnessThePassion	DONE	Y
Coaster Race	T	M	O	1:30 PM	On Aug. 4, embrace your inner thrill-seeker @sfmagicmountain! SOSC's Coaster Race lets you make an impact in a different way. Join us as we coast for a cause! <a href="http://bit.ly/2L5R4WL">http://bit.ly/2L5R4WL</a> #WeAreSOSC	<a href="http://fundraising.sosc.org/site/TR?fr_id=1350&amp;pg=entry">http://fundraising.sosc.org/site/TR?fr_id=1350&amp;pg=entry</a>	#WeAreSOSC	DONE	Y
DHR	T	M	O	4:27 PM	We are in the final days to get your tickets for the 2018 Dream House Raffle. The Add-on drawing is up to \$620+ & don't forget about that house! Deadline is Friday: <a href="https://socalraffle.com/addondrawing">https://socalraffle.com/addondrawing</a> #WeAreSOSC #SoCalRaffle	<a href="https://socalraffle.com/addondrawing">https://socalraffle.com/addondrawing</a>	#WeAreSOSC #SoCalRaffle	DONE	Y

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SG: 19 Days	FB/T	E	O	5:30 PM	The 2018 #SummerGames are in 19 days, and for children ages 2-7, there is something just for them! The Young Athletes Festival allows them to showcase skills they have learned in a school or community program. Spectators and families are encouraged to watch them compete and cheer them on. Here is the info: <a href="https://sosc.org/summergames/youngathletes">https://sosc.org/summergames/youngathletes</a> #WeAreSOSC #SOSCSG	<a href="https://sosc.org/summergames/youngathletes">https://sosc.org/summergames/youngathletes</a>	#WeAreSOSC #SOSCSG #SummerGames	DONE	Y
#MedalMonday	T/I	M	O	6:30 PM	Nothing beats #MedalMonday... #WeAreSOSC	-	 #WeAreSOSC #SpecialOlympics #ChooseToInclude #WitnessThePassion #CHP #CaliforniaHighwayPatrol #SanDiego #RegionalGames #SpringGames #Swimming #Awards #Medals #Gold #CelebrateChampions #LETR #SOSCLETR #LETRforSOSC	DONE	Y

#### Tuesday, May 22

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
SLO Tip-A-Cop Dinners	FB/T	E	O	7:30 AM	If you are in San Luis Obispo, then you don't want to miss out this week at the annual #TipACop dinners. It begins tonight with the North County Tip-A-Cop Dinner hosted at Paso Robles Event Center with seatings at 5:30 pm and 7:30 pm. This is a unique, family-fun event. Don't miss it. Get your tickets: <a href="https://www.sosc.org/slocountytipacops">https://www.sosc.org/slocountytipacops</a> #WeAreSOSC  If you are in SLO area, then you don't want to miss out this week at the annual #TipACop dinners. It begins tonight with the North County Tip-A-Cop Dinner hosted at Paso Robles Event Center. Get your tickets: <a href="http://bit.ly/2KlniGt">http://bit.ly/2KlniGt</a> #WeAreSOSC	<a href="https://www.sosc.org/slocountytipacops">https://www.sosc.org/slocountytipacops</a>	#WeAreSOSC #TipACop	DONE	Y
#TipACop Tuesday: @FPDPPIO	T	M	C	8:39 AM	Thank you to all who supported #SOSCAthletes at the #TipACop, especially you @FPDPPIO ... You guys are truly amazing. THANK YOU! #WeAreSOSC	-	#WeAreSOSC #SOSCAthletes #TipACop	DONE	Y
#TipACop Tuesday	T	E	O	9:36 AM	This week is full of #TipACop events! Find one in your area & dine to support #SOSCAthletes! Visit the Tip-A-Cop webpage to see the schedule! <a href="http://www.sosc.org/tipacop">www.sosc.org/tipacop</a> #WeAreSOSC #SOSCLETR	<a href="http://www.sosc.org/tipacop">www.sosc.org/tipacop</a>	#WeAreSOSC #SOSCLETR	DONE	Y
#insideSOSC	ALL	M	O	12:05 PM	The road to Summer Games draws near as competitions around the regions wind down and June approaches. The final five regional competitions were last Saturday and #SOSCSG are right around the corner. Read more on this week's #InsideSOSC: <a href="https://wp.me/p8DSMZ-UM">https://wp.me/p8DSMZ-UM</a> #WeAreSOSC  The road to #SummerGames draws near as competitions around the regions wind down and June approaches. Read more on this week's #InsideSOSC: <a href="https://wp.me/p8DSMZ-UM">https://wp.me/p8DSMZ-UM</a> #WeAreSOSC	<a href="https://wp.me/p8DSMZ-UM">https://wp.me/p8DSMZ-UM</a>	#WeAreSOSC #SummerGames #WitnessThePassion #CelebrateChampions #SanDiego #Bocce #BocceLife #RegionalEvents #FamilyFun #ThingsToDo	DONE	D
CHP Tip-A-Cop at Lazy Dog	T	E	O	12:30 PM	Join @CHP_HQ officers from the Ventura County Region tonight for their #TipACop at Lazy Dog in Oxnard. Come out for #GreatFood for a #GreatCause! #WeAreSOSC	-	#TipACop #GreatCause #WeAreSOSC #GreatFood	DONE	Y
SD Regional: @Chopper	T	M	C	1:13 PM	If there is an event in San Diego benefiting or involving #SOSCAthletes, this little guy is always there! You rock. #WeAreSOSC	-	#SOSCAthletes #WeAreSOSC	DONE	Y
Lance Bass Call Out	FB/I	M	O	4:45 PM	Hey @LanceBass, #SOSCAthlete and Global Messenger Debbie Anderson hopes you can make it out to this year's #SummerGames for an experience of a lifetime... #WeAreSOSC	-	#WeAreSOSC #SOSCAthletes #SummerGames	DONE	Y
Chipotle	T	M	O	5:33 PM	Make eating a selfless act by joining us at ANY California Chipotle on Thursday, June 14! Show the cashier this image, and 50% of the proceeds will be donated to Special Olympics. That simple! #WeAreSOSC	-	#WeAreSOSC	DONE	Y

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Summer Games: 18 Days	ALL	M	O	6:30 PM	<p>Come on out and join our Young Athletes at the Rising Stars Exhibition during Summer Games. In just 18 days, see these "rising stars" do their thing! This year, Rising Stars will include Basketball, Bocce and Athletics. Spectators and families are encouraged to watch them compete and cheer them on. Register your athlete here: <a href="https://www.sosc.org/summergames/youngathletes">https://www.sosc.org/summergames/youngathletes</a> #WeAreSOSC #SOSCSG</p> <p>Come on out and join our Young Athletes at the Rising Stars Exhibition during SummerGames. In just 18 days, see these "rising stars" do their thing! Register your athlete here: <a href="http://bit.ly/2qBsohQ">http://bit.ly/2qBsohQ</a> #WeAreSOSC #SOSCSG</p>	<a href="https://www.sosc.org/summergames/youngathletes">https://www.sosc.org/summergames/youngathletes</a>	👉 ---- #WeAreSOSC #SOSCSG #SummerGames #RisingStars #YoungAthletes #WitnessThePassion #CelebratingChampions	DONE	Y
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#### Wednesday, May 23

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Volunteer Shifts Open	ALL	M	O	7:33 AM	<p>Additional volunteer shifts for the 2018 Summer Games have been opened. Register today to be a part of the 49th annual games June 9-10 at CSULB. Celebrate Champions! Register NOW before they fill up! See you at the games: <a href="http://bit.ly/2pag2Ze">http://bit.ly/2pag2Ze</a> #WeAreSOSC #Volunteer</p> <p>Additional volunteer shifts for the 2018 #SummerGames have been opened! Celebrate Champions &amp; register NOW before they fill up! See you at the games: <a href="http://bit.ly/2pag2Ze">http://bit.ly/2pag2Ze</a> #WeAreSOSC #Volunteer</p>	<a href="https://www.sosc.org/summergames/volunteer">https://www.sosc.org/summergames/volunteer</a>	#WeAreSOSC #SummerGames #SOSCSG #Volunteer #WitnessThePassion #ThingsToDo #GetInvolved #SOSCAthletes #CelebrateChampions	DONE	Y
Summer Games: 17 Days	T	M	O	8:39 AM	In 17 days, more than 2,000 volunteers will give of their time and efforts for then more than 1,100 #SOSCAthletes in competition. Thank you #VOLUNTEERS! #WeAreSOSC #SOSCSG	-	#WeAreSOSC #SummerGames #SOSCSG #Volunteer #WitnessThePassion #ThingsToDo #GetInvolved #SOSCAthletes #CelebrateChampions	DONE	Y
SLO Tip-A-Cop	T	M	O	9:40 AM	It's the second night of the SLO #TipACop Dinners. Tonight: Alex Madonna Expo Center - Seatings: 5:30 p.m. & 7:00 p.m. See you there! <a href="https://www.sosc.org/slocountytipacops">https://www.sosc.org/slocountytipacops</a> #WeAreSOSC	<a href="https://www.sosc.org/slocountytipacops">https://www.sosc.org/slocountytipacops</a>	#TipACop #WeAreSOSC	DONE	Y
Wellness Wednesday	FB/T	M	O	12:00 PM	<p>#WellnessWednesday: Spread the word! Despite severe need and higher health risks, people with intellectual disabilities face a tough time accessing quality health care, and thus die on average 16 years younger than the general population: <a href="https://www.youtube.com/watch?v=X4DZXVHNYUY">https://www.youtube.com/watch?v=X4DZXVHNYUY</a> #WeAreSOSC #InclusiveHealth</p> <p>#WellnessWednesday: Despite severe need and higher health risks, people with intellectual disabilities face a tough time accessing quality health care: <a href="http://bit.ly/2IY8shD">http://bit.ly/2IY8shD</a> #WeAreSOSC #InclusiveHealth</p>	<a href="https://www.youtube.com/watch?v=X4DZXVHNYUY">https://www.youtube.com/watch?v=X4DZXVHNYUY</a>	#WeAreSOSC #InclusiveHealth #WellnessWednesday	DONE	Y
Wellness Follow-up	T	M	O	1:00 PM	#WellnessWednesday: 84% of health care providers feel better prepared to treat people with ID as a result of volunteering with Healthy Athletes. Can't wait to see you at Summer Games in 17 days. #WeAreSOSC #SOSCSG	-	#WeAreSOSC #InclusiveHealth #WellnessWednesday	DONE	Y
#WisdomWednesday	T	M	O	4:43 PM	"Great interactions with the athletes and they love learning about nutrition education." – Alyssa Alvarado, senior at CSU Channel Islands Nursing School and a Healthy Athletes volunteer. #WeAreSOSC #SummerGames #SOSCSG #WisdomWednesday	-	#WeAreSOSC #SummerGames #SOSCSG #WisdomWednesday	DONE	Y
USA Games: Schroff/Gonzales (Lompoc)	ALL	M	O	5:55 PM	<p>The #UnifiedSports experience has taught Lompoc High School Unified Basketball Teammates Ashley Schroff and Ruby Gonzales what it means to help one another. They will take the power of team work to Seattle and the 2018 USA Games in July. For more on the entire #TeamSOSC going to Seattle, <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs</p> <p>The #UnifiedSports experience has taught Lompoc High School Unified Basketball Teammates Ashley Schroff and Ruby Gonzales what it means to help one another. More <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs</p>	<a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a>	#WeAreSOSC #RiseWithUs #UnifiedSports #TeamSOSC <a href="https://youtu.be/Hl3-TgPfICl">https://youtu.be/Hl3-TgPfICl</a>	VIDEO	Y

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Thursday, May 24

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
School Games EventDay	FB/I	M	O	7:30 AM	It is a School Games Thursday! #EVENTDAY at El Modena High School for Orange USD Spring School Games and at Santa Maria HS for the Northern Santa Barbara School Games. Good luck to ALL! #WeAreSOSC	<a href="https://www.sosc.org/Events">SOSC.org/Events</a>	#WeAreSOSC #SpecialOlympics #SchoolGames #SchoolPartnerships #EVENTDAY #WitnessThePassion #	DONE	Y
Orange County Orange USD Spring School Games	T	E	O	7:30 AM	It's #EVENTDAY at El Modena High School for the Orange USD Spring School Games. We will see you on the track! #WeAreSOSC	<a href="https://www.sosc.org/events?cgid=45&amp;ceid=4700&amp;cerid=0&amp;cdt=5%2f24%2f2018">https://www.sosc.org/events?cgid=45&amp;ceid=4700&amp;cerid=0&amp;cdt=5%2f24%2f2018</a>	#WeAreSOSC #SpecialOlympics #SchoolGames #SchoolPartnerships #EVENTDAY #WitnessThePassion #	DONE	Y
Northern Santa Barbara High School Games	T	E	O	8:20 AM	Santa Maria HS is the site of today's #EVENTDAY for the Northern Santa Barbara School Games! Get ready to cheer... #WeAreSOSC	<a href="https://www.sosc.org/events?cgid=45&amp;ceid=4710&amp;cerid=0&amp;cdt=5%2f24%2f2018">https://www.sosc.org/events?cgid=45&amp;ceid=4710&amp;cerid=0&amp;cdt=5%2f24%2f2018</a>	#WeAreSOSC #SpecialOlympics #SchoolGames #SchoolPartnerships #EVENTDAY #WitnessThePassion #	DONE	Y
LAPD Central Tip-A-Cop	FB/T	E	O	9:30 AM	The @LAPDCentralArea will take protect and serve to a whole new level this morning from 11:00am - 2:00pm at Urth Caffe. Come join us for delicious food, fun, and to support #SpecialOlympics. #WeAreSOSC	<a href="https://www.sosc.org/events?cgid=45&amp;ceid=4704&amp;cerid=0&amp;cdt=5%2f24%2f2018">https://www.sosc.org/events?cgid=45&amp;ceid=4704&amp;cerid=0&amp;cdt=5%2f24%2f2018</a>	#TipACop #WeAreSOSC #EVENTDAY	DONE	Y
South County Tip-A-Cop Dinner	FB/T	E	O	11:45 AM	Tonight in San Luis Obispo is the third #TipACop benefiting #SOSCathletes in the county. Join us at the South County Regional Center. #GreatFood #GreatCause <a href="https://www.sosc.org/slocountytipacops">https://www.sosc.org/slocountytipacops</a> #WeAreSOSC	<a href="https://www.sosc.org/slocountytipacops">https://www.sosc.org/slocountytipacops</a>	#TipACop #WeAreSOSC #EVENTDAY	DONE	Y
LA Galaxy Home Game/Events	ALL	M	O	12:30 PM	The LA Galaxy SOSC Unified Team will kick off their 2018 season at StubHub Center on Friday, May 25 following the LA Galaxy vs. San Jose Earthquakes MLS match when they face the LA Galaxy Academy. Read more: <a href="https://wp.me/p8DSMZ-UE">https://wp.me/p8DSMZ-UE</a> #WeAreSOSC #LAGalaxy #ThisIsLA  The @LAGalaxy #SOSC #Unified Team will kick off their 2018 season at @StubHubCenter on Friday, May 25 in a doubleheader under the lights. Read more: <a href="https://wp.me/p8DSMZ-UE">https://wp.me/p8DSMZ-UE</a> #WeAreSOSC #LAGalaxy #ThisIsLA	<a href="https://wp.me/p8DSMZ-UE">https://wp.me/p8DSMZ-UE</a>	#WeAreSOSC #SpecialOlympics #PlayUnifeid #LAGalaxy #ThisIsLA #UnifiedSports #SoccerLife #SoccerIsLife #ThingsToDo #Soccer #GameDay #UnderTheLights #DoubleHeader	DONE	Y
#TBT	T	M	O	1:30 PM	#TBT to last season's @LAGalaxy SOSC #Unified Team home win over San Jose. #WeAreSOSC #ThisIsLA #PlayUnified #Throwback		#WeAreSOSC #ThisIsLA #PlayUnified #Throwback #TBT	DONE	Y
Summer Games: 16 Days	T	E	O	4:30 PM	The pool @CSULB will be a hectic place in 16 days for the start of the #SOSCSCG games and the swimming events will provide plenty of action over the weekend of June 9-10. Be a fan in the stands! More: <a href="https://www.sosc.org/summergames">SOSC.org/summergames</a> #WeAreSOSC		#WeAreSOSC #SOSCSCG	DONE	Y
Dream House Raffle Deadline	FB/T	F	P	5:24 PM	Last chance. Tomorrow is the final day to buy raffle tickets for the #DreamHouseRaffle. Buy NOW to #DoGood & #WinBig! <a href="https://www.sosc.org/summergames">SoCalRaffle.com</a>	<a href="https://www.sosc.org/summergames">SoCalRaffle.com</a>	#WeAreSOSC #SoCalRaffle #DreamHouseRaffle #SpecialOlympics	VIDEO	Y
Galaxy Unified	ALL	M	O	6:30 PM	The LA Galaxy SOSC Unified Soccer Team Exchange program is a partnership between the LA Galaxy and Special Olympics Southern California that brings individuals with and without intellectual disabilities together as teammates, ages 16-25, to participate in unique training, competition and social experiences. Learn more about the #PlayUnified experience: <a href="http://www.playunified.org/">http://www.playunified.org/</a> #WeAreSOSC  The @LAGalaxy #SOSC #Unified Soccer Team brings individuals w/ & w/o ID together as teammates to participate in unique & life-changing experience. Learn more about the #PlayUnified experience: <a href="http://www.playunified.org/">http://www.playunified.org/</a> #WeAreSOSC	<a href="http://www.playunified.org/">http://www.playunified.org/</a>	#We	DONE	Y

Friday, May 25

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Friday Feeling	ALL	M	O	7:30 AM	That #FridayFeeling... Who's ready for a three-day weekend? #WeAreSOSC #ChooseToInclude #SpecialOlympics . . .	-	#WeAreSOSC #ChooseToInclude #SpecialOlympics #FridayFunday #ThreeDayWeekend #WeekendIsHere #WitnessThePassion #CelebrateChampions #PureJoy #Happiness	DONE	Y
Newport Mesa School Games	T	E	C	8:22 AM	Join these great #SOSCathletes for #EVENTDAY fun! Nothing beats Spring School Games! #WeAreSOSC	-	#WeAreSOSC #SOSCathletes	DONE	Y

