

Tennis

February 6th, 2024
Pre-season Webinar

Special Olympics
Pennsylvania



Today's Agenda



- Welcome/Introductions
- Reminders
- Athlete Performance Training
- Sectional & State Events
- Sports Director & Rule Updates
- Training
- Questions



THANK YOU



Reminders

Special Olympics
Pennsylvania





Attendance Trackers

- Coach will receive tracker when they submit Site Registration Form
- Site Attendance Tracker has 3 tabs: Directions, Attendance, Eligibility
 - Tab 1: Directions: How to complete the form
 - Tab 2 Attendance:
 - Lists all participants that have signed up
 - Includes phone & Email
 - Attendance should be tracked after each practice
 - Interest in attending Sectionals & State Games will be used to advance for competitions
 - Data will be used to collect training numbers and ultimately future allocations
 - Tab 3: **Eligible – NEW this will only list ineligible individuals** - if participant is on this list, they cannot participate and should not be attending practice
 - Athletes: Must have current medical
 - Volunteer: General Orientation, **Concussion** Protocol, Protective Behaviors, 18 and over current background check
 - Highlighted **RED** out of date
 - Highlighted **YELLOW** will expire prior to state competition
 - Updated weekly by SOPA
 - **IMPORTANT: Spring deadline March 29, 2024**
- [SAMPLE TRACKER](#)

Attendance Trackers



- Age Calculator – Spring is determined as of **1/15/2024**
- Eligibility Tab: Deadline for all rostered individual to be eligible is **3/29/2024**
 - ▶ UPDATE: Only those Ineligible will be listed
 - ▶ Athletes need Medical
 - ▶ Volunteer/UPs need Background Check, Gen Orientation, Protective Behavior, Concussion Training
 - ▶ Sport Specific Rosters/Tabs:
 - ▶ Team Sports MUST complete Competition tab indicating team each athlete is on or skills
 - ▶ Team Rating Forms, must be completed by **March 29** if submitting age exemptions OR by registration for the first competition
 - ▶ Missing volunteer/athlete
 - ▶ Did they complete Sport Sign-up Form?
 - If Yes and you don't see them contact RSD

ADDITIONAL QUESTIONS? CONTACT YOUR REGIONAL SPORT DIRECTOR

Attendance Trackers



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Attendance Trackers



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- **Tab 4: Competition – sport specific**

- ▶ **REQUIRED** - track athletes' events and times throughout the season, event registration info will be pulled from here



Athlete & Volunteer Eligibility

Athlete Requirements: Medical on file WITH signature + expiration dates

- **Local Programs:** Athlete Medical under Certifications
- **Regions:** Athlete Registration Form & Health History under Certifications
 - **Valid for 3 years.**
 - Save attachments under "Attachments" within a person's profile vs. anywhere else in the profile.

Class A Volunteer Requirements: Trainings + Background Check on file

- **Local Programs + Regions**
 - Background Results under Background Checks, **Valid for 5 years.**
 - General Orientation under Training, **Valid for life.**
 - Protective Behaviors, under Training, **Valid for 3 years.**
 - Concussion Training, under Training, **Valid for 3 years.**



Unified Partners Eligibility

Unified Partners do not need an athlete medicals.

- All Partners – Must have a VSys database record
- Ages 16 and up – must have General Orientation and Protective Behaviors Training
- Ages 18 and up - Must have General Orientation, Protective Behaviors and a Background check.

UCS: PIAA Medical



A Unified Champion School athlete may participate in a local program with their PIAA Medical. The participant must request a copy of the medical from their school.

The PIAA physical exam must be inputted into Vsys as an "athlete medical" and the medical form must be uploaded as an attachment.

UPDATE: The PIAA physical exam form is good for one year from the Dr's Signature date. If the date is 1/25/24 the exam expires on 1/25/25.

Volunteer Q & A



What is the minimum age for a Head Coach? **18**

What is the minimum age for a Class A? **16**

What is the minimum age for a Class B Assistant Coach? **14**

Can I be an assistant coach be 14?

Training yes; Events No

1-day events - 16

Overnight events - 18

What is the youngest age of a Unified Partner? **8**

What age do you need a Young athlete chaperone for?

