

# ARE YOU A BRONZE, SILVER OR GOLD LEVEL COACH?

**Special Olympics**  
Pennsylvania



## TRAINING AND PROGRESSION PLAN

We want to challenge our coaches; both new and seasoned members of our team. The newly developed SOPA Coach Training and Progression Plan will guide coaches through our education system and provide them the opportunity for additional education and new skills.

**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 .

As the coach completes the bronze, silver and gold levels they will receive a lanyard in the color of their level as well as a laminated name tag with their status on the front. Gold Medal coaches will also receive a gold lapel pin. This new training plan is designed to inspire and encourage coaches to continue their education in order to be the best coach they can be and in turn provide the athletes with a better experience and a desire to be the best athlete they can be. Listed on the next page are the requirements for each level.



### Certified Coach Level

- Must have Current Protective Behaviors, General Orientation & Concussion Training
- Must have a Current Background Clearance
- Certified in a minimum of one sport
- Maintain your sport certification by taking approved Continuing Education courses once every three years

### Bronze Coach Level

- Complete all Certified Coach Level requirements
- Have coached Special Olympics Athletes for a minimum of one year
- Actively participate in the Fit 5 Wellness Program
- Track athlete personal best performance Goals
- Complete the Course "Coaching Special Olympics Athletes". *You can take this course "Face to Face" for free at pre-determined locations throughout PA or on-line for \$16.95.*

### Silver Coach Level

- Complete all Bronze Coach Level requirements
- Include individual athlete Goal Setting in your trainings
- Increase your training program from 8 weeks to 10 weeks
- Complete the Course "Principals of Coaching". *You can take this course "Face to Face" for free at pre-determined locations throughout PA or on-line for \$35.00.*
- Complete the Course "Coaching Unified Sports". *You can take this course "Face to Face" at pre-determined locations throughout PA or on-line, both are free of charge.*

### Gold Coach Level

- Complete all Silver Coach Level requirements
- Complete a minimum of one Tactics (advanced training) course
- Increase your 10 week training program to practice a minimum of twice per week
- Work with athletes to develop a year-round training/wellness plan