KEY:

Owned - Content created by SOSC Headquarters; Curated - Content created outside SOSC HQ and relevant to SOSC; Promo - Call to action, asking followers to do something

USA Games: 36 Days	T	M	O	9:33 AM	#SOSCathlete from Special Olympics Southern California - Inland Empire Tina Phipps lives life with a constant smile and it is infectious. She brings that spirit to the Special Olympics USA Games in July. For more on the entire #TeamSOSC going to Seattle, <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs  Follow Tina Phipps and the #InlandEmpire Morongo Basin Green Mojaves as they hit the bocce court in 36 days at the @2018USAGames! <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs	<a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs	#WeAreSOSC #RiseWithUs	DONE	Y
USA Games: Tina Phipps	FB/T	M	O	11:45 AM	#SOSCathlete Tina Phipps lives life with a constant smile and it is infectious. She brings that spirit to the @2018USAGames in July. For more on the entire #TeamSOSC going to Seattle, <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs	<a href="https://youtu.be/W0WF7jZcmxw">https://youtu.be/W0WF7jZcmxw</a>	#WeAreSOSC #RiseWithUs	VIDEO	Y
Galaxy	T/I	M	O	12:30 PM	Come on out to @StubHubCenter for tonight's @LAGalaxy doubleheader as the #LAGalaxy #SOSC #Unified Team play their only home game of the season. See you tonight! <a href="https://wp.me/p8DSMZ-UE">https://wp.me/p8DSMZ-UE</a> #WeAreSOSC	<a href="https://wp.me/p8DSMZ-UE">https://wp.me/p8DSMZ-UE</a>	👁️ ---- #WeAreSOSC #SpecialOlympics #PlayUnified #LAGalaxy #ThisIsLA #UnifiedSports #SoccerLife #SoccerIsLife #ThingsToDo #Soccer #GameDay #UnderTheLights #DoubleHeader #GameDay #SoccerNight	DONE	Y
Summer Games: 15 Days	T	E		1:30 PM	The countdown continues... 15 days until Summer Games... in addition to all the competition, there will be plenty for fans of all ages at The Festival. <a href="http://bit.ly/2q5j013">http://bit.ly/2q5j013</a> #WeAreSOSC #SOSCSG		#WeAreSOSC #SOSCSG	DONE	Y
Good Luck Galaxy	T/IS	E	O	4:30 PM	Good Luck to #LAGalaxy Unified Team as they play their only home game of the season in a friendly tonight in a doubleheader. <a href="https://wp.me/p8DSMZ-UE">https://wp.me/p8DSMZ-UE</a> #WeAreSOSC #PlayUnified #ThisIsLA	<a href="https://www.lagalaxy.com/unifiedteam">https://www.lagalaxy.com/unifiedteam</a>	#WeAreSOSC	DONE	Y
Friday Funday	T/I	M	O	6:00 PM	#FridayFunday - #GAMEDAY Style! Friday night under the lights... #WeAreSOSC #PlayUnified #UnifiedSports	-	👁️ ---- #WeAreSOSC #SpecialOlympics #PlayUnified #LAGalaxy #ThisIsLA #UnifiedSports #SoccerLife #SoccerIsLife #ThingsToDo #Soccer #GameDay #UnderTheLights #DoubleHeader #GameDay #SoccerNight	DONE	y
LA Galaxy Unified Game - Live posting				6-12 PM					

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Saturday, May 26

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
SG: 14 Days	ALL	E	O	9:00 AM	<p>Before we light the cauldron at CSULB in two weeks to begin the 2018 #SummerGames, we are putting the finishing touches on planning this year's Games (Oh, by the way, they begin our 50th Anniversary celebration!). That's where you come in. Check-out some ways you can help:</p> <p>1) VOLUNTEER! They are the beating heart of our Summer Games and we can't go on without you! There are many ways to help, and it is never too late. Learn more at <a href="https://sosc.org/summergames/volunteer">https://sosc.org/summergames/volunteer</a>.</p> <p>2) DONATE! We do our absolute best to stretch every single penny as far as we can go. So help us as we enter our 50th anniversary with a pledge of \$50. We will put that gift right to work to help make Summer Games, and all of our events and services a success: <a href="https://give.specialolympics.org/page/contribute/southern-california">https://give.specialolympics.org/page/contribute/southern-california</a></p> <p>3) ATTEND! What would a Summer Games be like without the cheers of Fans in the Stands? Help make the Summer Games experience one filled a lifetime of memories through our Fan Experience program. Or just show up and #WitnessThePassion: <a href="https://sosc.org/summergames/fanexperience">https://sosc.org/summergames/fanexperience</a> We will see you at the games!</p> <p>Before we light the cauldron @CSULB in 2 weeks to for #SummerGames, we're putting the finishing touches on planning and that's where you come in. Three ways to help: 1) Volunteer; 2) Donate; 3) Attend. More: <a href="https://sosc.org/summergames#WeAreSOSC#SOSCSG">https://sosc.org/summergames#WeAreSOSC#SOSCSG</a></p>	<a href="https://sosc.org/summergames">https://sosc.org/summergames</a>	#WeAreSOSC #SOSCSG #SummerGames #WitnessThePassion #CelebrateChampions #ChooseToInclude #SOSC50	DONE	Y
Summer Games: Volunteer	T	M	O	10:34 AM	Two weeks to #SummerGames. Way to get involved #1: Volunteer. It's never too late. <a href="http://bit.ly/2qdsOXH">http://bit.ly/2qdsOXH</a> #SOSCSG #WeAreSOSC	<a href="http://bit.ly/2qdsOXH">http://bit.ly/2qdsOXH</a>	#WeAreSOSC #SummerGames #SOSCSG	DONE	Y
#DYK	T	M	O	11:45 AM	The #SOSCSG are 14 days away, but #DYK that #SOSC had 45 events in the month of May alone? Learn more: <a href="https://sosc.org/Events">SOSC.org/Events</a> #WeAreSOSC	<a href="https://sosc.org/Events">SOSC.org/Events</a>	#WeAreSOSC	DONE	Y
Breakfast With Champions	ALL	E	O	1:00 PM	<p>Join us for a morning to remember at the 2018 #SummerGames on opening day June 9. Following Opening Ceremony, Celebrate Champions at the annual Rafer Johnson Breakfast With Champions. Andy Barker of Albertsons/Vons/Pavilions will be honored with the Rafer Johnson Humanitarian Award. It is a morning to remember. Join Us! <a href="https://sosc.org/BWC">SOSC.org/BWC</a> #WeAreSOSC #SOSCBWC</p> <p>Join us for a morning to remember on June 9 as we Celebrate Champions at the annual Breakfast With Champions. Andy Barker of @Albertsons @Vons @Pavilions will be honored with the Rafer Johnson Humanitarian Award: <a href="https://sosc.org/BWC">SOSC.org/BWC</a> #WeAreSOSC #SOSCBWC</p>	<a href="https://sosc.org/BWC">SOSC.org/BWC</a>	#WeAreSOSC #SummerGames #BreakfastWithChampions #SOSCBWC	DONE	Y
Summer Games: Doante	T	M	O	2:14 PM	Two weeks to #SummerGames. Way to get involved #2: Donate. help us as we enter our 50th anniversary with a pledge of \$50. We will put that gift right to work to help make Summer Games, and all of our events and services a success: <a href="https://give.specialolympics.org/page/contribute/southern-california">https://give.specialolympics.org/page/contribute/southern-california</a> #WeAreSOSC #SOSC50	<a href="https://give.specialolympics.org/page/contribute/southern-california">https://give.specialolympics.org/page/contribute/southern-california</a>	#WeAreSOSC #SummerGames #SOSCSG	DONE	Y
Final Leg - It Begins	T	M	O	3:35 PM	It begins Tuesday! Law enforcement officers will begin their journey to officially start the 2018 #SummerGames with the annual Final Leg. What's that? Learn more: <a href="https://sosc.org/LETR">SOSC.org/LETR</a> #WeAreSOSC #SOSCLETR	<a href="https://sosc.org/letr">https://sosc.org/letr</a>	#WeAreSOSC #SOSCLETR	DONE	Y
Summer Games: Attend	T	M	O	4:45 PM	Two weeks to #SummerGames. Way to get involved #3: Attend. Help make the Games' experience one filled w/ a lifetime of memories. Come #WitnessThePassion. Games are FREE! <a href="http://bit.ly/2q5j013">http://bit.ly/2q5j013</a> #WeAreSOSC #SOSCSG	<a href="https://sosc.org/summergames/fanexperience">https://sosc.org/summergames/fanexperience</a>	#WeAreSOSC #SummerGames #SOSCSG	DONE	Y

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LA Galaxy Game - Recap	ALL	M	O	6:06 PM	A night to remember: The LA Galaxy #Unified Team played their home game last night as part of doubleheader in #LAGalaxy's 1-0 win over rival San Jose. From arrival to putting on uniform for first time to building friendships with #LAGalaxy Academy Team, it was a memorable night. Take a look at the fun from last night. For the full photo gallery: #WeAreSOSC <a href="https://www.flickr.com/gp/sosocal/6aJ9xm">https://www.flickr.com/gp/sosocal/6aJ9xm</a> #PlayUnified #ThisIsLA  A night to remember: The @LAGalaxy #Unified Team played their home game last night as part of doubleheader in #LAGalaxy's 1-0 win over rival San Jose. Take a look at the fun from last night. For the full photo gallery: #WeAreSOSC <a href="https://www.flickr.com/gp/sosocal/6aJ9xm">https://www.flickr.com/gp/sosocal/6aJ9xm</a> #PlayUnified #ThisIsLA	<a href="https://www.flickr.com/gp/sosocal/6aJ9xm">https://www.flickr.com/gp/sosocal/6aJ9xm</a>	#WeAreSOSC #PlayUnified #UnifiedSports #LAGalaxy #ThisIsLA #Soccer #SoccerLife #SoccerIsLife #SpecialOlympics #ChooseToInclude	DONE	Y
#SoccerSaturday	T	M	O	7:30 PM	Nothing like scoring on the grand stage of the @StubHubCenter! More Pics: <a href="https://www.flickr.com/gp/sosocal/6aJ9xm">https://www.flickr.com/gp/sosocal/6aJ9xm</a> #SoccerSaturday #WeAreSOSC #PlayUnified	<a href="https://www.flickr.com/gp/sosocal/6aJ9xm">https://www.flickr.com/gp/sosocal/6aJ9xm</a>	#WeAreSOSC #SoccerSaturday #PlayUnified	DONE	Y

#### Sunday, May 27

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
#SundayRead	FB/T	M	O	8:55 AM	Ocean View Unified Sports was the brainchild of Micayla Shook, who has a special needs brother. Micayla wanted to create a place of acceptance and inclusion. Read on how her passion has led to amazing things: <a href="http://bit.ly/2kt6yrv">http://bit.ly/2kt6yrv</a> #WeAreSOSC #UnifiedSports  #SundayRead: Ocean View Unified Sports was the brainchild of Micayla Shook, who has a special needs brother. Micayla wanted to create a place of acceptance and inclusion. Read more: <a href="http://bit.ly/2kt6yrv">http://bit.ly/2kt6yrv</a> #WeAreSOSC #UnifiedSports	<a href="http://community.sosocamerica.org/blogs/kimberly-ohara/2018/05/22/fostering-social-inclusion-and-health-literacy-in">http://community.sosocamerica.org/blogs/kimberly-ohara/2018/05/22/fostering-social-inclusion-and-health-literacy-in</a>	#WeAreSOSC #UnifiedSports	DONE	Y
Weekend Vibes	T/I	M	O	10:13 AM	#WeekendVibes: Hanging out with teammates, playing some soccer, celebrating a goal... At @LAGalaxy's @StubHubCenter! Whaaattt?!? That is some serious fun by #LAGalaxy #Unified #Team. #WeAreSOSC	-	#WeAreSOSC #PlayUnified #WeekendVibes #WeekendFun #SoccerLife #ThisIsLA #LAGalaxy #UnifiedSports #MLSWorks #ChooseToInclude #SoccerIsLife #StubHubCenter #LAvSJ #Soccer #UnifiedSports	DONE	Y
Summer Games: 13 Days (Basketball)	T	E	O	11:38 AM	In 13 days the Pyramid and the Gold Mine will have wall-to-wall hoops action for the 49th annual #SummerGames. You don't want to miss this! See you in two weeks. #WeAreSOSC #SOSCSG	-	#WeAreSOSC #SummerGames #SOSCSG	DONE	Y
Bowling	FB/T	M	O	12:52 PM	#SummerGames are right around the corner, and that means so too is the 2018 Bowling Season. Competition is this summer with championships in August. Want to coach? We need you! Learn how you can make an impact: <a href="https://www.soosc.org/volunteer">https://www.soosc.org/volunteer</a> #WeAreSOSC  #SummerGames are right around the corner, and that means so too is the 2018 Bowling Season. Want to coach? We need you! Learn how you can make an impact: <a href="https://www.soosc.org/volunteer">https://www.soosc.org/volunteer</a> #WeAreSOSC	<a href="https://www.sosoc.org/volunteer">https://www.sosoc.org/volunteer</a>	#Volunteer #WeAreSOSC #Bowling	DONE	Y
Plane Pull #1	T	E	O	2:22 PM	On Aug. 18 test your strength, stamina, and endurance at the 13th Annual Plane Pull fundraiser @LBAirport. See how fast your group can pull a 124K pound FedEx 757. See at the Pull: <a href="http://bit.ly/2rsVIFM">http://bit.ly/2rsVIFM</a> #WeAreSOSC #PlanePull	<a href="http://fundraising.sosoc.org/site/TR?fr_id=1290&amp;pg=entry">http://fundraising.sosoc.org/site/TR?fr_id=1290&amp;pg=entry</a>	#PlanePull #WeAreSOSC	DONE	Y
Plane Pull #2	T	E	O	3:30 PM	#DYK: The annual #PlanePull is so much more than just pulling a plane. From a fitness challenge to a car show... It is fun for the entire family... Learn more: <a href="http://bit.ly/2rsVIFM">http://bit.ly/2rsVIFM</a> #WeAreSOSC #PlanePull	<a href="http://fundraising.sosoc.org/site/TR?fr_id=1290&amp;pg=entry">http://fundraising.sosoc.org/site/TR?fr_id=1290&amp;pg=entry</a>	#PlanePull #WeAreSOSC	DONE	Y

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Chipotle	FB/T	F	P	4:30 PM	<p>This summer begins the 50th anniversary celebration for @SOSoCal and you can help us get the celebration started by eating great food! Yup. That easy. Join us at ANY California Chipotle on Thursday, June 14! Show the cashier this image, and 50% of the proceeds will be donated to Special Olympics. That simple! #WeAreSOSC</p> <p>Start our 50th anniversary celebration this summer by eating great food! Join us at ANY California Chipotle on June 14, show the cashier this image, and 50% will be donated to Special Olympics. That simple! #WeAreSOSC</p>	-	#WeAreSOSC #SummerGames #SOSCSG	DONE	Y
#SundaySpotlight	ALL	M	O	5:41 PM	<p>For Christopher Barnds, a member of the Southwest HS Unified Soccer Team going to the 2018 USA Games in July, Special Olympics has helped him get in shape and meet new friends. Watch: <a href="https://youtu.be/KyfDoqqRe1U">https://youtu.be/KyfDoqqRe1U</a> #WeAreSOSC #RiseWithUs</p>	<a href="https://youtu.be/KyfDoqqRe1U">https://youtu.be/KyfDoqqRe1U</a>	#WeAreSOSC #USAGames #RiseWithUs #SpecialOlympics #WitnessThePassion #CelebrateChampions #TeamSOSC	VIDEO	Y
USA Games: 34 Days	T	E	O	6:30 PM	<p>Witness the #PlayUnified experience on a national scale as it is a big part of the @2018USAGames in 34 day. #TeamSOSC includes two #Unified Team, Southwest HS Soccer and Lompoc HS Basketball. Get to know #TeamSOSC: <a href="http://bit.ly/2Fv3chH">http://bit.ly/2Fv3chH</a> #WeAreSOSC #RiseWithUs</p>	<a href="https://wearesoc.org/category/usa-games/">https://wearesoc.org/category/usa-games/</a>	#WeAreSOSC #USAGames #RiseWithUs #SpecialOlympics #WitnessThePassion #CelebrateChampions #TeamSOSC	DONE	Y

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**SOSC SOCIAL MEDIA CONTENT**