Overnight events for 8 & 9 year olds



Volunteer Position Requirements

Class B

Volunteer Classifications	VSys, Trainings & Clearances→	Completed Volunteer Application → VSys Record	Background Clearance to include PA Disclosure Statement	Protective Behaviors	General Orientation	Concussion Training	Sport Certification
	Position & Age (If applicable) ↓						(Note: 14 & over may attend Training Schools)
Class B	Medical Volunteer - Student	Yes	No	No	No	No	No
Class B	General/Local Program/Team Volunteer - Volunteer are outside the 1:4 ratio with no chaperoning responsibilities 15 yrs. old and younger	Yes	No	No	No	No	No
Class B	One Day Volunteer	Yes	No	No	No	No	No
Class B	Bus Driver - Non-registered volunteer	No	No	No	No	No	No
Class B	Equestrian Horse Handler 14 and older – one day events	Yes	No	No	No	No	No

Last updated: July 2022



Volunteer Position Requirements

SPECIAL OLYMPICS PENNSYLVANIA VOLUNTEER POSITION REQUIREMENTS							
Volunteer Classifications	VSys, Trainings & Clearances→	Completed Volunteer Application → VSys Record	Background Clearance to include PA Disclosure Statement	Protective Behaviors	General Orientation	Concussion Training	Sport Certification
	Position & Age (If applicable) ↓						(Note: 14 and over may attend Training Schools)
Class A	HOD - 18 yrs. old or older	Yes	Yes	Yes	Yes	Yes	No
Class A	Head Coach - 18 yrs. old or older	Yes	Yes	Yes	Yes	Yes	Yes
Class A	Assistant Coach -	Yes	Yes for 18 and over	Yes for 16 and over	Yes for 16 and over	Yes for 16 and over	No
	16 to 17 yrs. old – one day events 18 yrs. old or older – overnight events						
Class A	Athlete as Coach -	Yes	Yes for 18 and over	Yes	Yes	Yes	No
	16 to 17 yrs. old – one day events 18 yrs. old or older – overnight events						
Class A	Unified Partner - 8 yrs. old or older	Yes	Yes for 18 and over	Yes for 16 and over	Yes for 16 and over	Yes for 16 and over	No
Class A	1:1- Chaperone Capacity Only	Yes	Yes	Yes	Yes	No but recommended	No
	Volunteer/Athlete are above the 1:4 ratio						
Class A	Group Home Chaperone - Chaperone capacity only	Yes	Yes	Yes	Yes	No but recommended	No
	Volunteer/Athlete are above the 1:4 ratio						
Class A	Equestrian Side Walker - 18 yrs. old or older	Yes	Yes for 18 and over	Yes	Yes	Yes	No
Class A	Equestrian Horse Handler	Yes	Yes for 18 and over	Yes	Yes	Yes	No
	14 to 17 yrs. old – one day events 18 yrs. old or older – overnight events						
Class A	Health and Fitness Coordinator - 18 yrs. old or older	Yes	Yes	Yes	Yes	No	No
Class A	Healthy Athlete Clinical Director	Yes	Yes	Yes	Yes	No	No
Class A	Delegation Volunteer - Volunteer are outside the 1:4 ratio with no chaperoning responsibilities	Yes	Yes	Yes	Yes for 16 and over	No but recommended	No
Class A	Young Athlete Chaperone - Overnight chaperone for athletes ages 8 and 9 yrs. old	Yes	Yes	Yes	Yes	No	No
Class A	Medical Volunteer - Professional	Yes	Yes	No	No	No	No

Spring Calendars & Responsibilities



- [Eastern Spring calendar](#)
- [Central Spring Calendar](#)
- [West Spring Calendar](#)
- Season start date:
 - Summer Games sports must begin training by April 12 (*and complete 8 weeks of training prior to Summer Games*)
 - Indoor training counts as training! Teams that can't access outdoor facilities early in the season should plan to begin indoor training by these dates.



Event Registration

- Mark interest in participating in Local/Invitational, Sectional and State competition in columns J, K, L respectively on the Attendance Tracker – **COMPLETE THIS ASAP into the season**

Google Registration:

- On the Coaches and Athletes tab, you will assign each role to their respective sport. That individual will then appear on the corresponding sport tab.
- On the Sport tab, you will add athletes' events and times.
- **Important:** Time entries should appear in the format **MM.SS.00**
 - ❖ Example: **12.14.05** = 12 minutes 14 seconds and 5 hundredths of a second.
 - ❖ Example: 00.15.08 = 15 seconds and 8 hundredths of a second

Google Registration Snapshot



Athlete Tab

Alternate - Y/N	1:1 Name	Sport	Updates to Athlete Information	Interest in Summer Games Drawing	Vaccine received	Date of last dose	Dietary Restrictions
		Swimming ▾		Summer Gar ▾	▾		
		▾		▾	▾		
		▾		▾	▾		
		▾		▾	▾		

