

Training
The Better the Coach...
The Better the Athlete

Special Olympics
Pennsylvania



Coach Education Program

Agenda



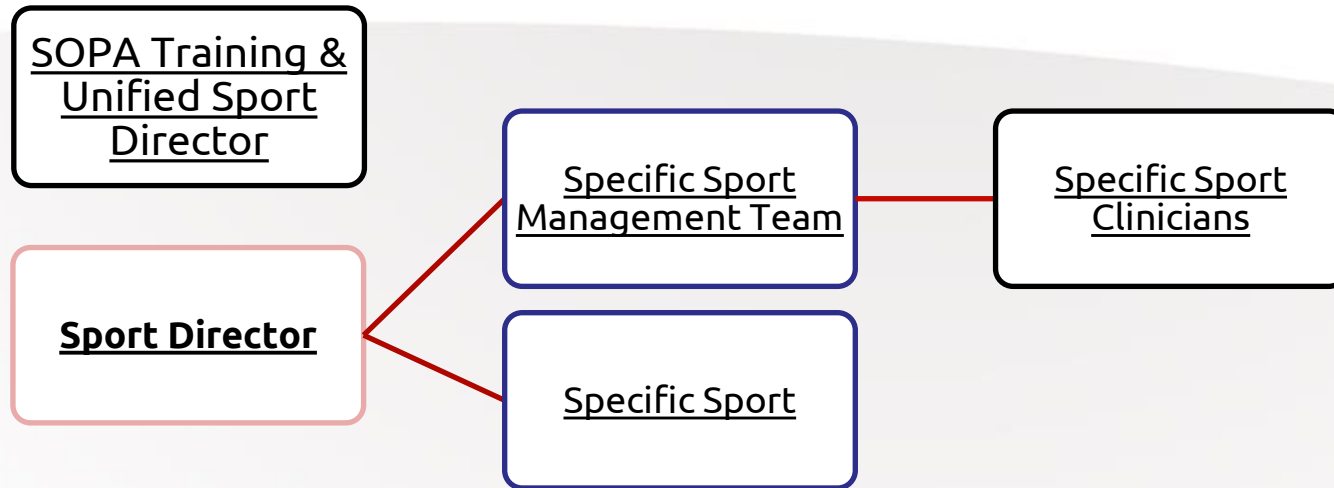
1. Coaches Training & Progression Plan (CTPP)
2. Coach Skills Training Schools Requests
3. Bronze, Silver & Gold Recognition Levels
4. Goals for 2017-2018
5. Strategic Plan
 1. Certified Coaches
 2. Sport Directors & Sport Management Teams
6. Questions

Coaches Training & Progression Plan



1. Sports Management Teams
2. Coach Skills Training
Schools
3. Educational Resources for
Progression

Sports Management Teams



- Overseeing the education, growth and advancement of their sport
- Contact for local programs
- Updating training school agendas to assure all current and relevant sports information is provided
- Developing tactic agendas
- Acting as, recruit, and mentors for new clinicians
- Providing updated uniform/equipment lists
- Creating ten week training plans
- Providing assistance at State and local competitions



BACK TO BASICS!

- Updated Registration Process
- Update Training School Agendas
- “Housekeeping portion” to review SOPA Policies, procedures and best practices
- Classroom and hands-on training
- Coaches will learn the rules and how to teach the skills

Educational Resources for Progression



Finding what you need!

The Sports Offered page –
Clearing house for Sport
Updates, new ideas, updated
forms, Sport Director
Contact information, training
plans and more.

Skills Training Requests



SPORTS SEASON

WHEN TRAINING SCHOOLS ARE OFFERED

WINTER SPORTS & BOWLING

Click

Here: <https://goo.gl/forms/DcinszXo9tfvRrjI2>

Late November -
January

Due By August 31, 2017

Alpine Skiing, Cross
Country Skiing, Speed
Skating, Snowshoeing,
Figure Skating, Floor
Hockey & Bowling

SUMMER SPORTS

Click

Here: <https://goo.gl/forms/CyHEvRVsa8foKWE53>

Late March - April

**Due by December 1,
2017**

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

FALL SPORTS

Click

Here: <https://goo.gl/forms/z0XnGNaKQsbW0I1m2>

August-September

Due By June 30, 2017

Soccer, Volleyball,
Powerlifting, Bocce,
Roller Skating, LDR/W

Coach Recognition Levels



The journey begins with the basics in the Certified Coach Level. In this level coaches complete three basic trainings, Protective Behaviors, General Orientation, and Concussion Training followed by completing the skills training of their chosen sport.

BRONZE

The *Bronze Level* provides the next level of training. This includes the course **Coaching Special Olympics Athletes** and implementing Fit 5 during athlete training sessions.

SILVER

The *Silver Level* will build upon the Bronze level and include the **Principals of Coaching and Coaching Unified Sports®** courses as well as athlete goal setting and year round training.

GOLD

The *Gold Level* will build upon the Silver level and the coach will **learn advanced tactics** for their sport of choice and work with their athletes on tracking and achieving their personal best performance goals .



2017



- **Sports Management Team**

- Update Training School Agendas & Tactics Agendas
- Build Sport Management Teams
- Identify new clinicians

- **Training Schools**

- Develop a on-line request for seasonal trainings
- Schedule 6 “Coaching Special Olympics Athlete Trainings”

- **Educational Resources**

- Develop 10 week training plans
- Develop the Sports Offered Page on SOPA Web-site
- Create new Continuing education course



2018



- **Sports Management Team**

- Develop Coach Skill Training School Evaluation Process
- Develop Clinician Evaluation Process

- **Training Schools**

- Offer Tactics Courses
- Schedule 6 “Principals of Coaching “& “Coaching Unified Sports” Trainings
- Schedule 3 “Coaching Special Olympics Athlete Trainings”
- Include Fit 5 in trainings

- **Educational Resources**

- Assist in creating year-round physical activities plan for Training Schools

Strategic Plan – CTPP & Goals



- Develop and implement a statewide Coaches Education Training Plan to ensure consistent, high-quality training is delivered for all SOPA coaches (both certified and assistant coaches).
- Coaches will work with athletes to develop individualized annual sports improvement goals skills, fitness and/or performance.
- Efforts begin immediately with target that all SOPA athletes are setting annual goals by 2020.





Strategic Plan - Certified Coaches

- By the end of 2020, all teams will have at least one (1) certified coach (team sports) and there will be at least one (1) certified coach per 25 athletes for skills and individual sports.
- To accomplish this outcome, we will need to:
 - Recruit at least 500 new coaches.
 - Increase certifications. Goal is at least half of our coaches will be certified.

Strategic Plan - Sport Directors & Sport Management Teams



- Every sport will have an active Sport Director leading its Sport Management Team (SMT) by the end of 2017.
- The SMT will develop/refine a “Coaches Training Progression Plan” and build clinician teams to lead training schools.



Questions???



“Training is an
investment in the
future of your **Team!**”