Week of May 14 - 20

**Monday, May 14**

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Moday Motivation	ALL	M	O	7:30 AM	Thought you might need some motivation this Monday morning... #MotivationalMonday #WeAreSOSC	-	#MotivationalMonday #WeAreSOSC	DONE	Y
@LAClippers	T	M	C	8:35 AM	Check this out: @Johncholtz is a true hoops fanatic and he spreads that love to our @SO_SCVTV athletes! Good stuff John! #WeAreSOSC	-	#WeAreSOSC	-	Y
OC Games: @OCDana	T	M	C	11:35 AM	Thanks for all the elbow grease you folks put into our @sosc_occ Regional Games and for the upcoming #SummerGames! Love it... #WeAreSOSC	-	#WeAreSOSC #SummerGames	-	Y
LETR Softball: @JohnCurleyCPD	T	M	C	12:15 PM	Thanks Chief for supporting #SOSCAthletes! You guys are amazing. Not bad at softball either! #WeAreSOSC	-			
LETR Softball: @NFiguerroCPD	T	M	C	12:48 PM	It was a great day thanks to you superstars! Thanks for making a difference to our 35,000 #SOSCAthletes. THANK YOU. #WeAreSOSC	-			
OC Games: @Jazzj98	T	M	C	1:35 PM	Thanks for helping to spread inclusion and acceptance! #ChooseToInclude #WeAreSOSC	-	#WeAreSOSC #ChooseToInclude	-	Y
LETR Softball: @LAPDHollywood	T	M	C	3:41 PM	Thanks @LAPDHollywood for going to bat for #SOSCAthletes! #WeAreSOSC	-	#WeAreSOSC #SOSCAthletes	-	Y
LETR Softball: @LASchoolPolice	T	M	C	4:22 PM	Way to represent @LASchoolPolice at the @SoCalTorchRun Softball Tournament!!! #WeAreSOSC	-			
OC Games: SOSC_OCC	FB	M	C	5:10 PM	What a great day! Thank you Assemblyman Steven Choi for being a part of it!	-			
IE Games: @LakeElsinoreStorm	FB	M	C	5:15 PM	Loved this! Thanks Thunder!!! #WeAreSOSC	-			
LETR Softball: @LAPDHQ	T	M	C	5:25 PM	Great day! Thanks @LAPDHQ for supporting our #SOSCAthletes every day! You are amazing! #WeAreSOSC	-			
LETR Softball: @LAPDRuby	T	M	C	5:50 PM	Thank you Commander! All of you make such a huge difference in the lives of our 35,000 athletes! #WeAreSOSC	-			
Medal Monday	ALL	M	O	6:30 PM	What a Saturday we had last weekend. Which means, what amazing #MedalMonday moments we have for you today! For more pics, visit <a href="http://bit.ly/2s4cngD">http://bit.ly/2s4cngD</a> #WeAreSOSC	<a href="http://bit.ly/2s4cngD">http://bit.ly/2s4cngD</a>			

**Tuesday, May 15**

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Peace Officers Memorial Day	ALL	M	O	7:30 AM	Every May 15 by proclamation of the President is Peace Officers Memorial Day. Peace Officers Memorial Day is a part of Police Week, paying tribute to local, State and Federal law enforcement officers. Flags are flown at half-staff in memory of those officers who have made the ultimate sacrifice. Peace Officers Memorial Day was created on October 1, 1961. At that time, Congress asked the president to designate May 15 as a day to honor peace officers. On October 1, 1962, John F. Kennedy signed the bill into law. In 1994, Bill Clinton made an amendment that directed the United States flag be flown at half-staff on May 15. In 1982, an annual Memorial Service gathering in Senate Park began and later became known as Police Week. On behalf of the 35,000 #SOSCAthletes, we thank all peace officers for all they do for Special Olympics and for everyone everyday. THANK YOU! #PeaceOfficersMemorialDay #PeaceOfficersDay #WeAreSOSC  Today is Peace Officers Memorial Day. On behalf of the 35,000 #SOSCAthletes, we thank all peace officers for all they do for Special Olympics and for everyone everyday. THANK YOU! #PeaceOfficersMemorialDay #LETRforSOSC #SOSCLETR	-	#PeaceOfficersMemorialDay #PeaceOfficersDay #WeAreSOSC #SOSCLETR #LETRforSOSC	DONE	Y
Law 1962	T	M	O	8:30 AM	#DYK: It is Police Week, and today is Peace Officers Memorial Day, which President Kennedy signed into law in 1962. #WeAreSOSC #LETRforSOSC #SOSCLETR #PeaceOfficersMemorialDay	-	#DYK #WeAreSOSC #WeAreSOSC #PoliceWeek #SOSCLETR #PeaceOfficersMemorialDay	DONE	Y
Police Week	T	M	O	9:30 AM	#ICYMI: #PoliceWeek2018 will be held from May 13-19. This annual event pays special recognition to those officers who have lost their lives in the line of duty for the safety and protection of others. More: <a href="http://www.policeweek.org/">http://www.policeweek.org/</a> #WeAreSOSC	<a href="http://www.policeweek.org/">http://www.policeweek.org/</a>	#PoliceWeek2018 #WeAreSOSC #ICYMI	DONE	Y


**KEY:**

Owned - Content created by SOSC Headquarters; Curated - Content created outside SOSC HQ and relevant to SOSC; Promo - Call to action, asking followers to do something



Torch Run	FB/T	M	O	12:00 PM	<p>#SOSCAthletes and peace officers have a special bond. In 1981 the Law Enforcement Torch Run® was created as a way to involve officers in the community by running a torch relay for their local Special Olympics. The first Torch Run involved six officers and they raised no money. The Torch Run has grown to include more than 125 runs in 48 nations. For #SOSCAthletes, more than 1200 SoCal officers ran nearly 900 miles in the Final Leg a year ago. Learn more about this year's upcoming Final Leg: <a href="https://sosc.org/letr/finalleg">#sosc.org/letr/finalleg</a> #WeAreSOSC #SOSCforLETR #SOSCLETER</p> <p>In 1981 the LETR was created as a way to involve officers in the community by running a torch relay for their local #SpecialOlympics. For #SOSCAthletes, more than 1200 officers ran 900 miles in the #FinalLeg a year ago. Learn more: <a href="https://sosc.org/letr/finalleg">#sosc.org/letr/finalleg</a> #WeAreSOSC</p>	<a href="https://sosc.org/letr/finalleg">https://sosc.org/letr/finalleg</a>	#FinalLeg #TorchRun #WeAreSOSC #SOSCLETER #LETRforSOSC #SOSCAthletes	DONE	Y
DYK Torce Run	T	M	O	1:10 PM	#TorchRunTuesday: Did you know that the first #TorchRun in 1981 was held in Wichita, Kansas and involved six officers. The Torch Run has grown to include more than 125 runs in 48 nations. #WeAreSOSC		#WeAreSOSC #TorchRunTuesday	DONE	Y
DYK: Police Week	T	M	O	4:22 PM	#DYK: In 1994, Bill Clinton made an amendment that the US flag be flown at half-staff on May 15. In 1982, an annual Memorial Service gathering in Senate Park began and later became known as #PoliceWeek. #WeAreSOSC #PeaceOfficersMemorialDay		#DYK #WeAreSOSC #WeAreSOSC #PoliceWeek #PeaceOfficersMemorialDay	DONE	Y
Summer Games: 25 days	ALL	M	O	6:00 PM	In 25 days, LETR representatives and designated #SOSCAthletes will carry the Flame on to the campus of CSULB and light the cauldron to kick off the 2018 Summer Games. Join us! June 9. #WeAreSOSC #SOSCSG		#WeAreSOSC #SummerGames #SOSCSG #WitnessThePassion #CelebrateChampions #ChooseToInclude #LETR #LETRforSOSC #SOSCLETER #SOSCAthletes	DONE	Y
Temecula Torch Run	FB/T (IE)	M	O	7:00 PM	Be a champion of acceptance and inclusion, and run in the Law Enforcement Torch Run benefiting Special Olympics Temecula Valley on Sunday, May 20. By participating in this fun run you will raise awareness and funds for individuals with intellectual disabilities. Learn more: <a href="http://fundraising.sosc.org/site/TR?fr_id=1260&amp;pg=entry">http://fundraising.sosc.org/site/TR?fr_id=1260&amp;pg=entry</a> #WeAreSOSC #LETRforSOSC #SOSCLETER	<a href="http://fundraising.sosc.org/site/TR?fr_id=1260&amp;pg=entry">http://fundraising.sosc.org/site/TR?fr_id=1260&amp;pg=entry</a>	#WeAreSOSC #TorchRun	DONE	Y

#### Wednesday, May 16

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
#ICYMI: Galaxy Unified Team	FB/T	M	O	7:30 AM	<p>#ICYMI: The LA Galaxy and Special Olympics Southern California announced the 2018 LA Galaxy SOSC Unified Soccer Team this week. The 20 individuals went through a ceremonial Signing Day on May 3 at the StubHub Center and begin practice for the 2018 season. Read more: <a href="https://wp.me/p8DSMZ-SO">#wp.me/p8DSMZ-SO</a> #WeAreSOSC #PlayUnified</p> <p>#ICYMI: The @LAGalaxy &amp; SOSC announced the 2018 #Unified Soccer Team this week. The 20 individuals went through a ceremonial Signing Day on May 3. Read more: <a href="https://wp.me/p8DSMZ-SO">#wp.me/p8DSMZ-SO</a> #WeAreSOSC #PlayUnified</p>	<a href="https://wp.me/p8DSMZ-SO">https://wp.me/p8DSMZ-SO</a>	#WeAreSOSC #PlayUnified	DONE	Y
Galaxy	T/I	M	O	8:15 AM	The 2018 LA Galaxy SOSC #Unified soccer season is here! That get's us excited. Read more LINK in bio.		 <p>-----</p> <p>#WeAreSOSC #LAGalaxy #ThisisLA #PlayUnified #SpecialOlympics #unifiedsports #ChooseToInclude</p>	DONE	Y
#WellnessWednesday	FB/T	M	O	11:45 AM	#WellnessWednesday: With all the events happening this spring and the Torch Run Final Leg about to start its 900-mile journey, our #SOSCAthletes are on their feet a lot. Enter Fit Feet, a discipline of #HealthyAthletes. Fit Feet offers FREE podiatric screenings to evaluate ankles, feet, lower extremity biomechanics, and proper shoe and sock gear to athletes. Fit Feet and all six of the #HealthyAthletes will be at Summer Games this June 9-10. Learn more: <a href="https://sosc.org/summergames/healthyathletes">https://sosc.org/summergames/healthyathletes</a> #WeAreSOSC #SOSCSG	<a href="https://sosc.org/summergames/healthyathletes">https://sosc.org/summergames/healthyathletes</a>	#WeAreSOSC #SOSCAthletes #SummerGames #HealthyAthletes #SOSCSG #WellnessWednesday	DONE	Y

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#WellnessWednesday	T	M	O	12:45 PM	#DYK: Fit Feet examinations have found that 21% of #SOSCathletes have bone deformations and 41% are wearing the wrong size shoe. Fit Feet hopes to change that. Learn more: <a href="https://www.sosc.org/healthyathletes/fitfeet">https://www.sosc.org/healthyathletes/fitfeet</a> #SOSCathletes #WeAreSOSC	<a href="https://www.sosc.org/healthyathletes/fitfeet">https://www.sosc.org/healthyathletes/fitfeet</a>	#WeAreSOSC #SOSCathletes #SummerGames #HealthyAthletes #SOSCSG #WellnessWednesday	DONE	Y
Summer Games: 24 Days	T	M	O	4:36 PM	Come on out to Summer Games in 24 days and visit the #HealthyAthletes Village (between the track and the Pyramid). #SOSCathletes get FREE health screenings! Learn More: <a href="https://sosc.org/summergames/healthyathletes">https://sosc.org/summergames/healthyathletes</a> #WeAreSOSC #SOSCSG	-	#WeAreSOSC #SOSCathletes #SummerGames #HealthyAthletes #SOSCSG #WellnessWednesday	DONE	Y
USA Games Spotlight	ALL	M	O	5:30 PM	Jennifer Eckles, member of the Pomona Valley basketball team traveling to the 2018 USA Games, loves everything friends. From the TV show to the ones she plays basketball and softball with. Here is a rapid 11 questions answered by Jennifer. For more on #TeamSOSC going to the USA Games: <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs	<a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a>	#WeAreSOSC	VIDEO	Y
USA Games: 45 Days	T	M	O	6:58 PM	Jennifer Eckles and her Pomona teammates are hard at work preparing for their trip to the 2018 USA Games in 45 days. join us in celebrating #TeamSOSC as they take on the rest of the nation. Read their stories: <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs	<a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a>	#WeAreSOSC #RiseWithUs	DONE	Y

#### Thursday, May 17

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Summer Games: 23 days	T/I	E	O	7:46 AM	On your mark.... Get set... Who is ready for the 2018 Summer Games? The fun begins in 23 days... See you at the Games June 9-10. More: <a href="https://www.sosc.org/summergames">SOSC.org/SummerGames</a> #WeAreSOSC #SOSCSG	<a href="https://www.sosc.org/summergames">SOSC.org/SummerGames</a>	#WeAreSOSC #SummerGames #SOSCSG #WitnessThePassion #CelebrateChampions #ChooseToInclude #Track #TrackAndField #RunnersLife #Game #ThingsToDo #FamilyFun #SoCal #FreeEvents	DONE	Y
TipACop	FB/T	E	O	8:49 AM	Bring your family and friends and join @CSULB Police Department for tonight's Tip-A-Cop! Join us at Buffalo Wild Wings (4678 Daneland St. Lakewood) from 5-9pm, present this ticket 🎟 and BWW will donate 10% of your total bill to benefit #SOSCathletes! See you tonight. More: <a href="http://www.csulb.edu/university-police/event/tip-a-cop-fundraiser-special-olympics">http://www.csulb.edu/university-police/event/tip-a-cop-fundraiser-special-olympics</a> #WeAreSOSC  Bring your family and friends and join @CSULBPolice for tonight's Tip-A-Cop! Join us at Buffalo Wild Wings (4678 Daneland St. Lakewood) from 5-9pm, present this ticket 🎟 and BWW will donate 10% of your total bill to benefit #SOSCathletes! #WeAreSOSCD	<a href="http://www.csulb.edu/university-police/event/tip-a-cop-fundraiser-special-olympics">http://www.csulb.edu/university-police/event/tip-a-cop-fundraiser-special-olympics</a>	#WeAreSOSC #EVENTDAY #TipACop	DONE	Y
School Game Friday	T	M	O	11:45 AM	Don't miss a minute of action on Friday as we have five spring schools games in Southern California. Check out where they will be <a href="https://www.sosc.org/events">https://www.sosc.org/events</a> #WeAreSOSC #SchoolGames	<a href="https://www.sosc.org/events">https://www.sosc.org/events</a>	#WeAreSOSC #SchoolGames	DONE	Y
School Games: @NMUSD	T		C	12:30 PM	Great day of School Games on Friday! Five school games throughout #SoCal! Join us... #WeAreSOSC	-	#WeAreSOSC #SoCal	DONE	Y
DHR: 8 days	FB/T	F	P	1:00 PM	Eight days remain to get your 2018 Dream House Raffle Tickets. Enter to win this house or one of 2,000 other prizes. Don't forget the add-on drawing, the jackpot for that is past \$600K! #DoGood #WinBig. <a href="https://socialraffle.com/overview">https://socialraffle.com/overview</a> #WeAreSOSC #SoCalRaffle	<a href="https://socialraffle.com/overview">https://socialraffle.com/overview</a>	#SoCalRaffle #WeAreSOSC #DoGood #WinBig	DONE	Y
Unified Sports: @LA Galaxy	T	M	C	4:08 PM	#CYMI: 2018 #LAGalaxy #Unified Soccer Team... great stuff. #WeAreSOSC #PlayUnified	-	#WeAreSOSC #PlayUnified #Unified #LAGalaxy #Soccer	DONE	Y
Wild Wings	T	E	O	4:30 PM	It's almost dinner time! See you at Buffalo Wild Wings in Lakewood from 5 to 9. Present this ticket & 10% of your bill goes to #SOSCathletes! #WeAreSOSC	<a href="http://www.csulb.edu/university-police/event/tip-a-cop-fundraiser-special-olympics">http://www.csulb.edu/university-police/event/tip-a-cop-fundraiser-special-olympics</a>	#SOSCathletes #WeAreSOSC	DONE	Y
Unified Sports: @LA Galaxy	T	M	C	5:04 PM	The power of inclusion and acceptance.... #LAGalaxy #SOSC #Unified #Soccer #Team #WeAreSOC	-	#WeAreSOSC #PlayUnified #Unified #LAGalaxy #Soccer	DONE	Y

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Coaster Race	FB/T	F	P	5:30 PM	Do we have some fun lined up in August. On Saturday, August 4, embrace your inner thrill-seeker at Six Flags Magic Mountain and scream your way through some thrilling rides! Special Olympics Southern California's Coaster Race lets you make an impact in a different way. Ride up to 10 of Six Flag's most daring rides, and keep the good times rolling all day. Join us as we coast for a cause! Learn more: <a href="http://fundraising.sosc.org/site/TR?fr_id=1350&amp;pg=entry">#WeAreSOSC #Coast4Cause #CoasterRace</a>  On Aug. 4, embrace your inner thrill-seeker at Six Flags Magic Mountain and scream your way through some thrilling rides! SOSC's Coaster Race lets you make an impact in a different way! Learn more: <a href="http://fundraising.sosc.org/site/TR?fr_id=1350&amp;pg=entry">#WeAreSOSC #Coast4Cause #CoasterRace</a>	<a href="http://fundraising.sosc.org/site/TR?fr_id=1350&amp;pg=entry">http://fundraising.sosc.org/site/TR?fr_id=1350&amp;pg=entry</a>	#WeAreSOSC #Coaster4ACause #CoasterRace #MagicMountain #SixFlags	DONE	Y
#TBT	T	M	O	6:30 PM	#TBT: Fun from the Orange County Spring Regional Games at Irvine HS last Saturday. Wonder what will be in store for us this Saturday at SoCal regional events... Hmmm.... #WeAreSOSC #Throwback	-	#WeAreSOSC #Throwback #TBT #ThrowbackThursday #RegionalEvents #Regionalgames #SpringGames #OrangeCounty #ThingsToDo #FamilyFun #FunForFamily #OpeningCeremony	DONE	

