



## TEAM TRAINER PROGRAM

Team Trainer Program uses volunteers from colleges and universities to promote social inclusion through physical fitness and sport.

The Team Trainer Program creates partnerships with colleges and universities offering majors such as: Adaptive Physical Education, Athletic Training, Physical Therapy, and/or similar.

The Team Trainer Program will ensure that athletes are being treated like athletes and like any other sports organization; Special Olympics will follow the athletic model of coach and trainer.

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### RESPONSIBILITIES:

- Meet with Coach(es) prior to start.
- Travel and be present to at least 3 trainings.
- Work with Coach(es) to conduct Personal Best Tracking at the start of training season. Start would be 1<sup>st</sup> training.
- Work with Coach(es) to conduct Personal Best Tracking at the middle of the training season. Middle would be the 4<sup>th</sup> training.
- Work with Coach(es) to conduct Personal Best Tracking at the end of the training season. End would be the 8<sup>th</sup> training.

- Submit Personal Best Tracking to the Director of Programming projects via email or mail.
- Act as a chaperone to Healthy Habits and/or Healthy Athlete screenings at competitions and, if necessary, help to ensure any needs for follow-up care are shared with the athlete's family/caregiver.

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### OUTCOMES:

- Athletes are able attend Healthy Habits and/or Healthy Athletes screenings at competitions where offered.
- Coach(es) have assistance from college/university students.
- Trainers improve their skills and abilities working with people with Intellectual Disabilities (ID).

### FOR MORE INFORMATION CONTACT:

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