Sport Specific Tab

Event 1	Event 1 - Time	Personal Best - Time	Event 2	Event 2 - Time	Personal Best - Time	Event 3	Event 3 - Time	Personal Best - Time	Non Diving/Outer Lane
25 Yard Freestyle - Traditional ▾	12.05.05		25 Yard Backstroke - Tradition ▾	12.05.05		25 Yard Breaststroke - Traditic ▾	12.05.05		ND ▾
▾			▾			▾			▾
▾			▾			▾			▾
▾			▾			▾			▾

SOPA Website - Sports Offered Page



Links to all the sport pages

- [Sports Offered](#)
- [Seasonal Sign-up](#)

Sport specific resources:

- Warm-Up/Cool Down resources
- PDF & recording of this webinar
- Link to Sport Rules/SOI Resources
- Scoresheets
- Best Practices

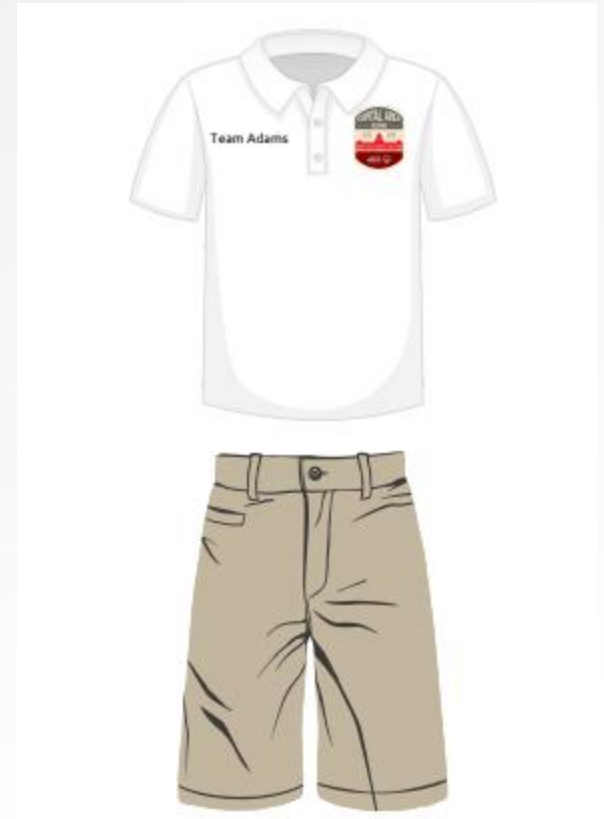
Athletics	>
Basketball	>
Equestrian	>
Golf	>
Gymnastics	>
Softball	>
Swimming (Aquatics)	>
Tennis	>

Brand and Uniform Guidelines



- New Resource that include SO brand and uniform guidelines
- Includes mock-ups of sport specific uniforms

[SOPA Brand and Uniform Guidelines](#)



Medication Reminders - All events

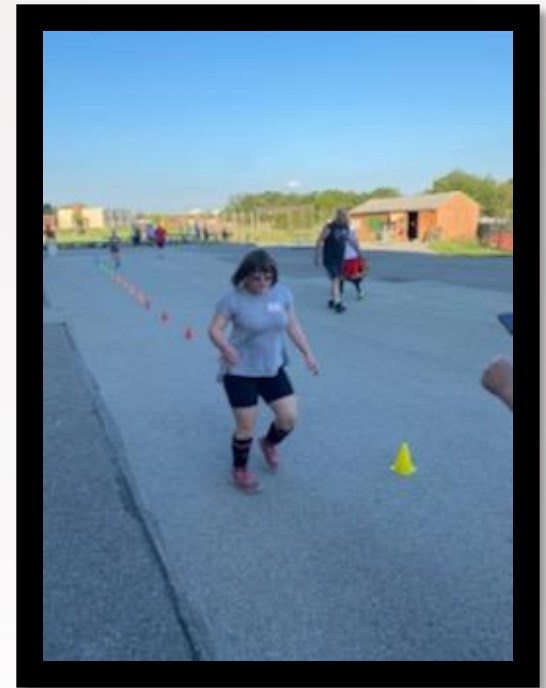


- **FORMS:** Medication Assistance Best Practices, Consent Form and Tracker - forms are located on SOPA website: <https://specialolympicspa.org/get-involved/resource-library>
- Coaches should be sharing this information with athletes, parents/guardians prior to all full day or overnight events. SOPA will no longer be emailing this information to all participants.
- Please ensure your athletes are completing the Medication Assistance Consent Form and your Class A volunteers traveling with the delegation are completing the Medication Assistance Tracker.
- Please reach out to chammell@specialolympicspa.org directly with any questions or concerns on the process.