#### Friday, May 18

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
School Games Friday	FB/I	M	O	7:00 AM	It's a HUGE #EVENTDAY Friday in #SoCal! Join us for five, yes FIVE, Spring School Games. WE have the John Muir Spring Games in @Special Olympics LA, the @Special Olympics Kern County MSD School Games & Young Athletes Festival at McFarland HS, the @Special Olympics IE Hesperia USD School Games at Oak Hill HS, in @Special Olympics OC there is the Newport Mesa USD Spring Games at Coasta Mesa HS, and finally, the @Special Olympics SLO Astascadero HS Unified School Games. A busy day in #SOSC. Join us: <a href="https://sosc.org/Events">#WeAreSOSC #SchoolGames</a>	<a href="https://sosc.org/Events">SOSC.org/Events</a>	#WeAreSOSC #SchoolGames #EVENTDAY	DONE	Y
2018 San Gabriel Valley John Muir Spring School Games	T	M	E	7:00 AM	#EVENTDAY at John Muir HS for the 2018 John Muir Spring School Games. Come on out and cheer on the track stars as they culminate a six-week training program. More: <a href="https://sosc.org/events?cgid=45&amp;ceid=4671&amp;cerid=0&amp;cdt=5%2f18%2f2018">#WeAreSOSC</a>	<a href="https://sosc.org/events?cgid=45&amp;ceid=4671&amp;cerid=0&amp;cdt=5%2f18%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4671&amp;cerid=0&amp;cdt=5%2f18%2f2018</a>	#WeAreSOSC #SchoolGames #EVENTDAY	DONE	Y
2018 Kern County MSD School Games & Young Athletes Festival	T	M	E	7:30 AM	#EVENTDAY at McFarland HS for the 2018 Kern County MSD Spring School Games and Young Athletes Festival. Get your cheering voices ready. More: <a href="https://sosc.org/events?cgid=45&amp;ceid=4736&amp;cerid=0&amp;cdt=5%2f18%2f2018">#WeAreSOSC</a>	<a href="https://sosc.org/events?cgid=45&amp;ceid=4736&amp;cerid=0&amp;cdt=5%2f18%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4736&amp;cerid=0&amp;cdt=5%2f18%2f2018</a>	#WeAreSOSC #SchoolGames #EVENTDAY	DONE	Y
2018 IE Hesperia USD School Games	T	M	E	8:00 AM	#EVENTDAY: Come cheer on #SOSCAthletes from the Inland Empire as they compete in track & field events at Oak Hill High School More: <a href="https://sosc.org/events?cgid=45&amp;ceid=4421&amp;cerid=0&amp;cdt=5%2f18%2f2018">#WeAreSOSC</a>	<a href="https://sosc.org/events?cgid=45&amp;ceid=4421&amp;cerid=0&amp;cdt=5%2f18%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4421&amp;cerid=0&amp;cdt=5%2f18%2f2018</a>	#WeAreSOSC #SchoolGames #EVENTDAY	DONE	Y
2018 Orange County Newport Mesa USD Spring School Games	T	M	E	8:45 AM	#EVENTDAY: Join us as elementary student athletes from throughout Newport Mesa Unified School District come together for an exciting day of soccer competition at Newport Mesa HS: <a href="https://sosc.org/events?cgid=45&amp;ceid=4661&amp;cerid=0&amp;cdt=5%2f18%2f2018">#WeAreSOSC</a>	<a href="https://sosc.org/events?cgid=45&amp;ceid=4661&amp;cerid=0&amp;cdt=5%2f18%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4661&amp;cerid=0&amp;cdt=5%2f18%2f2018</a>	#WeAreSOSC #SchoolGames #EVENTDAY	DONE	Y
2018 San Luis Obispo Atascadero HS Unified Athletics School Games	T	M	E	9:30 AM	#EVENTDAY at Atascadero High School for the Unified Athletics School Games! Good luck to all the track stars: <a href="http://bit.ly/2lnXa6R">http://bit.ly/2lnXa6R</a> #WeAreSOSC	<a href="https://sosc.org/events?cgid=45&amp;ceid=4737&amp;cerid=0&amp;cdt=5%2f18%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4737&amp;cerid=0&amp;cdt=5%2f18%2f2018</a>	#WeAreSOSC #SchoolGames #EVENTDAY	DONE	Y
Unified Sports: @LA Galaxy	T	M	C	11:45 AM	More from the impact of #UnifiedSports .... #WeAreSOSC	-	#WeAreSOSC #UnifiedSports	DONE	Y
Bike to Work Day	T/I	M	O	12:20 PM	It's national #BikeToWorkDay! How was your ride today? #WeAreSOSC #RideToWorkDay #BikeRide		 ---- #RideToWorkDay #BikeRide #SoCal #RideYourBike #NationalBikeToWorkDay #BiketoWork #RideToWork #Bike #SpecialOlympics #ChooseToInclude	DONE	Y

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Unified Sports: @LA Galaxy	T	M	C	1:00 PM	Take a look behind the scenes with the newest @LAGalaxy #UnifiedTeam members... #WeAreSOSC		#WeAreSOSC #UnifiedSports	-	Y
#FridayFeeling	T/I	M	C	4:30 PM	#FridayFeeling: 2018 Summer Games are in just 22 days! #WeAreSOSC #SOSCSG #SummerGames #WitnessThePassion #CelebrateChampions		#WeAreSOSC #SOSCSG #SummerGames #WitnessThePassion #CelebrateChampions	DONE	Y
#50Friday: USA Games Athlete	ALL	M	O	5:30 PM	Special Olympics celebrates 50 years this year, and that celebration is in part thanks to athletes like Robert Waters. After hearing about Special Olympics from a friend more than 30 years ago, Robert found his love for competition. Whether it is competing in soccer, bocce ball, or track and field, Robert is proud to be a Special Olympics athlete. He will get to show that pride off on the national stage when he runs at the 2018 USA Games. His story: <a href="https://wp.me/p8DSMZ-SH">https://wp.me/p8DSMZ-SH</a> #WeAreSOSC #RiseWithUs  #SpecialOlympics celebrates 50 years this year, and that celebration is in part thanks to athletes like Robert Waters. Robert joined more than 30 years ago and he is still going strong, including a trip to the @2018USAGames. More: <a href="https://wp.me/p8DSMZ-SH">https://wp.me/p8DSMZ-SH</a> #WeAreSOSC	<a href="https://wp.me/p8DSMZ-SH">https://wp.me/p8DSMZ-SH</a>	<a href="https://youtu.be/OgcVPyYVQcg">https://youtu.be/OgcVPyYVQcg</a>	VIDEO	Y
USA Games	T	M	O	6:30 PM	"I am very excited (to go to @2018USAGames). I am not getting any younger and this could be my last competition." - #SOSCAthlete Robert Waters, 63, who will run at the 2018 USA Games in 43 days. More: <a href="https://wp.me/p8DSMZ-SH">https://wp.me/p8DSMZ-SH</a> #WeAreSOSC #RiseWithUs	<a href="https://wp.me/p8DSMZ-SH">https://wp.me/p8DSMZ-SH</a>	<a href="https://youtu.be/OgcVPyYVQcg">https://youtu.be/OgcVPyYVQcg</a>	DONE	Y

#### Saturday, May 19

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Saturday #EVENTDAY	FB/I	E	O	7:00 AM	We are three weeks from #SummerGames and we have one more big Saturday of regional competitions. Join Special Olympics Southern California - LA & SGV Regions for the Whittier Regional Spring Games at Whittier College; Special Olympics San Diego County for the Regional Spring Games at Carlsbad HS; Special Olympics Southern California, Santa Barbara County for their regional bocce competition from the Lawn Bowling Club; Special Olympics Southern California Santa Clarita and... for the 2018 Santa Clarita Regional Spring Games at Hart High School; and finally, Special Olympics Southern California Ventura County Region for the Regional Swimming Competition at Oaks Christian HS and for the Newbury Park High School Spring School Games. Learn more on all #SOSCEvents: <a href="https://sosc.org/events">https://sosc.org/events</a> #WeAreSOSC  #EVENTDAY: We are three weeks from #SummerGames and we have one more big Saturday of regional competitions. Up and down coast in #SoCal we have something for everyone. Learn more on all #SOSCEvents by clicking link in bio. #WeAreSOSC #FamilyFun #ThingsToDo #SpecialOlympics	<a href="https://sosc.org/events">https://sosc.org/events</a>	#WeAreSOSC #FamilyFun #ThingsToDo #SpecialOlympics #EVENTDAY #SummerGames	DONE	Y
#EVENTDAY: Whittier LA/SGV	T	E	O	7:00 AM	#EVENTDAY: #SOSCAthletes from LA/SGV will compete in basketball and swimming today at @WhittierCollege! Join us as Fans in the Stands. See you there... <a href="http://bit.ly/2luNdAD">http://bit.ly/2luNdAD</a> #WeAreSOSC	<a href="https://sosc.org/events?cgid=45&amp;ceid=4696&amp;cerid=0&amp;cdt=5%2f19%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4696&amp;cerid=0&amp;cdt=5%2f19%2f2018</a>	#EVENTDAY #WeAreSOSC #ThingsToDo #SOSCAthletes	DONE	Y
#EVENTDAY: SD Regional	T	E	O	7:30 AM	#EVENTDAY: Swimming, basketball and bocce are on the schedule for today's @SOSC_SanDiego Spring Games from Carlsbad HS. See you at the Games! <a href="http://bit.ly/2Gw1gUW">http://bit.ly/2Gw1gUW</a> #WeAreSOSC	<a href="https://sosc.org/events?cgid=45&amp;ceid=4673&amp;cerid=0&amp;cdt=5%2f19%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4673&amp;cerid=0&amp;cdt=5%2f19%2f2018</a>	#EVENTDAY #WeAreSOSC #ThingsToDo #SOSCAthletes	DONE	Y
#EVENTDAY: SB Bocce	T	E	O	8:00 AM	#EVENTDAY: Action on the lawn heats up today at the Santa Barbara Lawn Bowling Club for the 2018 SB Regional Bocce Competition. Good luck #SOSCAthletes. <a href="http://bit.ly/2Is2arb">http://bit.ly/2Is2arb</a> #WeAreSOSC	<a href="https://sosc.org/events?cgid=45&amp;ceid=4739&amp;cerid=0&amp;cdt=5%2f19%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4739&amp;cerid=0&amp;cdt=5%2f19%2f2018</a>	#EVENTDAY #WeAreSOSC #ThingsToDo #SOSCAthletes	DONE	Y
#EVENTDAY: Ventura Swimming	T	E	O	8:30 AM	#EVENTDAY: Good luck to all the swimmers at the Ventura Regional Competition today at Oaks Christian High School. The event is free and open to the public. See you there: <a href="http://bit.ly/2Gva39v">http://bit.ly/2Gva39v</a> #WeAreSOSC	<a href="https://sosc.org/events?cgid=45&amp;ceid=4589&amp;cerid=0&amp;cdt=5%2f19%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4589&amp;cerid=0&amp;cdt=5%2f19%2f2018</a>	#EVENTDAY #WeAreSOSC #ThingsToDo #SOSCAthletes	DONE	Y
#EVENTDAY: Newbury Park HS	T	E	O	9:00 AM	#EVENTDAY: Special treat: a Saturday Spring School Games. Join us at Newbury Park for the Ventura County Spring School Games today! GOOD LUCK ALL. <a href="http://bit.ly/2IsJIsE">http://bit.ly/2IsJIsE</a> #WeAreSOSC	<a href="https://sosc.org/events?cgid=45&amp;ceid=4666&amp;cerid=0&amp;cdt=5%2f19%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4666&amp;cerid=0&amp;cdt=5%2f19%2f2018</a>	#EVENTDAY #WeAreSOSC #ThingsToDo #SOSCAthletes	DONE	Y

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Owned - Content created by SOSC Headquarters; Curated - Content created outside SOSC HQ and relevant to SOSC; Promo - Call to action, asking followers to do something

#EVENTDAY: SCV Regional	T	E	O	9:30 AM	#EVENTDAY: Join us all day from Hart High School for the 2018 @SO_SCVTV Regional Spring Games. Good luck to all #SOSCathletes participating in basketball, bocce and track & field. <a href="http://bit.ly/2rTXi3O">http://bit.ly/2rTXi3O</a> #WeAreSOSC	<a href="https://sosc.org/events?cgid=45&amp;ceid=4575&amp;cerid=0&amp;cdt=5%2f19%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4575&amp;cerid=0&amp;cdt=5%2f19%2f2018</a>	#EVENTDAY #WeAreSOSC #ThingsToDo #SOSCathletes	DONE	Y
Learn to Swim Day	T/I	M	O	12:22 PM	Today is national #LearnToSwimDay! It is swim season for #SOSCathletes. It is never too late to sign-up. Get plugged in for the next season. Learn how: <a href="https://sosc.org/becomeanathlete">https://sosc.org/becomeanathlete</a> #NationalSwimDay #WeAreSOSC	<a href="https://sosc.org/becomeanathlete">https://sosc.org/becomeanathlete</a>	#WeAreSOSC #NationalSwimDay #SwimDay #LearnToSwim #Swim #ChooseToInclude #GetInvolved #ThingsToDo #Swimming #SpecialOlympics	DONE	Y
#ICYMI: Robert Waters (Youtube)	FB/T	M	O	2:05 PM	#ICYMI: Robert Waters is 63. He has seen #SOSC grow to include more than 35,000 athletes. Watch as he talks about that and more as #SpecialOlympics celebrates 50 years: <a href="https://youtu.be/OgcVPyYVQcg">https://youtu.be/OgcVPyYVQcg</a> #SOSC50 #WeAreSOSC	<a href="https://youtu.be/OgcVPyYVQcg">https://youtu.be/OgcVPyYVQcg</a>	#WeAreSOSC #SOSC50	DONE	Y
#ICYMI: Jennifer Eckles (Youtube)	FB/T	M	O	3:24 PM	#ICYMI: Jennifer Eckles, member of the Pomona Valley basketball team traveling to the 2018 USA Games, loves everything friends. Watch: <a href="https://youtu.be/Zka5dvvTDsg">https://youtu.be/Zka5dvvTDsg</a> #WeAreSOSC #RiseWithUs	<a href="https://youtu.be/Zka5dvvTDsg">https://youtu.be/Zka5dvvTDsg</a>	#RiseWithUs #WeAreSOSC	DONE	Y
Temecula Torch Run	T	M	O	5:00 PM	Tomorrow head out to 2018 Temecula Torch Run in support of #SOSCathletes in the Inland Empire. It is an event for the whole family. More: <a href="https://www.sosc.org/events?cgid=45&amp;ceid=4712&amp;cerid=0&amp;cdt=5%2f20%2f2018">https://www.sosc.org/events?cgid=45&amp;ceid=4712&amp;cerid=0&amp;cdt=5%2f20%2f2018</a> #WeAreSOSC #TorchRun #FinalLeg #LETRforSOSC	<a href="https://www.sosc.org/events?cgid=45&amp;ceid=4712&amp;cerid=0&amp;cdt=5%2f20%2f2018">https://www.sosc.org/events?cgid=45&amp;ceid=4712&amp;cerid=0&amp;cdt=5%2f20%2f2018</a>	#WeAreSOSC #SummerGames #SOSC50 #SoCal #TorchRun #LETRforSOSC #FinalLeg #FlameOfHope	DONE	Y
Summer Games 21 Days	ALL	E	O	6:27 PM	Join us in just THREE WEEKS for the 2018 #SummerGames. More than 1,000 #SOSCathletes will compete. But there is more to the Games than simply the competition. Special Olympics offers a number of programs beneficial to the athletes and their families, including free health screenings. Learn more: <a href="https://www.sosc.org/summergames">https://www.sosc.org/summergames</a> #WeAreSOSC #SOSC50  Join us in just THREE WEEKS for the 2018 Summer Games. More than 1,000 #SOSCathletes will compete. But there is more to the Games than simply the competition. Learn more: <a href="https://www.sosc.org/summergames">https://www.sosc.org/summergames</a> #WeAreSOSC #SOSC50	<a href="https://www.sosc.org/summergames">https://www.sosc.org/summergames</a>	#WeAreSOSC #SOSC50 #SummerGames #SOSC50 #SOSCathletes #HealthyAthletes #ChooseToInclude #WitnessThePassion #CelebrateChampions	DONE	Y

#### Sunday, May 20

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
#EVENTDAY: Temecula Torch Run	T	E	O	8:00 AM	It's #EVENTDAY! Good luck to those taking the Flame of Hope through the streets of Temecula Valley! Enjoy the BBQ from @Wilson_Creek! More: <a href="http://bit.ly/2lru9HH">http://bit.ly/2lru9HH</a> #WeAreSOSC #TorchRun #FinalLeg	<a href="http://fundraising.sosc.org/site/TR?fr_id=1260&amp;pg=informational&amp;sid=1020">http://fundraising.sosc.org/site/TR?fr_id=1260&amp;pg=informational&amp;sid=1020</a>	#WeAreSOSC #SummerGames #SOSC50 #SoCal #TorchRun #LETRforSOSC #FinalLeg #FlameOfHope	DONE	Y
Torch Run: Final Leg	T	M	O	9:30 AM	Starting May 29, 1,200 officers from #SoCal will run the annual Law Enforcement Torch Run® Final Leg. They carry the "Flame of Hope" nearly 900 miles and through 200 communities. It ends at the #Summer Games in 20 days. <a href="https://www.sosc.org/letr/finalleg">https://www.sosc.org/letr/finalleg</a> #WeAreSOSC	<a href="https://www.sosc.org/letr/finalleg">https://www.sosc.org/letr/finalleg</a>	#WeAreSOSC #SummerGames #SOSC50 #SoCal #TorchRun #LETRforSOSC #FinalLeg #FlameOfHope	DONE	Y
#SundaySpotlight: Tyler Cribbs	FB/T	M	O	11:00 AM	Tyler Cribbs loves sports. He loves to play short stop (thanks Derek Jeter) and Special Olympics has helped him to stay plugged in to the community. He hopes it will lead to a career in sports broadcasting. Learn more of his story and all of #TeamSOSC traveling to the 2018 USA Games: <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs  Tyler Cribbs loves sports. He loves to play short stop (thanks Derek Jeter) and #SpecialOlympics has helped him to stay plugged in to the community. He hopes it will lead to a career in sports broadcasting. Learn more: <a href="http://bit.ly/2Fv3chH">http://bit.ly/2Fv3chH</a> #WeAreSOSC #RiseWithUs	<a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a>	#WeAreSOSC #RiseWithUs	VIDEO	Y
#SundayRead	T/I	M	O	12:34 PM	#SundayRead: Tyler Cribbs is more than just an athlete, and one day he hopes to parlay his love for sports into a broadcast career. Read more: <a href="https://wp.me/p8DSMZ-Uq">https://wp.me/p8DSMZ-Uq</a> #WeAreSOSC	<a href="https://wp.me/p8DSMZ-Uq">https://wp.me/p8DSMZ-Uq</a>	#WeAreSOSC #SundayRead #RiseWithUs #USAGames #Softball #Sports #SpecialOlympics #ChooseToInclude #WitnessThePassion #CelebrateChampions #Broadcaster #LongBeachCityCollege	DONE	Y