Athlete Performance Training (APT)



- APT is an in-season fitness program.
- Health education and fitness evaluations are embedded into sports practice for 8-weeks.
- Athlete Performance Training happens on the field of play.
- Any sport, any size team should implement.
- **Physical fitness is a key part of the Special Olympics mission. Physical activity, adequate nutrition and hydration enhance athletes' sports performance and improve health and overall quality of life.**



Athlete Performance Training Outcomes



- APT works!
- Since the start of APT in Fall 2023 over **22%** have seen an improvement in their fitness assessment,
- **14.5%** of athletes who participated in APT have seen an improvement in their weight.
- Of those athletes who have participated and whose blood pressure was taken, over **16%** saw an improvement in their results by the end of the season.

Athlete Performance Training



Interested Coaches

- Learn More by visiting the [APT webpage](#)
- Participation qualifies coaches for Bronze level certification

How to sign-up

- **Contact Charla Stein, cstein@specialolympicspa.org**
- Watch a short video, take the quiz and then complete the registration form

Benefits of APT

- FREE to programs/teams
- Turn-key, easy to execute
- HQ will provide coaches and athletes with materials
- Provide health, fitness and wellness education to athletes and coaches

Sport Director & Rule Updates

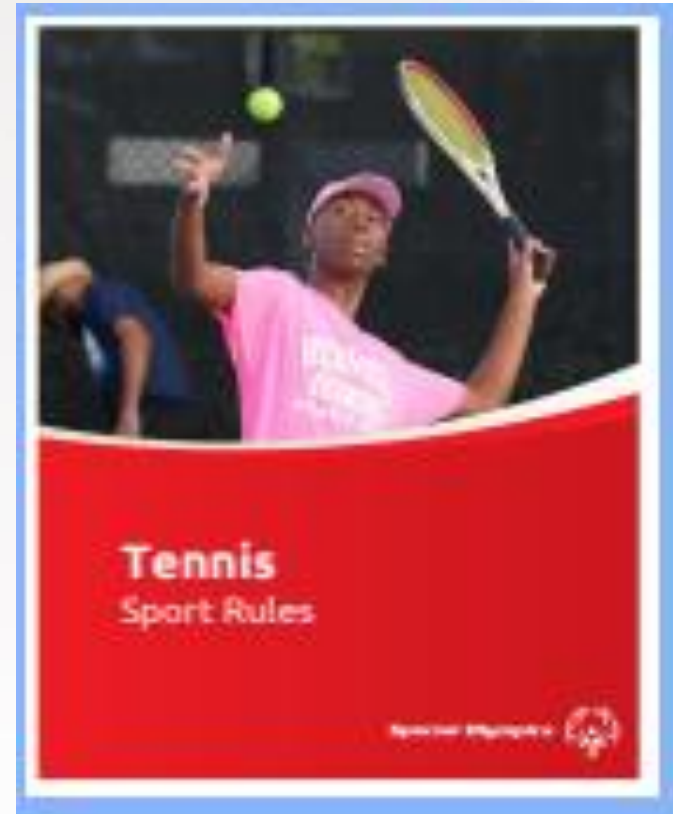
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New Rule Book!



Tennis Rules 2022 Sport Essentials



Level 1 - Individual Skills Score Form



- All skills **EXCEPT SERVE** are 0 or 5 pts for each attempt
- Serves are 0 or 10 pts for each attempt.
- Updated individual skill direction page will be on the Events offered page by the end of the week.

Tennis Individual Skills Prelims/Finals 42' Court - Red Ball

Athlete's Name: _____ Gender: _____
 Team: _____ Age: _____
 Final Division: _____

Athletes receive 2 practice attempts.

EVENTS	Attempts					Max	SCORE	
	1	2	3	4	5			
Forehand Volley <i>(5 attempts)</i> <i>0 or 5 points</i>						25		
Backhand Volley <i>(5 attempts)</i> <i>0 or 5 points</i>						25		
Forehand Groundstroke <i>(5 attempts)</i> <i>0 or 5 points</i>						25		
Backhand Groundstroke <i>(5 attempts)</i> <i>0 or 5 points</i>						25		
Serve--Deuce <i>(5 attempts)</i> <i>0 or 10 points</i>						50		
Serve--Ad <i>(5 attempts)</i> <i>0 or 10 points</i>						50		
Alternating FH/BH <i>(10 attempts)</i> <i>0 or 5 points</i>						50		
TOTAL								

Tennis Events



Level	Type of Play	Court Size & Ball Color
Level 1	Individual Skills	42' Court – Red Ball
Level 2	Matchplay (short court)	42' Court – Red Ball
Level 3	Matchplay	60' Court – Orange Ball
Level 4	Matchplay	78' Court – Green Ball (Yellow Ball with Green Dot)
Level 5	Matchplay	78' Court – Yellow Ball
Level 6	Matchplay	78' Court – Yellow Ball

Match Play



In the two-tie break 4 game or 6 game sets, there will be a **two-minute** rest period prior to the deciding 10-point tie-break.