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USA Games: 41 Days	FB/T	M	O	2:00 PM	Tyler Cribbs and the Lakewood Dirtbag softball team travels to the 2018 USA Games in 41 days. Opening Ceremony is July 1 from Husky Stadium in Seattle. Read more about the entire #TeamSOSC going to this year's USA Games: <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs	<a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a>	#WeAreSOSC #RiseWithUs	DONE	Y
#SundayFunday	T	M	O	4:00 PM	It's always a #SundayFunday when you are on the awards stand! #WeAreSOSC #SpecialOlympics #ChooseToInclude	-	#WeAreSOSC #SpecialOlympics #ChooseToInclude #SundayFunday	DONE	Y
#WeekendVibes	I	M	O	5:00 PM	#WeekendVibes: Fun from the Orange County Spring Regional Games at Irvine HS. How was your #weekendvibe... Hmmm.... #WeAreSOSC	-	#WeAreSOSC #Weekend #SundayFun #RegionalEvents #Regionalgames #SpringGames #OrangeCounty #ThingsToDo #FamilyFun #FunForFamily #OpeningCeremony	DONE	Y
Summer Games: 20 Days	FB/T	E	O	6:40 PM	The 2018 #SummerGames are in 20 days. Join us for a unique opportunity to be a part of the games with the Unified Bocce Experience. Play bocce with SOSC fans and athletes, then stay and cheer on the athletes as they compete for medals and ribbons. This is your chance to learn from the pros, be active, and have some fun with our star athletes! Learn more: <a href="https://www.sosc.org/summergames/unifiedbocce">https://www.sosc.org/summergames/unifiedbocce</a> #WeAreSOSC	<a href="https://www.sosc.org/summergames/unifiedbocce">https://www.sosc.org/summergames/unifiedbocce</a>	#SummerGames #Bocce #WeAreSOSC	DONE	Y
DHR	T	M	O	7:41 PM	Just five days remain to #DoGood and #WinBig. Get your tickets for the 9th Annual Dream House Raffle benefiting #SOSCAthletes. Final day to buy is May 25. <a href="https://socalraffle.com/overview">https://socalraffle.com/overview</a> #WeAreSOSC #SoCalRaffle	<a href="https://socalraffle.com/overview">https://socalraffle.com/overview</a>	#WeAreSOSC #SoCalRaffle	DONE	Y



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**SOSC SOCIAL MEDIA CONTENT**

Week of May 7 - 13

Monday, May 7

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Why Medal Monday	FB/T	M	O	7:13 AM	<p>Law enforcement officers and honored guests get the opportunity of a lifetime at Summer Games and #SOSC competitions throughout Southern California all year long: presenting the medals to all the winners. The smiles. The hugs. The high-fives. The pure joy. That is what makes #MedalMonday. More on the 49th Summer Games this June 9-10: <a href="https://wearesosc.org/SummerGames">SOSC.org/SummerGames</a> #WeAreSOSC</p> <p>Law enforcement officers and honored guests get the opportunity of a lifetime at Summer Games - presenting medals to all the winners. That's #MedalMonday. More on the 49th Summer Games this June 9-10: <a href="https://wearesosc.org/SummerGames">SOSC.org/SummerGames</a> #WeAreSOSC</p>	<a href="https://wearesosc.org/SummerGames">SOSC.org/SummerGames</a>	#MedalMonday #WeAreSOSC #SOSC #SummerGames	DONE	Y
#MedalMonday	T/I	M	O	8:27 AM	The smiles. The hugs. The high-fives. The pure joy. That is what makes #MedalMonday.	-	 ----- #WeAreSOSC #SpecialOlympics #LETRforSOSC #SOSCLETR #LETRSOSC #TorchRun #ChooseToInclude #Medals #Awards #AwardStand #Celebrate #WitnessThePassion	DONE	Y
LETR: Summer Games	T	M	O	11:30 AM	The @SoCalTorchRun for #SOSC is the largest public awareness vehicle and grassroots fundraiser for the more than 34,000 #SOSCAthletes. LETR representatives provide quite the entrance to the annual #SummerGames. #WeAreSOSC	-	#WeAreSOSC #SummerGames #SOSC #SOSCAthletes	DONE	Y
#MotivationalMonday	T/I	M	O	12:30 AM	Now that is an entrance to get your day started. That's #MondayMotivation. #WeAreSOSC	-	 ----- #WeAreSOSC #SpecialOlympics #LETRforSOSC #SOSCLETR #LETRSOSC #TorchRun #ChooseToInclude #Celebrate #WitnessThePassion #OpeningCeremony #SOSCSG #SummerGames	DONE	Y
Breakfast With Champions	T	M	O	1:21 PM	Join @jhekker as this year's keynote speaker at the 2018 Breakfast With Champions. Come #CelebrateChampions during this amazing event benefiting #SOSCAthletes on the opening day of #SummerGames. #WeAreSOSC #SOSCBWC	-	#SOSCBWC #SummerGames #WeAreSOSC #SOSCAthletes	DONE	Y
USA Games - What is it?	FB/T	M	O	5:38 PM	<p>The Special Olympics USA Games is a premier, national sports competition that showcases the power and joy of sports at the highest levels. The USA Games take place every four years (2006 - Ames, Iowa; 2010 - Lincoln, Neb.; 2014 - Lawrenceville, NJ). Now, in its fourth running, it will take place in Seattle from July 1-6, 2018. More than 4,000 athletes and coaches from all 50 states and the District of Columbia will compete in 14 sports. #TeamSOSC will send 66 #SOSCAthletes and partners to this year's games. Join us as we celebrate them: <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a></p> <p>The @2018USA Games is a premier sports competition that showcases the power and joy of sports at the highest levels. It began in 2006 and takes place every four years. In its 4th running, #TeamSOSC will send 66 #SOSCAthletes and partners to this Seattle this July. Join us as we celebrate them: <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a></p>	<a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a>	#RiseWithUs #WeAreSOSC #ChooseToInclude #SpecialOlympics	DONE	Y
USA Games: 55 Days	T/I	M	O	6:30 PM	In 55 days, help us celebrate #TeamSOSC as they compete in the @2018USAGames. Don't miss a minute! Opening Ceremony will be held at Husky Stadium on July 1st at 12:00 p.m. #RiseWithUs	<a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a>	#RiseWithUs #WeAreSOSC #ChooseToInclude #SpecialOlympics	DONE	Y

Tuesday, May 8

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
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KEY:

Owned - Content created by SOSC Headquarters; Curated - Content created outside SOSC HQ and relevant to SOSC; Promo - Call to action, asking followers to do something

Teacher Appreciation Day	ALL	M	O	7:30 AM	To all those teacher's out there making a difference, creating a world of inclusion and acceptance, THANK YOU! Happy #TeacherAppreciationDay! #WeAreSOSC		👏👏👏 ----- #WeAreSOSC #TeachersDay #TeachersRock #SpecialOlympics #ChooseToInclude #WitnessThePassion #EdChat #EdLeaders #Edu #Education #Educhat #Parents #Principals #Students #Teachers	DONE	Y
DHR: 17 Days	T	F	P	8:30 AM	17 days left to get your tickets in this year's Dream House Raffle! 1-in-40 win. DYK about the add-on prize? Well, its nearly \$600K!!! Get your tickets today: SoCalRaffle.com #WeAreSOSC #SoCalRaffle	<a href="https://www.socalraffle.com">SoCalRaffle.com</a>	#WeAreSOSC #SoCalRaffle	DONE	Y
Play Unified: @mrsajankowski	T	M	C	9:05 AM	#TopicTuesday: #UnifiedSports - spreading inclusion and acceptance... #WeAreSOSC		#TopicTuesday #WeAreSOSC #PlayUnified #UnifiedSports	-	Y
Play Unified: BStoneKUSI	T	M	C	9:30 AM	#TopicTuesday: Great stuff out of @SUHSD - the power of #UnifiedSports... great story @BStoneKUSI #WeAreSOSC #PlayUnified		#TopicTuesday #WeAreSOSC #PlayUnified #UnifiedSports	-	Y
West Valley CHP Tip-A-Cop	T	E	O	11:07 AM	Join @CHPWestValley at California Pizza Kitchen from 5-9 pm as they serve as hosts and waiters for tips to support local Special Olympics athletes in @SO_SCVTV.	<a href="https://sosc.org/events?cgid=45&amp;ceid=4727&amp;cerid=0&amp;cdt=5%2f8%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4727&amp;cerid=0&amp;cdt=5%2f8%2f2018</a>	#SOSCAthletes #TipACop #Tuesday #WeAreSOSC	DONE	Y
#InsideSOSC	FB/T	M	O	11:50 AM	This week's #InsideSOSC is the support at regional competitions. #InsideSOSC takes a look at an amazing Opening Ceremony at the San Luis Obispo Regional Spring Games, and an independent, strong swimmer highlighting the Inland Empire Regional Spring Games <a href="https://wp.me/p8DSMZ-Si">https://wp.me/p8DSMZ-Si</a> #WeAreSOSC	<a href="https://wp.me/p8DSMZ-Si">https://wp.me/p8DSMZ-Si</a>	#WeAreSOSC #InsideSOSC #SpecialOlympics #RegionalGames #ChooseToInclude #WitnessThePassion #InlandEmpire #SanLuisObispo #SpringGames #Competition #Swimming #OpeningCeremony #OpeningCeremonies	DONE	Y
#InsideSOSC: Riley Culp	T/I	M	O	12:30 PM	#InsideSOSC: Athletes like Riley Culp of Temecula braved the 92-degree heat and racked up medals all afternoon at the #InlandEmpire Regionals last Saturday. Once done, it was off to work. Read more: <a href="https://wp.me/p8DSMZ-Si">https://wp.me/p8DSMZ-Si</a> #WeAreSOSC	<a href="https://wp.me/p8DSMZ-Si">https://wp.me/p8DSMZ-Si</a>	#WeAreSOSC #InsideSOSC #SpecialOlympics #RegionalGames #ChooseToInclude #WitnessThePassion #InlandEmpire #SanLuisObispo #SpringGames #Competition #Swimming #OpeningCeremony #OpeningCeremonies	DONE	Y
Play Unified: @mrsajankowski	T	M	C	1:01 PM	#TopicTuesday: Way to #PlayUnified... awesome day ... #WeAreSOSC		#TopicTuesday #WeAreSOSC #PlayUnified #UnifiedSports	-	Y
Play Unified: @mscvruiz	T	M	C	1:58 PM	#TopicTuesday: #UnifiedSports and the power of inclusion and acceptance! Great stuff our of @SOSC_SanDiego and #SouthwestHS #WeAreSOSC		#TopicTuesday #WeAreSOSC #PlayUnified #UnifiedSports	-	Y
TipACop: @WestValleyCHP	T	M	C	4:51 PM	#GreatFood #GreatCause! See you tonight for #TipACop at CPK in Tarzana... #WeAreSOSC		#GreatFood #GreatCause #tipACop	-	Y
#InsideSOSC: Opening Ceremony	ALL	M	O	6:34 PM	If you have a chance, put going to the Opening Ceremony of the San Luis Obispo Spring Regional on your bucket list. You'll dance, laugh, smile, meet some cool people and your day will just be starting. Read more in #InsideSOSC: <a href="https://wp.me/p8DSMZ-Si">https://wp.me/p8DSMZ-Si</a> #WeAreSOSC	<a href="https://wp.me/p8DSMZ-Si">https://wp.me/p8DSMZ-Si</a>	#WeAreSOSC #InsideSOSC #SpecialOlympics #RegionalGames #ChooseToInclude #WitnessThePassion #InlandEmpire #SanLuisObispo #SpringGames #Competition #Swimming #OpeningCeremony #OpeningCeremonies	DONE	Y
National Have a Coke Day	T	M	O	7:30 PM	Coca-Cola is an official partner of #SpecialOlympics, and today it's national #HaveACokeDay! Thanks Coke and to all of our partners for all the smiles you provide all year to our more than 34,000 #SOSCAthletes! #WeAreSOSC		#HaveACokeDay #WeAreSOSC #SOSCAthletes #SpecialOlympics	DONE	Y

Wednesday, May 9

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
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Summer Games: 31 Days	ALL	E	O	7:30 AM	One month from today the 49th annual Summer Games will begin with Opening Ceremony on the campus of CSULB on June 9. The Summer Games will run through Sunday, June 10 and will begin a year-long celebration of Special Olympics Southern California's 50th anniversary. More: <a href="https://wp.me/p8DSMZ-St #WeAreSOSC #SOSCSG">https://wp.me/p8DSMZ-St #WeAreSOSC #SOSCSG</a>  One month from today the 49th annual Summer Games will begin on June 9 and kick-off a year-long celebration of SOSC's 50th anniversary. More: <a href="https://wp.me/p8DSMZ-St #WeAreSOSC #SOSCSG">https://wp.me/p8DSMZ-St #WeAreSOSC #SOSCSG</a>	<a href="https://wp.me/p8DSMZ-St">https://wp.me/p8DSMZ-St</a>	👉 ---- #WeAreSOSC #SOSCSG #WitnessThePassion #SummerGames #CelebrateChampions #ThingsToDo #SoCal #FamilyFun	DONE	Y
31 Days	T	E	O	8:33 AM	The 2018 Summer Games will be held June 9-10 @CSULB and it will begin at 9:30 am with Opening Ceremony. Join us: <a href="https://wp.me/p8DSMZ-St #WeAreSOSC #SOSCSG">https://wp.me/p8DSMZ-St #WeAreSOSC #SOSCSG</a>	<a href="https://wp.me/p8DSMZ-St">https://wp.me/p8DSMZ-St</a>	#WeAreSOSC #SOSCSG	DONE	Y
Bike to School Day	T	M	O	9:30 AM	Perfect day for #WellnessWednesday: It's #BikeToSchoolDay! Enjoy a day on your bike and be careful out there! #WeAreSOSC		#BikeToSchoolDay #WeAreSOSC	DONE	Y
Wellness Wednesday: Healthy Athletes	FB/T	M	O	12:15 PM	It is #WellnessWednesday and as we are just one month out of the 2018 #SummerGames, perfect time to talk #HealthyAthletes! Healthy Athletes will offer free, yup FREE, health screenings at this year's Summer Games. Taking place both Saturday and Sunday, June 9-10, all six disciplines will be there - Fit Feet, FUNFitness, Health Promotion, Healthy Hearing, Opening Eyes and Special Smiles. Learn more about #InclusiveHealth through #HealthyAthletes: <a href="https://sosc.org/summergames/healthyathletes #WeAreSOSC #SOSCSG">https://sosc.org/summergames/healthyathletes #WeAreSOSC #SOSCSG</a>  #WellnessWednesday: #HealthyAthletes will be offering free, yup FREE, health screenings during the 2018 Summer Games. All six disciplines will be there! More: <a href="https://sosc.org/summergames/healthyathletes #SOSCSG #WeAreSOSC">https://sosc.org/summergames/healthyathletes #SOSCSG #WeAreSOSC</a>	<a href="https://sosc.org/summergames/healthyathletes">https://sosc.org/summergames/healthyathletes</a>	#SOSCSG #WeAreSOSC #HealthyAthletes #WellnessWednesday	DONE	Y
Disciplines	T	M	O	1:20 PM	#WellnessWednesday: All six disciplines will be at #SummerGames - Fit Feet, FUNFitness, Health Promotion, Healthy Hearing, Opening Eyes and Special Smiles. More: <a href="https://sosc.org/summergames/healthyathletes #WeAreSOSC #SOSCSG">https://sosc.org/summergames/healthyathletes #WeAreSOSC #SOSCSG</a>	<a href="https://sosc.org/summergames/healthyathletes">https://sosc.org/summergames/healthyathletes</a>	#SOSCSG #WeAreSOSC #HealthyAthletes #WellnessWednesday	DONE	Y
Need a Van	T	F	P	4:30 PM	HELP! @SOSoCal is in need of a new or slightly used VAN or COVERED TRUCK for daily operations. If you can help, click link and fill out form: <a href="https://www.sosc.org/vehicledonation #WeAreSOSC">https://www.sosc.org/vehicledonation #WeAreSOSC</a>	<a href="https://www.sosc.org/vehicledonation">https://www.sosc.org/vehicledonation</a>	#WeAreSOSC	DONE	Y
#TipACop: @NortheastArea	T	E	C	5:17 PM	Join us tomorrow night for a great dinner! For a #GreatCause! See you at Home Restaurant for @NortheastArea @LAPDHQ for a great #TipACop! #WeAreSOSC		#GreatCause #WeAreSOSC #TipACop	-	Y
USA Games Feature: Danielle and Santana	ALL	M	O	6:00 PM	"Team sports bring people together." That line best sums up Unified Sports in Special Olympics, and Special Olympics athlete Satanna Chapman and Unified partner Danielle Morgan are a perfect example. They're helping to break down barriers and promote inclusion in sports as part of the Lompoc High School Unified basketball team that is headed to Seattle for the 2018 Special Olympics USA Games in July. Read more: <a href="https://wp.me/p8DSMZ-SA #WeAreSOSC">https://wp.me/p8DSMZ-SA #WeAreSOSC</a>  "Team sports bring people together." That line best sums up Unified Sports in Special Olympics, and @2018USAGames participants Satanna Chapman and Unified partner Danielle Morgan of @LompocHigh are a perfect example. Read more: <a href="https://wp.me/p8DSMZ-SA #WeAreSOSC">https://wp.me/p8DSMZ-SA #WeAreSOSC</a>	<a href="https://wp.me/p8DSMZ-SA">https://wp.me/p8DSMZ-SA</a>	👉 ---- #WeAreSOSC #SpecialOlympics #ChooseToInclude #UnifiedSports #PlayUnified #LompocHS #USAGames #RiseWithUs	DONE	Y

#### Thursday, May 10

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
#TBT: 50th Tie-in	ALL	M	O	7:30 AM	#TBT: Getting some air at the long jump pit during last Saturday's Inland Empire Spring Regional. Relive all the images with SOSC on Flickr: <a href="https://www.flickr.com/photos/sosocal/albums #WeAreSOSC">https://www.flickr.com/photos/sosocal/albums #WeAreSOSC</a>  #TBT: Getting some air at the long jump pit during last Saturday's Inland Empire Spring Regional. Relive all the images of #SOSCEvents 🙌 Click link in bio.	<a href="https://www.flickr.com/photos/sosocal/albums">https://www.flickr.com/photos/sosocal/albums</a>	👉 ---- #WeAreSOSC #TBT #Throwback #ThrowbackThursday #TrackAndField #LongJump #SpecialOlympics #WitnessThePassion #CelebrateChampions #SpringGames	DONE	Y

#### KEY:

Owned - Content created by SOSC Headquarters; Curated - Content created outside SOSC HQ and relevant to SOSC; Promo - Call to action, asking followers to do something

Summer Games: 30 Days	T	M	O	8:30 AM	#SOSCSG - 30 Days: The Young Athletes Festival and Rising Stars Experience at #SummerGames gives children with & w/o ID an introduction to sports. Get your smile muscles ready ► @ https://sosc.org/summergames/youngathletes #WeAreSOSC	<a href="https://sosc.org/summergames/youngathletes">https://sosc.org/summergames/youngathletes</a>	#SummerGames #SOSCSG #WeAreSOSC	DONE	Y
DHR: 15 Days	T	F	P	9:30 AM	There are still 15 days to enter to win this SoCal Dream House... #DoGood #WinBig. SoCalRaffle.com #WeAreSOSC #SoCalRaffle	<a href="http://SoCalRaffle.com">SoCalRaffle.com</a>	#SoCalRaffle #WeAreSOSC #WinBig #DoGood	DONE	Y
#TipACop: Home Restaurant	T	E	O	11:19 AM	Dinner plans are taken care of tonight! See you at Home Restaurant for @NortheastArea @LAPDHQ tonight from 5-9 pm for a great #TipACop! #WeAreSOSC	-	#TipACop #WeAreSOSC	DONE	Y
Van	ALL	F	P	12:30 PM	HELP US REPLACE OUR VAN! It was time to retire one of our operation's vans (no, that wasn't it) and we need your help. @SOSoCal is looking for a donation in the form of a new or slightly used VAN or COVERED TRUCK for daily operations. If you can help, click link and fill out form: <a href="https://www.sosc.org/vehicledonation">https://www.sosc.org/vehicledonation</a> #WeAreSOSC  HELP US REPLACE OUR VAN! It was time to retire one of our operation's vans & we are looking for a donation in the form of a new or slightly used VAN or COVERED TRUCK. If you can help, click link and fill out form: <a href="http://bit.ly/2I7vDCP">http://bit.ly/2I7vDCP</a> #WeAreSOSC	<a href="https://www.sosc.org/vehicledonation">https://www.sosc.org/vehicledonation</a>		DONE	Y
TipACop: @torrancePD	FB/T	M	C	1:35 PM	Great day thanks to Torrance Police Department! Thank you... <a href="https://www.facebook.com/TorrancePD/posts/10156477667569940">https://www.facebook.com/TorrancePD/posts/10156477667569940</a> #WeAreSOSC	<a href="https://www.facebook.com/TorrancePD/posts/10156477667569940">https://www.facebook.com/TorrancePD/posts/10156477667569940</a>	#SOSCAthletes #TipACop #Tuesday #WeAreSOSC	-	Y
TipACop: @urgcommonhouse	T	M	C	2:15 PM	#TipACop #Tuesday: Another great #TipACop benefiting #SOSCAthletes! Thank you @urgcommonhouse for hosting, thanks to @CSUSMpolice for your support! #WeAreSOSC		#SOSCAthletes #TipACop #Tuesday #WeAreSOSC		Y
#TipACop Tuesday: @LASchoolPolice	FB/T	M	C	3:04 PM	#TipACop #Tuesday: Great night raising awareness and funds for #SOSCAthletes! Thank you @LASchoolPolice for supporting our athletes! <a href="https://www.facebook.com/LASchoolPolice/posts/1662510457189706">https://www.facebook.com/LASchoolPolice/posts/1662510457189706</a> #WeAreSOSC	<a href="https://www.facebook.com/LASchoolPolice/posts/1662510457189706">https://www.facebook.com/LASchoolPolice/posts/1662510457189706</a>	#SOSCAthletes #TipACop #Tuesday #WeAreSOSC	-	Y
Plane Pull	T	E	O	5:30 PM	Summer is around the corner, and that means so is the 2018 Plane Pull! Join us for one of the most unique ways to benefit #SOSCAthletes! Learn more: <a href="http://fundraising.sosc.org/site/TR?fr_id=1290&amp;pg=entry">http://fundraising.sosc.org/site/TR?fr_id=1290&amp;pg=entry</a> #WeAreSOSC #SOSCPPlanePull #PlanePull	<a href="http://fundraising.sosc.org/site/TR?fr_id=1290&amp;pg=entry">http://fundraising.sosc.org/site/TR?fr_id=1290&amp;pg=entry</a>		DONE	Y
LETR: @CORiverStations	T	M	C	6:30 PM	Thank you to Sergeant Wijnhamer and all the officers from @CORiverStation for your support of #SOSCAthletes! Congrats on the honor. Well deserved. #WeAreSOSC	-	#WeAreSOSC #SOSCAthletes	-	Y
#TBT: SLO Games	ALL	M	O	7:30 PM	#TBT: Some great spin during the softball throw at last Saturday's SLO Spring School Games last Friday. Relive all the images with SOSC on Flickr: <a href="https://www.flickr.com/photos/sosocal/albums">https://www.flickr.com/photos/sosocal/albums</a> #WeAreSOSC  #TBT: Some great spin during the softball throw at last Saturday's SLO Spring School Games last Friday. Relive all the images of #SOSCEvents 🍷 Click link in bio.		🍷 ----- #WeAreSOSC #TBT #Throwback #ThrowbackThursday #TrackAndField #SchoolGames #SpecialOlympics #WitnessThePassion #CelebrateChampions #SpringGames	DONE	Y

#### Friday, May 11

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
IE LEUSD School Games	T/I	E	O	7:30 AM	#EVENTDAY: The @LakeElsinoreUSD Spring School Games are today at Lakeside HS Stadium. Good luck #SOSCAthletes! We will see you at the track: <a href="http://bit.ly/2woSMPD">http://bit.ly/2woSMPD</a> #WeAreSOSC	<a href="https://sosc.org/events?cgid=45&amp;ceid=4709&amp;cerid=0&amp;cdt=5%2f11%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4709&amp;cerid=0&amp;cdt=5%2f11%2f2018</a>	🍷 ----- #WeAreSOSC #SpecialOlympics #ChooseToInclude #ThingsToDo #FamilyFun #FamilyFriendly #TrackandField #SOSCEvents #SoCal #Free #RegionalEvents #SchoolGames #SchoolPrograms	DONE	Y

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LETR Softball Tournament	FB/T	E	O	8:30 AM	#EVENTDAY: 36 law enforcement softball teams from all over Los Angeles and San Gabriel Valley will play in a one day tournament to raise funds for #SOSCAthletes! Good luck to all the teams... <a href="http://bit.ly/2rvANIC">http://bit.ly/2rvANIC</a> #WeAreSOSC #SOSCLETR	<a href="https://sosc.org/events?cgid=45&amp;ceid=4620&amp;cerid=0&amp;cdt=5%2f11%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4620&amp;cerid=0&amp;cdt=5%2f11%2f2018</a>	#WeAreSOSC #SOSCLETR #EventDay #SOSCAthletes	DONE	Y
Volunteers: @santaclaritamag	T	M	O	9:31 AM	#FridayFunday: Always opportunities to be a part of our many events. For more visit: <a href="https://sosc.org/volunteers">https://sosc.org/volunteers</a> #WeAreSOSC	<a href="https://sosc.org/volunteers">https://sosc.org/volunteers</a>	#WeAreSOSC #FridayFunday	-	Y
Friday Feeling	T/I	M	O	11:45 AM	It's FRIDAY! More spring games are tomorrow! That #FridayFeeling. #WeAreSOSC		#WeAreSOSC #FridayFunday #FridayFun #SpecialOlympics #ChooseToInclude #AwardStand #Feeling #CandidMoment #Candid #Celebrate #ReadyForWeekend	DONE	Y
Summer Games: 29 Days	FB/T	M	O	12:40 PM	The 2018 Summer Games are in 29 days! Join us for the ultimate Fan Experience. Get an inside look at the Games with a Fans Experience Tour by an #SOSCAthlete and join us as a group for Fans in the Stands. Learn more: <a href="https://sosc.org/summergames/fanexperience">https://sosc.org/summergames/fanexperience</a> #WeAreSOSC #SummerGames #SOSCSCG		#WeAreSOSC #SummerGames #SOSCSCG	DONE	Y
#50Friday: @specialolympics	T	M	O	1:30 PM	#50Friday: So many great moments as we head into our 50th anniversary celebration. This is worth checking out... #ChooseToInclude #WeAreSOSC	-	#WeAreSOSC #50Friday #ChooseToInclude	-	Y
#FeatureFriday: Matt Lawrence	ALL	M	O	6:00 PM	Special Olympics has taught Matthew Lawrence the power of teamwork and he will be part of the Special Olympics Southern California - LA & SGV Regions Lakewood Dirtbags team traveling to Special Olympics USA Games in July. For more on #TeamSOSC: <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> .#WeAreSOSC #RiseWithUs  Special Olympics has taught Matthew Lawrence the power of teamwork and he will be part of the Lakewood Dirtbags team traveling to @2018USAGames in 51 days. For more on #TeamSOSC: <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> .#WeAreSOSC #RiseWithUs	<a href="https://youtu.be/YP7INrGlti8">https://youtu.be/YP7INrGlti8</a>	#WeAreSOSC #TeamSOSC #RiseWithUs #SpecialOlympics #USAGames #ChooseToInclude	VIDEO	Y

#### Saturday, May 12

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
#EVENTDAY Saturday	FB/I	E	O	7:30 AM	It's another spring Saturday, and that means another Saturday #EVENTDAY! The Orange County Regional Spring Games highlight another full day of action, which also include the San Luis Obispo Bocce Competition, and in LA/SGV, the Westside Area Basketball Competition in Santa Monica and the Long Beach Area Athletics Competition from Long Beach City College. Join us! It is great family fun and its FREE! More: <a href="https://sosc.org/events">SOSC.org/Events</a> #WeAreSOSC  It's another Saturday #EVENTDAY! The @SOSCOrangeCounty Spring Games highlight another full day of action, which also include the SLO Bocce Competition, and in @SOSC_LosAngeles, the Westside Area 🏀 Competition in Santa Monica and the Long Beach Area Athletics Competition from Long Beach City College. Join us! It is great family fun and its FREE! More: <a href="https://sosc.org/events">SOSC.org/Events</a> #WeAreSOSC	<a href="https://sosc.org/events">https://sosc.org/events</a>	#WeAreSOSC #SpecialOlympics #EventDay #SOSCAthletes	Done	Y
San Luis Obispo Regional Bocce Competition	T	E	O	7:30 AM	#EVENTDAY:The 2018 SLO Bocce Competition is today! Come on out to Mitchell Park and watch #SOSCAthletes compete. All that is needed is your enthusiasm to cheer on the athletes. #WeAreSOSC	<a href="https://sosc.org/events?cgid=45&amp;ceid=4721&amp;cerid=0&amp;cdt=5%2f12%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4721&amp;cerid=0&amp;cdt=5%2f12%2f2018</a>		Done	
2018 LA/SGV Westside Area Basketball Competition	T	E	O	8:05 AM	#EVENTDAY: Join the City of Santa Monica for the Westside Basketball Competition at Memorial Park Gym. Good luck to all the teams! #WeAreSOSC	<a href="https://sosc.org/events?cgid=45&amp;ceid=4699&amp;cerid=0&amp;cdt=5%2f12%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4699&amp;cerid=0&amp;cdt=5%2f12%2f2018</a>		Done	
2018 Los Angeles and San Gabriel Valley Long Beach Area Athletics Competition	T	E	O	8:35 AM	#EVENTDAY: Join us at the Long Beach City College Veterans Memorial Stadium for today's Long Beach Athletics Competition! Good luck track stars! #WeAreSOSC	<a href="https://sosc.org/events?cgid=45&amp;ceid=4634&amp;cerid=0&amp;cdt=5%2f12%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4634&amp;cerid=0&amp;cdt=5%2f12%2f2018</a>		Done	
2018 Orange County Regional Spring Games	T	E	O	9:00 AM	#EVENTDAY: Join 900 #SOSCAthletes compete in 5 sports including athletics, basketball, bocce, flag football, and swimming at the Orange County Regional Spring Games from Irvine HS & Woollett Aquatics Center. #WeAreSOSC	<a href="https://sosc.org/events?cgid=45&amp;ceid=4621&amp;cerid=0&amp;cdt=5%2f12%2f2018">https://sosc.org/events?cgid=45&amp;ceid=4621&amp;cerid=0&amp;cdt=5%2f12%2f2018</a>		Done	

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Spring Games Live Posting	ALL	E	O	10:00 AM - 5:00 PM	-				
Summer Games: 28 Days	T/I	E	O	6:00 PM	Join us in 28 days for the 2018 Summer Games. It will be the ultimate #WeekendVibe... More: SOSC.org/SummerGames #WeAreSOSC			DONE	Y

#### Sunday, May 13

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Happy Mother's Day	ALL	M	O	9:00 AM	Happy Mother's Day! #WeAreSOSC			DONE	Y
Summer Games: 27 Days	T	E	O	10:45 AM	Join Morongo Basin and the more than 25 delegations from Southern California at the 2018 Summer Games. Just 27 days and counting.... #WeAreSOSC #SummerGames #SOSCSG		#WeAreSOSC #SummerGames #SOSCSG	DONE	Y
Jennifer Ali story	ALL	M	O	1:00 PM	A #MothersDay #SundaySpotlight: A mother is not only a caretaker and a supporter, but a friend and a helping hand. She's a superhero, and someone you can always count on. Special Olympics athlete and recent mother, Jennifer Ali, is a perfect example of how these characteristics are seen in mothers every day. More on her amazing story: <a href="https://wp.me/p8DSMZ-TY">https://wp.me/p8DSMZ-TY</a> #WeAreSOSC  A #MothersDay #SundaySpotlight: Special Olympics athlete, @SpecialOlympicsUSAGames participant, college graduate and recent mother, Jennifer Ali, is a perfect example of how mom's are superheroes. More on her amazing story: <a href="https://wp.me/p8DSMZ-TY">https://wp.me/p8DSMZ-TY</a> #WeAreSOSC		#WeAreSOSC #MothersDay #MomsDay #MomsRock #SpecialOlympics #Superhero #Caretaker #Supporter #AmazingStory #InlandEmpire #MothersDay2018 #RiseWithUs #USAGames #ChooseToInclude	DONE	Y
USA Games: 48 Days	T	E	O	2:30 PM	Watch Jennifer Ali and her Green Mojave teammates on the bocce courts in 48 days at the 2018 USA Games. #RiseWithUs #WeAreSOSC		#RiseWithUs #WeAreSOSC	DONE	Y
Jennifer Ali Video	FB/T	M	O	5:00 PM	Jennifer Ali loves "bocce ball" and can't wait to show the nation at USA Games in July. The fact that she is with us today is worth showing off. She says she is a miracle, surviving a car accident in 2003 that left her in a medically induced coma for three months. Going on 15 years later, and thanks to the inspiration of her mother, Ali is living life to the fullest. Watch... #WeAreSOSC  Jennifer Ali loves "bocce ball" and can't wait to show the nation at @2018USAGames in July. The fact that she is with us today is worth showing off. Watch... <a href="https://youtu.be/BmP_ck6VUU8">https://youtu.be/BmP_ck6VUU8</a> #RiseWithUs #WeAreSOSC	<a href="https://youtu.be/UbTi-aa9asc">https://youtu.be/UbTi-aa9asc</a>	#RiseWithUs #WeAreSOSC	DONE	Y

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**SOSC SOCIAL MEDIA CONTENT**