Replace three-minute rest period with two-minute time break



ITN Assessments

- ITN Testing will take place at Summer Games for all athletes not tested in 2022 or 23.
 - 2022 Summer Games - [2022 ITN Assessments](#)
- * 2023 ITN Assessments will be added to the SOPA website later this week.

ITN Resources



ITN ASSESSMENT - [HTTP://WWW.ITFTENNIS.COM/](http://www.itftennis.com/)

LEVELS COURT DIAGRAM -

[HTTP://MEDIA.SPECIALOLYMPICS.ORG/SOI/FILES/](http://media.specialolympics.org/soi/files/)

<https://vimeo.com/289520911/caff34e88b> - how to prepare the court

<https://vimeo.com/289517598/a32620c8c1> - level 4/5/6 hard

court <https://vimeo.com/289516053/0f0096b73e> - level 3 clay court

<https://vimeo.com/289515397/89c2e66ba5> - level 2 hard court



ITN Reminders

1. Ball Lands on the line - take higher score
2. Serve - miss the ball = 1 try
3. Mobility - Roundup score
 - a. ex:
 - i. $23.60 = 24$
 - ii. $23.10 = 23$
4. Mobility - Over 40 seconds - no points
5. Feeder - Announces what is being done & the number of points received



International Tennis Number - On Court Assessment fo 10.1

LA2015 World Games

TN Tennis Singles - Level 2

Name: Ait Oum mas, Khaoula

Delegation: SO Morocco

Gender: Female Age: 22

Assessor:

Schedule: 07/28/2015 2:00:00 PM Location: UCLA.Tennis Center.Court 1

Court size for this assessment - Full court

Groundstroke Consistency		
Stroke	↓	Score
Forehand	1	
Backhand	2	
Forehand	3	
Backhand	4	
Forehand	5	
Backhand	6	
Forehand	7	
Backhand	8	
GS Depth Total		

Volley Consistency		
Stroke	↓	Score
Forehand	1	
Backhand	2	
Forehand	3	
Backhand	4	
Volley Depth Total		

Serve Consistency		
Stroke	↓	Score
Right	1	
Left	2	
Right	3	
Left	4	
GS Accuracy Total		

what's your number?



International Tennis Number

This ITN Assessment was conducted in accordance with the guidelines set forth in the Official ITN Assessment Guide. I hereby agree to its authenticity.

Signed by/behalf of the player:

Signed by the Assessor:

SCORING

Scoring is by number of ball landing in court (or zones of court) at each level.

To progress to the next level, players must achieve the minimum score required.

4 points for every ball in back zone

2 points for every ball in mid zone

1 point for every ball in short zone

1 point for every serve in correct service box

If starting at Green (10.1) score of 0-19 - move to Orange (10.2)

Score of 20-45 - stay at Green

Score of 46-52 - move to ITN 10

Strokes Total	Mobility Total	Total Score

Number of Assessments	New ITN Rating

5.2 ITN Assessment for Levels 3, 4, 5 and 6



International Tennis Number — On Court Assessment

Name: _____ Date of Birth: _____ Sex: M F
 Assessor: _____ Date: _____ Venue: _____

what's your number?



International Tennis Number

GS Depth			Volley Depth			GS Accuracy			Serve		
Stroke	#	Score	Stroke	#	Score	Stroke	#	Score	Stroke	#	Score
Forehand	1		Forehand	1		Forehand DL	1		1st Box Wide	1	
Backhand	2		Backhand	2		Backhand DL	2		1st Box Wide	2	
Forehand	3		Forehand	3		Forehand DL	3		1st Box Wide	3	
Backhand	4		Backhand	4		Backhand DL	4		1st Box Middle	4	
Forehand	5		Forehand	5		Forehand DL	5		1st Box Middle	5	
Backhand	6		Backhand	6		Backhand DL	6		1st Box Middle	6	
Forehand	7		Forehand	7		Forehand CC	7		2nd Box Middle	7	
Backhand	8		Backhand	8		Backhand CC	8		2nd Box Middle	8	
Forehand	9		Sub Total			Forehand CC	9		2nd Box Middle	9	
Backhand	10		Consistency			Backhand CC	10		2nd Box Wide	10	
Sub Total			Volley Depth Total			Forehand CC	11		2nd Box Wide	11	
Consistency						Backhand CC	12		2nd Box Wide	12	
GS Depth Total						Sub Total			Sub Total		
						Consistency			Consistency		
						GS Accuracy Total			Serve Total		

This ITN Assessment was conducted in accordance with the guidelines set forth in the Official ITN Assessment Guide. I hereby agree to its authenticity.