Week of Apr. 30 - May 6

**Monday, April 30**

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Thank You AVP Staff	FB/T	M	O	7:07 AM	Final hours of our campaign with Albertsons Market Vons and Pavilions benefiting the more than 34,000 #SOSCathletes! Thank you to all the employees of our local stores for supporting our amazing athletes. Join us today and tomorrow and donate at checkout to help us reach our goal. We are so close! And while there, make sure to thank the employees! #WeAreSOSC #AVP4SOSC  Final hours of our campaign with @Albertsons @Vons & @Pavilions benefiting the more than 34,000 #SOSCathletes! Thank you to all the employees of our local stores for supporting our amazing athletes! #WeAreSOSC #AVP4SOSC	-	#WeAreSOSC	DONE	Y
#MedalMonday	T/I	M	O	8:00 AM	Take a closer look... Yup, it's #MedalMonday! And yes, they are stinking COOL! #WeAreSOSC #SpecialOlympics		 ----- #WeAreSOSC #SpecialOlympics #ChooseToInclude #WitnessThePassion #CandidMoments #Candid #CandidPhoto #CandidKids #MakingMoments	DONE	Y
AVP	T/I	M	O	9:10 AM	Final Days so Get jumping to your @Albertsons @Vons @Pavilions and join@jhekker of the @RamsNFL in supporting @SOSoCal Athletes. Donate at checkout today! #AVP4SOSC #WeAreSOSC		#AVP4SOSC #WeAreSOSC	DONE	Y
KERN: Give Big Kern	FB/T	F	P	9:15 AM	KERN: Give Big Kern is "One Day to Celebrate the Giving Spirit of Kern County!" It is designed to bring all of Kern together as one community, raising dollars and volunteer hours for local nonprofits through a 24-hour crowd-funding campaign taking place on May 1. Tomorrow, designate your "Give Big, Kern" donation to Special Olympics Kern County. You have an option to donate money or volunteer hours. All proceeds stay in Kern and are paid to Special Olympics Southern California, Kern County Region. Here is the direct link: <a href="https://www.givebigkern.org/organizations/special-olympics-kern-county">https://www.givebigkern.org/organizations/special-olympics-kern-county</a> #WeAreSOSC		#GiveBackKern #WeAreSOSC	DONE	Y
#ICYMI: Christine Principe	FB/T	M	O	12:00 PM	#ICYMI: #SOSCathlete Christina Principe from @SOSC_SanDiego loves, LOVES the water. She is part fish, she says. And she will leave the state of California for the first time when she goes to USA Games in July. Watch... <a href="https://youtu.be/7qduSNoDcR8">https://youtu.be/7qduSNoDcR8</a> #WeAreSOSC #RiseWithUS		#WeAreSOSC #RiseWithUS	-	Y
#DYK: Education	T	M	O	1:14 PM	#DYK: #SpecialOlympics encourages inclusion, participation, and leadership in schools and students. Through partnerships, we introduce sports to special education students with practices and competitions. Learn more: <a href="https://sosc.org/schools/#WeAreSOSC">https://sosc.org/schools/#WeAreSOSC</a>		#DYK #SpecialOlympics #WeAreSOSC	DONE	Y
#DYK: Health	T	M	O	4:30 PM	#DYK: Keeping our athletes healthy so they can compete is a key goal of the movement. Children and adults with intellectual disabilities who participate in #SpecialOlympics develop improved physical fitness and motor skills. Learn more: <a href="https://sosc.org/healthyathletes/#WeAreSOSC">https://sosc.org/healthyathletes/#WeAreSOSC</a>		#DYK #SpecialOlympics #WeAreSOSC	DONE	Y
#MotivationalMonday	FB/T	M	O	5:45 PM	#ICYMI: Some #MondayMotivation for you. Brett Laza loves everything speed, and it takes him to Seattle for the 2018 USA Games in July where he will run for something bigger. Watch... <a href="https://youtu.be/v7bllTyX8Ak">https://youtu.be/v7bllTyX8Ak</a> #WeAreSOSC #RiseWithUs		#WeAreSOSC #RiseWithUS	-	Y
#DYK: Sports	T/I	M	O	7:00 PM	Having fun, developing skills and building self-esteem is the life of a Special Olympics athlete. We offer year-round training and competitions in 12 sports for people of all ages and skill levels. Learn more: <a href="https://sosc.org/sports/sportsoffered/#WeAreSOSC">https://sosc.org/sports/sportsoffered/#WeAreSOSC</a>		 ----- #SpecialOlympics #ChooseToInclude #WeAreSOSC #SOSCathletes #Sports #SportsPrograms #GetInvolved #Active #GetOutAndPlay #Competitions	DONE	Y

**Tuesday, May 1**

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Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Take A Look Tuesday	FB/T	M	O	7:30 AM	#TakeALookTuesday: It's MAY and it begins as April ended, BUSY! The first week of the new month has a little of everything, from local Law Enforcement Torch Run for Special Olympics Southern California #TipACop events to a full Friday of School Games to a trio of regional competitions, including Special Olympics Southern California - San Luis Obispo County Region Spring Games on Friday, and on Saturday Special Olympics Southern California - Inland Empire Spring Games at Vista Murrieta and the Special Olympics Southern California - Kern County Region Regional Swim Competition. Get all you need to know to go to the events here - <a href="https://www.sosc.org/events#WeAreSOSC">https://www.sosc.org/events#WeAreSOSC</a>  #TakeALookTuesday: It's MAY and it begins as April ended, BUSY! The first week of the new month has a little of everything, including a trio of regional competitions. More - <a href="https://www.sosc.org/events#WeAreSOSC">https://www.sosc.org/events#WeAreSOSC</a>	<a href="https://www.sosc.org/events">https://www.sosc.org/events</a>	#WeAreSOSC #TakeALookTuesday #TipACop	DONE	Y
KERN: Give Back Kern	FB	F	P	7:42 AM	Today is the DAY! Give Big Kern is "One Day to Celebrate the Giving Spirit of Kern County!" And all day today you can donate Special Olympics Kern County. You have an option to donate money or volunteer hours. All proceeds stay in Kern and are paid to Special Olympics Southern California, Kern County Region. Here is the direct link: <a href="https://www.givebigkern.org/organizations/special-olympics-kern-county#WeAreSOSC#GiveBigKern">https://www.givebigkern.org/organizations/special-olympics-kern-county#WeAreSOSC#GiveBigKern</a>	<a href="https://www.givebigkern.org/organizations/special-olympics-kern-county">https://www.givebigkern.org/organizations/special-olympics-kern-county</a>	#WeAreSOSC #GiveBigKern	DONE	Y
Take A Look Tuesday	T/I	M	O	8:20 AM	#TakeALookTuesday: You want more fun at School Games? Well, we got a TON for you: 1 on Wed and 4 on Friday. The fun is in @slcsud, @duarteusd, @ValVerdeUSD & @LASchools. We will see you at the games: <a href="https://www.sosc.org/events#WeAreSOSC">https://www.sosc.org/events#WeAreSOSC</a>	<a href="https://www.sosc.org/events">https://www.sosc.org/events</a>	#WeAreSOSC #SpecialOlympics #ChooseToInclude #SchoolGames #SchoolPrograms #SpringGames #Track #TrackAndField #WitnessThePassion #SchoolFun	DONE	Y
Take A Look: @BeaumontCA_PD	T	M	C	9:30 AM	#TakeALookTuesday: @SoCalTorchRun #LETR officers from @BeaumontCA_PD #volunteering and making an impact! THANK YOU 🙌🙌🙌 #WeAreSOSC	-	#TakeALookTuesday #LETR #WeAreSOSC	-	Y
AVP: OC Storm	FB	M	C	10:30 AM	Last day of the campaign! Thank you Albertsons (Brea, CA) for supporting #SOSCAthletes!		#SOSCAthletes	-	Y
#TipACop Tuesday	T	E	O	11:15 AM	#TipACopTuesday: Attend a #TipACop this week! All 5-9pm 5/1 @ Urge San Marcos: <a href="http://bit.ly/2HCTIGQ">http://bit.ly/2HCTIGQ</a> 5/2 @ Lazy Dog Torrance: <a href="http://bit.ly/2KkWfSc">http://bit.ly/2KkWfSc</a> 5/3 Tip-A-Fish @ CPK Rossmore Center: <a href="http://bit.ly/2r42UYU">http://bit.ly/2r42UYU</a> 5/3 @ CPK Canoga Park <a href="http://bit.ly/2HxbNQZ">http://bit.ly/2HxbNQZ</a> #GreatFood #GreatCause #WeAreSOSC #SOSCLETR	-	#WeAreSOSC #SOSCLETR #TipACop #TipACopTuesday	DONE	Y
AVP Promotion Edns Today	FB/T	F	P	12:15 PM	Final hours to donate at checkout of your local @Albertsons @Vons @Pavilions in support of the more than 34,000 #SOSCAthletes. #ShopForSOSC today! #AVP4SOSC #WeAreSOSC		#AVP4SOSC #WeAreSOSC #Shop4SOSC	DONE	Y
#EVENTDAY: Urge Tip-A-Cop	T	E	O	1:30 PM	Our first #TipACop of the week is tonight at Urge in San Marcos. From 5-9 pm Urge & @csusmpolice have partnered to host their first ever Tip-A-Cop. Join us for a night of fun! Urge will provide dessert to anyone who donates \$20. More: <a href="http://bit.ly/2HCTIGQ">http://bit.ly/2HCTIGQ</a> #WeAreSOSC	<a href="http://bit.ly/2HCTIGQ">http://bit.ly/2HCTIGQ</a>	#WeAreSOSC	DONE	Y
Dinner with Lance Bass	T/I	M	O	4:30 PM	Last week #SOSCAthlete Debbie Anderson joined #WeRunTheCity contest winner Tallyssa Gonzales in dining with @LanceBass! Congrats Tallyssa and thank you Lance (Congrats on the star, too!!)... #WeAreSOSC		#WeAreSOSC #WeRunTheCity5K #SOSCAthlete	DONE	Y
TipACop: @urgecommonhouse	T	E	C	5:05 PM	STARTING NOW! Join @CSUSmpolice and @urgecommonhouse at their first #TipACop! #GreatFood #GreatCause #WeAreSOSC @SoCalTorchRun		#WeAreSOSC #TipACop #GreatFood #GreatCause #WeAreSOSC	-	Y

KEY:

Owned - Content created by SOSC Headquarters; Curated - Content created outside SOSC HQ and relevant to SOSC; Promo - Call to action, asking followers to do something

School Games Volunteer	ALL	M	O	5:45 PM	Volunteers are needed for many responsibilities and events, including competitions through the Special Olympics Southern California's School Partnership Program. There are many school competitions, including four spring school games this week. Register to volunteer: <a href="http://www.sosc.org/volunteer/dayofevent">www.sosc.org/volunteer/dayofevent</a> and select the region you want to help. #WeAreSOSC  Volunteers are needed for many responsibilities and events, including competitions through the SOSC's School Partnership Program. There are many school competitions to make an impact. Register: <a href="http://www.sosc.org/volunteer/dayofevent">www.sosc.org/volunteer/dayofevent</a> #WeAreSOSC	<a href="http://www.sosc.org/volunteer/dayofevent">www.sosc.org/volunteer/dayofevent</a>	🏆 #WeAreSOSC #SpecialOlympics #ChooseToInclude #SchoolGames #SchoolPrograms #SpringGames #Track #TrackAndField #WitnessThePassion #SchoolFun	DONE	Y
Inland Empire: @Bossticity	T	M	C	6:45 PM	Thank you @Bossticity and @ArsenalFCUSA for spreading inclusion and acceptance and bringing joy to #SOSCAthlete 🍌🍌🍌 #WeAreSOSC #ChooseToInclude		#WeAreSOSC	-	Y

### Wednesday, May 2

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
USA Games 60 Days: Everado Velador	ALL	M	O	7:32 AM	Everardo Velador is a member of the Southwest High School, Unified Soccer Team (from San Diego County) and he and his teammates will travel to the 2018 USA Games in July. Two major surgeries at the age of eight put walking, let alone playing soccer, in doubt. Now 10 years later, he calls the opportunity to play in Seattle a miracle. Read more of his story at WeAreSOSC.org #WeAreSOSC  Everardo Velador will travel to the @2018USAGames in July w/ Southwest HS #Unified 🧡 team. Two major surgeries at 8 put walking, let alone playing soccer, in doubt. 10 years later, he calls the opportunity "a miracle." Read more <a href="http://bit.ly/2Fv3chH">http://bit.ly/2Fv3chH</a> #WeAreSOSC  Everardo Velador will travel to the @2018USAGames in July w/ Southwest HS #Unified 🧡 team. Two major surgeries at 8 put walking, let alone playing soccer, in doubt. 10 years later, he calls the opportunity "a miracle." Read more <a href="#">🔗</a> link in bio.	WeAreSOSC.org	#WeAreSOSC #SpecialOlympics #UnifiedSports #Unified #Soccer #SouthwestHS #SanDiego #USAGames #RiseWithUs #TeamSOSC #Seattle #ChooseToInclude	VIDEO	Y
#EVENTDAY: LAUSD Spring School Games	T	E	O	8:30 AM	#EVENTDAY: Good luck on the track to all #SOSCAthletes competing at the @LASchools Spring Games today at Cesar Chavez High School. More: <a href="http://bit.ly/2jIO37K">http://bit.ly/2jIO37K</a> #WeAreSOSC	<a href="https://www.sosc.org/events?cgid=45&amp;ceid=4606&amp;cerid=0&amp;cdt=5%2f2%2f2018">https://www.sosc.org/events?cgid=45&amp;ceid=4606&amp;cerid=0&amp;cdt=5%2f2%2f2018</a>	#WeAreSOSC #EVENTDAY	DONE	Y
Unified Sports: @HBUHSD	T	M	C	9:22 AM	The power of #UnifiedSports Way to go all involved!!! @HBUHSD @EdisonChargers @FVHSbarons @OceanViewHS @WHSLions #WeAreSOSC #ChooseToInclude	-	#WeAreSOSC #ChooseToInclude	-	Y
TipACop: @Chief_Miranda	T	M	O	10:30 AM	Great fun from @Glendora_PD and @SpagettiEddies #TipACop last week! Thank you @GlendoraChief and all the officers involved. YOU ROCK. #WeAreSOSC	-	#WeAreSOSC #TipACop	-	Y
#EVENTDAY: Torrance PD Tip-A-Cop	T	M	O	11:30 AM	#TipACop: @TorrancePD will serve to benefit #SOSCAthletes at Lazy Dog Café from 5-9 pm TONIGHT. Officers will serve as hosts and waiters, and all tips they receive will go to our athletes! See you tonight. #WeAreSOSC	<a href="https://www.sosc.org/events?cgid=45&amp;ceid=4653&amp;cerid=0&amp;cdt=5%2f2%2f2018">https://www.sosc.org/events?cgid=45&amp;ceid=4653&amp;cerid=0&amp;cdt=5%2f2%2f2018</a>	#WeAreSOSC #TipACop	DONE	

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#WellnessWednesday: Nutrition	FB/T	M	O	12:15 PM	Proper nutrition is important to athletes at every level. Nutrition and proper eating is a big part of #SOSCAthletes and the #TeamWellness program. Take a second on this #WellnessWednesday to make sure you get your 5 daily servings of fruits & veggies! Visit Eat Right Nutrition for recipes, nutrition information, food safety tips and more: <a href="http://j.mp/24P8LhE">http://j.mp/24P8LhE</a> #WeAreSOSC #InclusiveHealth	<a href="https://www.eatright.org/food/nutrition/healthy-eating">https://www.eatright.org/food/nutrition/healthy-eating</a>	#WellnessWednesday #WeAreSOSC #InclusiveHealth	DONE	y
Health: Veggies	T	M	O	12:34 PM	#WellnessWednesday: If you are always on the move, try keeping cut up fruits & veggies in the fridge so your snack is ready to go when you are! More: <a href="https://www.eatright.org/food/nutrition/healthy-eating">https://www.eatright.org/food/nutrition/healthy-eating</a> #WeAreSOSC #InclusiveHealth	<a href="https://www.eatright.org/food/nutrition/healthy-eating">https://www.eatright.org/food/nutrition/healthy-eating</a>	#WellnessWednesday #WeAreSOSC #InclusiveHealth	DONE	Y
Kaiser: @EdEllisonMD	T	M	C	12:55 PM	#WellnessWednesday: Health & fitness is a primary mission of our movement, and @KPSHare and @PermanenteDocs are a big reason are #SOSCAthletes thrive! THANK YOU... So excited. #WeAreSOSC	-	#WeAreSOSC	-	Y
School Games: @megankerr	T	M	C	1:24 PM	Great stuff from #LBUSD and Jordan High School last Friday at School Games. Can't wait for this week's Spring Games! #WeAreSOSC #ChooseToInclude	-	#ChooseToInclude #WeAreSOSC	-	Y
Inland Empire: @SBCProbation	T	M	C	3:28 PM	We LOVE our medal presentations. Can't beat a good celebration dance with @SBCprobation #LETR officers! THANK YOU #WeAreSOSC	-	#WeAreSOSC #LETR	-	Y
DHR: Tune IN Tomorrow	FB/T	E	O	4:30 PM	Tune-in to @KTLA Morning News tomorrow morning for the drawing of the second Early Bird Raffle Drawing! The winner: Trip to Italy... The winner might be you. Didn't enter? No worries, plenty of time to enter... SoCalRaffle.com Do Good. Win Big. #WeAreSOSC #SoCalRaffle		#WeAreSOSC #SoCalRaffle	DONE	Y
					Tune-in to @KTLA5MorningNews tomorrow morning for the drawing of the 2nd Early Bird Raffle Drawing! The winner: Trip to Italy... SoCalRaffle.com Do Good. Win Big. #WeAreSOSC #SoCalRaffle				
USA Games #DYK	T	M	O	5:45 PM	#DYK: In 60 days #TeamSOSC will send two #Unified teams to @2018USAGames in July - Lompoc 🏆 Team and Southwest 🏆 Team. Read more on the #SOSCAthletes going to Seattle in July: <a href="http://bit.ly/2Fv3chH">http://bit.ly/2Fv3chH</a> #WeAreSOSC #RiseWithUs	<a href="http://bit.ly/2Fv3chH">http://bit.ly/2Fv3chH</a>	#WeAreSOSC #RiseWithUs #SOSCAthletes	DONE	Y
#WednesdaySwim	ALL	M	O	7:00 PM	#WednesdaySwim: Swimming hits three pools this week in regional competition. Swimmers hit the lanes at Cuesta College for Special Olympics Southern California - San Luis Obispo... Spring Games on Friday. Then on Saturday, look to the waters of Vista Murrieta HS for the Special Olympics Southern California - Inland Empire Spring Games and in Bakersfield at the NOR Pool for the Special Olympics Southern California - Kern County Region Swimming Competition. Which one you going to be at? Event info: <a href="https://www.sosc.org/events">https://www.sosc.org/events</a> #WeAreSOSC	<a href="https://www.sosc.org/events">https://www.sosc.org/events</a>	#WeAreSOSC #Swimming #SpecialOlympics #WitnessThePassion #SwimmingLife #ThingsToDo #SoCal #FamilyFun #Competition #Regionals #SOSCAthletes	DONE	Y
					#WednesdaySwim: Swimming hits three pools this week in regional competition. Which one you going to be at? Event info: <a href="https://www.sosc.org/events">https://www.sosc.org/events</a> #WeAreSOSC				