Signed by/behalf of the player:

Signed by the Assessor:

Strokes Total	Mobility Score	Total Score

Mobility Table

Time	Score

T	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15
S	1	2	3	4	5	6	7	8	9	10	11	12	12	14	15	16	18	19	21	26	32	39	45	52	61	76
Score (F)	57-79		80-108		109-140		141-171		172-205		206-230		231-258		259-303		304-344		345-430							
Score (M)	75-104		105-139		140-175		176-209		210-244		245-268		269-293		294-337		338-362		363-430							
ITN	ITN 10		ITN 9		ITN 8		ITN 7		ITN 6		ITN 5		ITN 4		ITN 3		ITN 2		ITN 1							

Number of Assessments	New ITN Rating

Circle players ITN level after completing the Assessment.

What should be practiced for ITN's

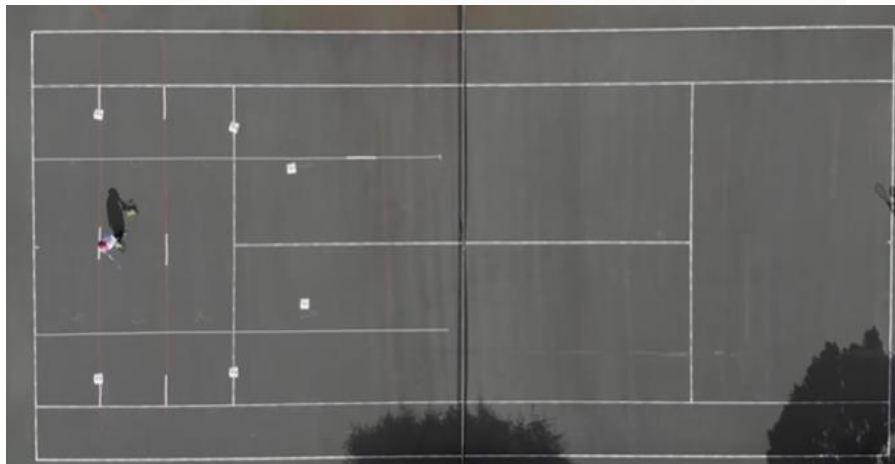


Mobility

Serve

Volley Depth

Ground Stroke – Accuracy & Depth



5.2 ITN Assessment for Levels 3, 4, 5 and 6

International Tennis Number – On Court Assessment

Name: _____ Date of Birth: _____ Sex: M F
 Assessor: _____ Date: _____ Venue: _____

what's your number?



International Tennis Number

GS Depth			Volley Depth			GS Accuracy			Serve		
Stroke	#	Score	Stroke	#	Score	Stroke	#	Score	Stroke	#	Score
Forehand	1		Forehand	1		Forehand DL	1		1st Box Wide	1	
Backhand	2		Backhand	2		Backhand DL	2		1st Box Wide	2	
Forehand	3		Forehand	3		Forehand DL	3		1st Box Wide	3	
Backhand	4		Backhand	4		Backhand DL	4		1st Box Middle	4	
Forehand	5		Forehand	5		Forehand DL	5		1st Box Middle	5	
Backhand	6		Backhand	6		Backhand DL	6		1st Box Middle	6	
Forehand	7		Forehand	7		Forehand CC	7		2nd Box Middle	7	
Backhand	8		Backhand	8		Backhand CC	8		2nd Box Middle	8	
Forehand	9		Sub Total			Forehand CC	9		2nd Box Middle	9	
Backhand	10		Consistency			Backhand CC	10		2nd Box Wide	10	
Sub Total			Volley Depth Total			Forehand CC	11		2nd Box Wide	11	
Consistency						Backhand CC	12		2nd Box Wide	12	
GS Depth Total						Sub Total			Sub Total		
						Consistency			Consistency		
						GS Accuracy Total			Serve Total		

This ITN Assessment was conducted in accordance with the guidelines set forth in the Official ITN Assessment Guide. I hereby agree to its authenticity.

Signed by/behalf of the player:

Signed by the Assessor:

Strokes Total	Mobility Score	Total Score

Mobility Table		Time	Score
T	40 39 38 37 36 35 34 33 32 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15		
S	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 18 19 21 26 32 39 45 52 61 76		
Score (F)	57-79 80-108 109-140 141-171 172-205 206-230 231-258 259-303 304-344 345-430		
Score (M)	75-104 105-139 140-175 176-209 210-244 245-268 269-293 294-337 338-362 363-430		
ITN	ITN 10 ITN 9 ITN 8 ITN 7 ITN 6 ITN 5 ITN 4 ITN 3 ITN 2 ITN 1		

Number of Assessments	New ITN Rating

Circle players ITN level after completing the Assessment.

2024 Sectional & State Events

Special Olympics
Pennsylvania





Qualifiers

- Basketball (3x3, 5v5, individual skills)
- Golf (all levels including individual skills)
- **Tennis (all levels including individual skills)**
- Softball (team and individual skills)
 - Athletes/Unified Partners are not required to attend Sectional to participate in State Games.
 - All athletes **MUST** have competition at the local, regional level before competition in a State Games

2026 USA Games



- 2026 Special Olympics USA Games
 - June 20-26
 - University of Minnesota – Minneapolis/St. Paul, MN
 - 2024 SOPA State Games will be qualifiers for USA Games, SOPA will not be allocated specific slots until late 2024
 - Coach applications will be available July 1



SPECIAL OLYMPICS
USA GAMES
MINNESOTA 2026



Allocations

- Spring Allocations can be found on the SOPA Website, State Games tab
 - [SOPA State Games Paperwork Webpage](#)
- As always, please remember that you can request additional allocations through the LOI process.
- Previous Lunch & Learn about the allocation process. This riveting presentation can be found here: [Allocation L&L](#)

Spring Sectionals



- West: Carnegie Mellon University
 - Saturday April 20th

- Central: Saint Francis University
 - Sunday, April 28th
 - Athletics will be held at Central Cambria HS



- East: Kutztown University
 - Saturday May 4th



[2024 Competition Calendar: Important Dates](#)

Summer Games: June 6 - 8th



- Penn State University
- Important Dates:
 - Reg Info: Will be out by **4/12**
 - LOI: Due **5/2**
 - Final Allocations: **5/3**
 - VSys Rosters: Due **5/7**
 - Google links sent: **5/9**
 - Registration: Due **5/16**
 - Scratch/Activation: Due **5/30**
- **Arrival 6/6, 9 a.m. - 12 p.m.**
- **Departure 6/8 3 – 6 p.m.**



Training

Special Olympics
Pennsylvania





Be Prepared for the Season!

- Get everyone eligible
- Understand and be aware of Air Quality levels
- Keep a pulse on illness/disease outbreaks within your community, remind athletes not to attend training if they are sick and to practice healthy habits and good hygiene.
- Know your facilities Emergency Action Plan and Evacuation route
- Updated yourself on sport rules and work with assistant coaches on a seasonal plan – identify who will manage each task during practice. Recruit additional assistance if needed.

Air Quality



If air quality levels are in an Unhealthy Zone (151) or above, no outdoor activities should occur (social or active); as indicated within the documents these activities should be rescheduled or moved indoors.



You can monitor Air Quality levels at <https://www.airnow.gov/> enter your location and the current status will be provided.



You can use this [Air Quality Guide](#) document as an overall reference.

Athlete as Coach



Do you have an athlete who would like to be a coach?

- Link to [Athlete as a Coach Webinar](#)

[Athlete as Coach Request form](#) to be completed by athletes who wish to apply to be trained as a coach

[Athlete as Coach FAQ](#)

Questions contact: Jordan Schubert, jschubert@specialolympicspa.org

Coaching Requirements



- **As of January 2021, Coach requirements for **training and competition:****
- **Team Sports:**
 - Must have at least one (1) certified coach per team
- **Individual Sport (and Skills):**
 - Must have at least one (1) certified coach per 25 athletes



Get Certified!



SUMMER SPORTS

Athletics, Basketball, Golf, Gymnastics, Equestrian, Softball, Swimming, and Tennis

- Coach trainings will be held regionally based on need
- **If you need coaches trained let your Regional Sports Director know ASAP**
- Trainings are currently being scheduled for February/March, check the SOPA Website and SOPA Coaches Facebook page for announcements – these will also be shared in the Weekly Team Leader email
- **Training School registration will now be done within survey format, no longer within the Vsys portal**
- Registration will close Wednesday at 11:59pm prior to Saturday or Sunday training. You MUST register to attend.