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**Thursday, May 3**

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Who We Are: Athletes	ALL	M	O	7:08 AM	Who we are - Athletes: No matter the person's age or skill level, Special Olympics Southern California has something for every person with intellectual disabilities. We deliver high-quality, year-round competition and training opportunities in an inclusive culture that stresses athletic excellence, rewards determination, emphasizes health, and celebrates personal achievement. Learn more on our movement and our amazing athletes: <a href="https://www.sosc.org/athletes">https://www.sosc.org/athletes</a>  Who we are: No matter the person's age or skill level, SOSC has something for every person w/ ID. We deliver high-quality, year-round competition & training in an inclusive culture. Learn more on our amazing athletes: <a href="https://www.sosc.org/athletes">https://www.sosc.org/athletes</a> #WeAreSOSC	<a href="https://www.sosc.org/athletes">https://www.sosc.org/athletes</a>	#SpecialOlympics #WeAreSOSC #ChooseToInclude #WitnessThePassion #Celebrate #CandidMoment #Candid #SOSCAthletes #CelebrateChampions #ReachForTheGold	DONE	Y
Not alone	T	M	O	8:25 AM	Athletes have many opportunities to make friends and socialize in an accepting environment. They discover they are not alone. Read more of their experiences: <a href="https://wearesosc.org/category/athlete/">https://wearesosc.org/category/athlete/</a> #WeAreSOSC	<a href="https://wearesosc.org/category/athlete/">https://wearesosc.org/category/athlete/</a>	#WeAreSOSC	DONE	Y
DHR: Tune-in	T	M	O	9:23 AM	Tune-in to @KTLA5 Morning News this next hour to see our winners for the first Early Bird Drawing of the Dream House Raffle. It could be you! #WeAreSOSC #SoCalRaffle	-	#WeAreSOSC #SoCalRaffle	DONE	Y
#BocceThursday	FB/T	M	O	11:45 AM	Bocce #SOSCAthletes head north this weekend for the San Luis Obispo Spring Games. They hit the courts at Cuesta College tomorrow! Learn how you can be a part of the fun: <a href="http://bit.ly/2rduTq">http://bit.ly/2rduTq</a> #WeAreSOSC	<a href="https://www.sosc.org/events?cgid=45&amp;ceid=4470&amp;cerid=0&amp;cdt=5%2f4%2f2018">https://www.sosc.org/events?cgid=45&amp;ceid=4470&amp;cerid=0&amp;cdt=5%2f4%2f2018</a>	#WeAreSOSC #SOSCAthletes	DONE	Y
#EVENTDAY: Tip-A-Fish	T	E	O	12:40 PM	Join the @CaliforniaDFW at their inaugural Tip-A-"Fish" Cop Fundraiser. They will be at the Rossmoor Center CPK (Seal Beach) from 5-9 pm raising funds for #SOSCAthletes. Learn more: <a href="https://www.sosc.org/events?cgid=45&amp;ceid=4731&amp;cerid=0&amp;cdt=5%2f3%2f2018">https://www.sosc.org/events?cgid=45&amp;ceid=4731&amp;cerid=0&amp;cdt=5%2f3%2f2018</a> #WeAreSOSC #TipACop	<a href="https://www.sosc.org/events?cgid=45&amp;ceid=4731&amp;cerid=0&amp;cdt=5%2f3%2f2018">https://www.sosc.org/events?cgid=45&amp;ceid=4731&amp;cerid=0&amp;cdt=5%2f3%2f2018</a>	#WeAreSOSC #TipACop	DONE	y
#EVENTDAY: LA Schools PD Tip-A-Cop	T	E	O	1:27 pm	The @laschoolpolice will take protect and service to a whole new level during their #TipACop at CPK in Canoga Park. Officers will serve as hosts w/ tips received supporting @SO_SCVTV athletes. More: <a href="https://www.sosc.org/events?cgid=45&amp;ceid=4729&amp;cerid=0&amp;cdt=5%2f3%2f2018">https://www.sosc.org/events?cgid=45&amp;ceid=4729&amp;cerid=0&amp;cdt=5%2f3%2f2018</a> #WeAreSOSC	<a href="https://www.sosc.org/events?cgid=45&amp;ceid=4729&amp;cerid=0&amp;cdt=5%2f3%2f2018">https://www.sosc.org/events?cgid=45&amp;ceid=4729&amp;cerid=0&amp;cdt=5%2f3%2f2018</a>	#WeAreSOSC #TipACop	DONE	y
DHR: Winners	T	M	O	3:30 PM	Dream House Early Bird Raffle #2 Winners (video Clip)			VIDEO	
Summer Games	T	E	O	4:20 PM	Basketball, bocce, swimming and track & field head to the 2018 Summer Games in 36 days. Join us as we celebrate champions and witness the passion of sports. Learn how you can be a part of this SoCal tradition: <a href="https://www.sosc.org/SummerGames">SOSC.org/SummerGames</a> #WeAreSOSC #SOSCSG	<a href="https://www.sosc.org/SummerGames">SOSC.org/SummerGames</a>	#WeAreSOSC #SOSCSG	DONE	Y
#TBT	ALL	M	O	5:30 PM	#TBT to the 2014 Summer Games Invitational and some body english on the bocce courts. Watch all the smooth moves at this year's #SummerGames on June 9-10. #SOSCSG #WeAreSOSC	-	#SOSCSG #WeAreSOSC #ChooseToInclude #WitnessThePassion #CelebrateChampions #Throwback #ThrowbackThursday	DONE	Y
LA Galaxy Signing Day	ALL	M	O	6-8 PM	Event posting from Stub Hub Center				

**Friday, May 4**

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
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**KEY:**




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EVENTDAY FRIDAY	FB/I	E	O	7:00 AM	What a #FridayFunday we have today! It is a busy #EVENTDAY with the San Luis Obispo Regional Games and four, yes FOUR, spring school games on tap. It is a great day in SOSC! Get event info and come on out, they are FREE: SOSC.org/EVENTS #WeAreSOSC	<a href="https://www.sosc.org/events">https://www.sosc.org/events</a>	<p>-----</p> <p>#WeAreSOSC #SpecialOlympics #ChooseToInclude #ThingsToDo #SoCal #Calendar #Events #FamilyFun #FamilyFriendly #Volunteer #GetInvolved #Schools @slcUSD @duarteUSD @ValVerdeUSD @LASchools</p>	DONE	Y
#EVENTDAY: SLO Regional Games	T	E	O	7:05 AM	#EVENTDAY: Come cheer on Special Olympics athletes from all around San Luis Obispo as they compete in track & field, aquatics, and bocce at Cuesta College! See you at the Games: <a href="http://bit.ly/2rduTq">http://bit.ly/2rduTq</a> #WeAreSOSC	<a href="http://bit.ly/2rduTq">http://bit.ly/2rduTq</a>	#EVENTDAY #WeAreSOSC	DONE	y
#EVENTDAY: IE Val Verde USD Games	T	E	O	7:40 AM	#EVENTDAY: Citrus Hill HS is the place to be in the Inland Empire this morning for the Val Verde USD Spring School Games! Good luck #SOSCathletes: <a href="http://bit.ly/2rf4dTz">http://bit.ly/2rf4dTz</a> #WeAreSOSC	<a href="http://bit.ly/2rf4dTz">http://bit.ly/2rf4dTz</a>	#EVENTDAY #WeAreSOSC	DONE	y
#EVENTDAY: SLO Spring School Games	T	E	O	8:05 am	#EVENTDAY: Part of the fun @CuestaCollege is the SLO Spring School games! Come out and cheer on the #SOSCathletes all day long: <a href="http://bit.ly/2rdYyPb">http://bit.ly/2rdYyPb</a> #WeAreSOSC	<a href="http://bit.ly/2rdYyPb">http://bit.ly/2rdYyPb</a>	#EVENTDAY #WeAreSOSC	DONE	y
#EVENTDAY: LAUSD Spring School Games	T	E	O	8:41 am	The @LASchools Spring School games continue with another #EVENTDAY! This one at San Pedro High School. Join us! <a href="http://bit.ly/2HIAIqk">http://bit.ly/2HIAIqk</a> #WeAreSOSC	<a href="http://bit.ly/2HIAIqk">http://bit.ly/2HIAIqk</a>	#EVENTDAY #WeAreSOSC	DONE	y
#EVENTDAY: SGV Duarte School Games	T	E	O	9:20 am	#EVENTDAY: Join us at Duarte HS for the @DuarteUSD Spring School Games! #SOSCathletes will be the stars for an amazing day on the track: <a href="http://bit.ly/2HFiYUR">http://bit.ly/2HFiYUR</a> #WeAreSOSC	<a href="http://bit.ly/2HFiYUR">http://bit.ly/2HFiYUR</a>	#EVENTDAY #WeAreSOSC	DONE	y
Live Posting:	ALL	E	O	8-11:30 AM	Live posting from SLO	-	#EVENTDAY #WeAreSOSC	LIVE	
#FridayFeeling	T/I	M	O	12:00 PM	Yup. It's Friday. That #FridayFeeling... #WeAreSOSC		<p>#WeAreSOSC #Friday #SpecialOlympics #ChooseToInclude #Basketball #WeekendIsHere #Celebrate #WitnessThePassion #BasketballLife #FridayFun #CandidMoment #CandidShot #JustGoShoot #BeActive #SOSCathletes #SOSC</p>	DONE	Y
Live Posting:	ALL	E	O	12:30-5:00 PM	Live posting from SLO	-	#EVENTDAY #WeAreSOSC	LIVE	
USA Games: Dawn Albritton	ALL	M	O	6:00 PM	<p>#FeatureFriday: With her grandmother at her side, Dawn Albritton figured out through Special Olympics her purpose in life. The Bakersfield swimmer now sets her sites on the 2018 USA Games in Seattle, where she can take an item off her bucket list. More on her story: <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs</p> <p>#FeatureFriday: With her grandmother at her side, Dawn Albritton figured out through @SpecialOlympics her purpose in life. More on her story: <a href="http://bit.ly/2Fv3chH">http://bit.ly/2Fv3chH</a> #WeAreSOSC #RiseWithUs</p>	<a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a>	#FeatureFriday #WeAreSOSC #RiseWithUs #SpecialOlympics #ChooseToInclude #CelebrateChampions	VIDEO	Y
Dawn Albritton	T	M	O	7:17 PM	Traveling to Seattle was at the top of #SOSCathlete Danw Albritton's bucket list. Thanks to swimming, she will get there. Read her story and all of #TeamSOSC's stories: <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC	<a href="https://youtu.be/rmR5G0meKOA">https://youtu.be/rmR5G0meKOA</a>	#WeAreSOSC #RiseWithUs	DONE	Y

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**Saturday, May 5**

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Social Saturday	FB/T	M	O	7:18 AM	While at all of these amazing #SOSCEvents, including today's Inland Empire Regional at Vista Murrieta HS and the Kern Swimming Regional in Bakersfield, don't forget to share your experience! Follow.Tag. Share. Interact. Watch! #WeAreSOSC	-	#WeAreSOSC #SOSCEvents	DONE	Y
#EVENTDAY: IE Regional Games	T/I (FB)	E	O	8:02 AM	#EVENTDAY: Swimming, athletics, and basketball competitions will take place at Vista Murrieta HS for the Inland Empire Spring Regional. The event is free and open to the public! Join us: <a href="http://bit.ly/2HLzeGo">http://bit.ly/2HLzeGo</a> #WeAreSOSC	<a href="http://bit.ly/2HLzeGo">http://bit.ly/2HLzeGo</a>	 ---- #WeAreSOSC #SpecialOlympics #InlandEmpire #WitnessThePassion #CelebrateChampions #Regional #ThingsToDo #SoCal #FamilyFun #Volunteer	DONE	Y
#EVENTDAY: Kern Swimming Competition	T/I (FB)	E	O	9:05 AM	#EVENTDAY: Action in the water will be fast at the 2018 Kern County Swimming Competition. Join us at NOR Pool. All that is needed: loud cheering voices! See you in Bakersfield: <a href="http://bit.ly/2rfPpoZ">http://bit.ly/2rfPpoZ</a> #WeAreSOSC	<a href="http://bit.ly/2rfPpoZ">http://bit.ly/2rfPpoZ</a>	 ---- #WeAreSOSC #SpecialOlympics #InlandEmpire #WitnessThePassion #CelebrateChampions #Regional #ThingsToDo #SoCal #FamilyFun #Volunteer	DONE	Y
Live Posting:	ALL	E	O	8-11:30 AM	Live posting from IE	-		-	LIVE
#SaturdayHoops	T/I	M	O	12:00 PM	#SaturdayHoops: Basketball is in action at the Inland Empire Regional Spring Games today. The hardwood heating up heading to Summer Games in just over a month! #WeAreSOSC		 ---- #WeAreSOSC #HoopsLife #BasketballsLife #SpecialOlympics #WitnessThePassion #CelebrateChampions #Regionals #Competition #ThingsToDo #FamilyFun #SoCal	DONE	Y
Live Posting:	ALL	E	O	12:30-5:00 PM	Live posting from IE	-		-	LIVE
#SaturdayStyle	T/I	M	O	5:30 PM	Showing some #SaturdayStyle while cheering for your fellow teammates! #WeAreSOSC		#SaturdayStyle #WeAreSOSC #WeekendVibes #SpecialOlympics #ChooseToInclude #WitnessThePassion	DONE	Y

**Sunday, May 6**

Topic	Ch.	M/E/F	O/C/P	Timing	Text	Links	Hashtags	Art	Posted
Summer Games	FB/T	M	O	8:32 AM	The 2018 Summer Games are in 34 days. More than 1,100 #SOSCathletes will compete for the hardware. But this SoCal summer tradition is so much more. Bring the entire family and be part of Fans In the Stands, attend opening and closing ceremonies, dance and hang out in the Family Pavilion, play games and eat some great food in the Festival... there is so much more. Get all the info: <a href="https://www.sosc.org/summergames">SOSC.org/SummerGames</a> #SOSCSG  The 2018 #SummerGames are in 34 days. More than 1,100 #SOSCathletes will compete for the hardware. But this #SoCal summer tradition is so much more. #Fun for the entire #Family. Get all the info: <a href="https://www.sosc.org/summergames">SOSC.org/SummerGames</a> #SOSCSG	<a href="https://www.sosc.org/summergames">SOSC.org/SummerGames</a>	#SOSCathletes #WeAreSOSC #Family #Fun #SummerGames	DONE	Y
Fans in the stands	T	M	O	9:42 AM	The Games are free and open to the public, and we want to fill the stands. Create a cheer team with your family and friends and register your group online to be Fans In the Stands. Learn More: <a href="https://www.sosc.org/summergames/fanexperience">https://www.sosc.org/summergames/fanexperience</a> #WeAreSOSC #SOSCSG	<a href="https://www.sosc.org/summergames/fanexperience">https://www.sosc.org/summergames/fanexperience</a>	#SOSCathletes #WeAreSOSC #Family #Fun #SummerGames	DONE	Y
#WeekendVibe	T/I	M	O	11:00 AM	#WeekendVibes: Playing around with new friends at regional competitions. That's some serious game-face fun right there! #WeAreSOSC	-	#WeAreSOSC #SpecialOlympics #ChooseToInclude	DONE	Y

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#DYK: Golf	T	M	O	12:04 PM	#DYK: Kyle Aragon will hit the course in Seattle this July for the 2018 USA Games. Did you know at #SOSC that golf is now offered in the fall sports season? Learn more about the changes: <a href="https://sosc.org/newsportsplan">https://sosc.org/newsportsplan</a> #WeAreSOSC	<a href="https://sosc.org/newsportsplan">https://sosc.org/newsportsplan</a>	#DYK #WeAreSOSC	DONE	Y
Opening Ceremony	T	M	O	1:09 PM	Join us for Opening Ceremony of the #SummerGames at Jack Rose Stadium on June 9. Don't miss celebrating the athletes as they parade in. More: <a href="https://www.sosc.org/summergames/ceremonies">https://www.sosc.org/summergames/ceremonies</a>	<a href="https://www.sosc.org/summergames/ceremonies">https://www.sosc.org/summergames/ceremonies</a>	#WeAreSOSC #SummerGames #SOSCSG	DONE	Y
Closing Ceremony	T	M	O	2:15 PM	End the games in grand fashion at Closing Ceremony. Join us on June 10 at the Festival stage to send off the athletes and celebrate their achievements. More: <a href="https://www.sosc.org/summergames/ceremonies">https://www.sosc.org/summergames/ceremonies</a> #WeAreSOSC #SOSCSG	<a href="https://www.sosc.org/summergames/ceremonies">https://www.sosc.org/summergames/ceremonies</a>	#WeAreSOSC #SOSCSG	DONE	Y
Family Pavilion	T	M	O	3:40 PM	Families of Special Olympics athletes are welcomed to join us in the Family Pavilion at Summer Games June 9-10. Families are able to relax and enjoy good company, with a host of activities, resources, and refreshments available. More: <a href="https://www.sosc.org/summergames/familypavilion">https://www.sosc.org/summergames/familypavilion</a> #WeAreSOSC #SOSCSG	<a href="https://www.sosc.org/summergames/familypavilion">https://www.sosc.org/summergames/familypavilion</a>	#WeAreSOSC #SOSCSG #SummerGames	DONE	Y
USA Games: Kyle Aragon	ALL	M	O	5:00 PM	#SundaySpotlight: Kyle Aragon's love for golf and the opportunities given to him by Special Olympics was the perfect combination to help him find who he is as a person. His mom helped too. Watch him talk about his journey to the 2018 USA Games this July. More on <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs  #SundaySpotlight: Kyle Aragon's love for golf and the opportunities given to him by Special Olympics was the perfect combination to help him find who he is as a person. More on: <a href="http://bit.ly/2Fv3chH">http://bit.ly/2Fv3chH</a> #WeAreSOSC #RiseWithUs	<a href="https://youtu.be/4pk-JF69fc">https://youtu.be/4pk-JF69fc</a>	#SundaySpotlight #RiseWithUs #SpecialOlympics #WeAreSOSC	VIDEO	Y
Aragon - Golf	T	M	O	6:48 PM	#SundayRead: No better place for @SO_SCVTV golfer Kyle Aragon than the golf course. He has been playing since he was three. Now he gets to play in the 2018 USA Games. Read his & other #TeamSOSC stories: <a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a> #WeAreSOSC #RiseWithUs	<a href="https://wearesosc.org/category/usa-games/">https://wearesosc.org/category/usa-games/</a>	#WeAreSOSC #RiseWithUs	DONE	Y

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