Continuing Education Update



- **Protective Behavior and Concussion Training** has been removed from the list of approved courses for Continuing Education and from the Continuing Education Request form.
 - Effective February 1, 2023, these two courses will not be accepted for continuing education
- There are plenty of Continuing Education options available on the [SOPA website](#).

Job Description and Levels of Responsibility



HEAD COACH:

- Certified in the sport
- Supervises all coaches and athletes
- Responsible for equipment, transportation, and lodging
- Develops **practice plans** and assigns duties to Assistant Coaches
- Check athlete medical and volunteer Class A
- Completes all required paperwork (competition, training numbers)

ASSISTANT COACH:

- Assist head coach/help supervise athletes (1:4)
- Performs duties assigned by head coach
- Assist in evaluating training
- Arrives on time for practice/stays throughout practice
- Assists with uniforms, collection of medicals and taking attendance

Full position descriptions for both head and assistant coaches can be found here: **SOPA Website on the Resources/Training** | <https://specialolympicspa.org/resources>

Coaching Progression



Certified Coach

- Class A volunteer with at least 1 sport certification

Bronze

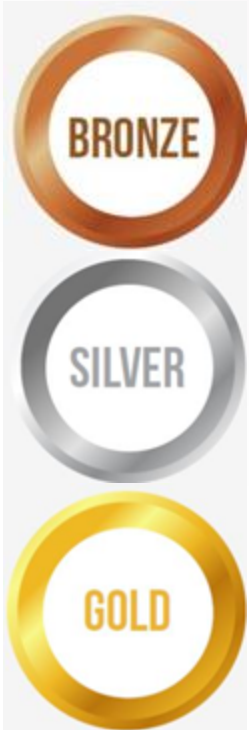
- Adds: Athlete Performance Training activation, personal best performance goals, **Coaching Special Olympics Athletes** course

Silver

- Adds: Athlete goal setting, training minimum of 10 weeks, **Principles of Coaching** course, **Coaching Unified Sports**

Gold

- Adds: advanced sport skills course, training at least twice a week for minimum of 10 weeks, develop year-round training/wellness plan for athletes

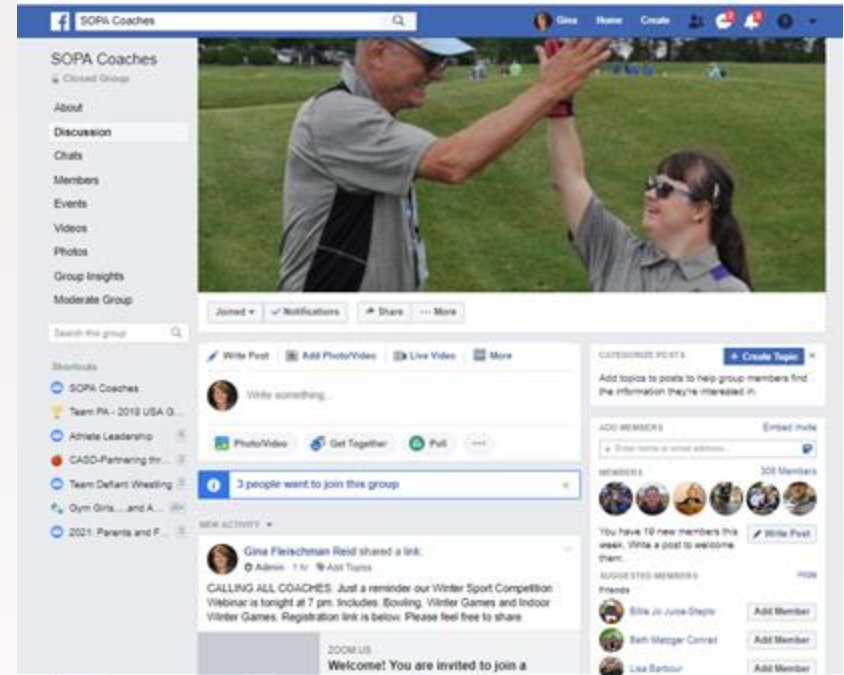


Improving Communication



Closed Facebook Group for Coaches:

- 100% Optional
- Direct connection to coaches
- Share Competition Information/Reminders
- Share Training/Coaching Tips
- Encourage sharing of best practices between coaches
- Q&A
- [Coach Page](#)



☺ Which SOPA local program do you coach for?

☺ What sport/sports do you coach?

**THANK YOU
COACHES!!!**

Special Olympics
Pennsylvania

