



What is SOPA, what is SOYO?

SOPA = Special Olympics PA camp staff or coaches

SOYO = Society of Orthodox Youth Organizations
(Teen Staff from Orthodox Church)

What do I do when I arrive at camp?

Athletes : Head of Delegation will register you, take luggage to assigned cabin.
Coaches Register athletes at the **Health Center**.
Announce cabin assignments. Assist athletes with luggage/gear to cabins.
Check cabin and test plumbing. Gather Athletes. Check and follow Sunday's schedule.

What are the responsibilities in the cabin?

Athletes Keep bunk and gear organized daily. Hang up towels.
Shower, brush teeth, and change clothing daily.
Dress appropriately for activities (sports, evening activities, swimming, etc...)

Coaches **Never leave an athlete unattended in the cabin!**
Be with athletes at all times except when on scheduled breaks.
Review and carry all schedules, memos, etc. daily!
Assist athletes with unpacking luggage, making up bunks, and organizing for the week.
Assist athletes with selection of appropriate clothing/equipment for sport or event.
Assist athletes with putting on **SUNTAN LOTION**.
Maintain shower and bath area. Set up shower schedule so everyone showers daily!
Assist athletes in adjusting water temperature if necessary.
Hang wet towels and swimsuits outside of cabins for drying.
Know athletes' special/medical needs.
Dress appropriately for activities (sports, evening activities, swimming, etc...)



What are the rules about having food in the cabins? - Food in the cabins attracts skunks, snakes, and mice. *Do you really want critters visiting you?*

What does "Hands Up" mean? - "QUIET"Everyone raises a hand to show they are listening to the speaker.

When and how may I use my cell phone? - **CELL PHONES ARE NOT PERMITTED DURING SCHEDULED ACTIVITIES.** On break time, you may use a cell phone.

What does the ringing bell mean?

7:00 am – Rise and Shine & 8:00 am – Report to Dining Hall for breakfast

At other times throughout the day...check daily schedule and report to assigned area / activity.

3 bells...3 bells...3 bells – Emergency-Report to Pavilion and await instructions!

Do athletes need credentials at all times? -YES, YES, YES! For safety and medical reasons it is required! Any athlete who refuses to wear ID will be dismissed from camp.

What is a Primary Sport? - The sport you have been assigned to for the morning 2-hour intensive training session for the week.

What is a Color Group? - This is the group that you have been assigned to for afternoon rotations through all the other sports.

What are Meal Waiters? - Each cabin assigns a camper to report to the dining hall 15 minutes before the meal to set the table. A veteran camper is needed for the first few meals. This job may be rotated between athletes. SOYO Coaches will be assigned job responsibilities at meals throughout the week. See posted schedule.

What happens if I have an athlete/coach with special food needs - If it was listed on the application, we are prepared for it. Special meal options will be available in the dining room. Coaches will be given a list of special food needs in their cabin. This includes athletes listed as over eaters!

How will I know which athletes take medication? - Coaches will be provided with a list of those athletes requiring Rx and times for administration. There will be full time Medical Staff on duty the entire week of camp.

All medications will be properly dispensed by Medical Staff, not coaches.

All bee stings, sports injuries, and medical emergencies should be reported to the Health Center.

What if an athlete or coach has an emergency in the middle of the night? - One coach should stay with athletes while the other coach gets assistance from a neighboring cabin. The Medical Staff is housed in the Health Center around the clock and emergency cell phone numbers are listed on the back of coach credentials. You should also be aware of Head Clinicians housed in your unit who will have a 2-way radio to connect to the Health Center or SOPA Liaison/Camp Director. Golf carts are available to transport athletes or coaches in emergency situations only.

What can we expect on Competition Day? - Competition will be held in 9 sports. Head clinicians will decide how games will run. Some sports may have Unified Sports® Competition.



Are cabin assignments permanent? - YES, YES, YES! For the general safety and well being of all athletes and coaches (and liability reasons) we need to know where all individuals are housed! **Think twice** before asking for a change in housing

What if there is a maintenance problem in my cabin? - Extra toilet paper and light bulbs are located in the Camp Office. Mops, buckets, cleansers, and plungers are located in every Unit. Report any repairs or plumbing problems to the main office.

Where is the Lost and Found? - Staff table in cafeteria. Lost and Found items will be announced after meals.

How should I prepare for sports training each day?

If swimming is on your schedule, be prepared with your suit and towel when you leave your cabin.

If softball is on your schedule, bring glove, bat, etc.; tennis – bring your racquet; golf – bring your clubs.

Dress according to the weather. (Jeans, sandals, and dress socks are not appropriate for sports training.)

Wear sunscreen and ball caps on sunny days. Coaches should assist athletes in the application of sunscreen.

A small duffle bag or backpack with your name should be used to carry sports equipment and water bottle.

What are we supposed to do when we report to the Pavilion? - Athletes and coaches should report to announced area: **Cabin #, Primary Sport, Color Group**. Listen for instructions. Respect "Hands Up" signal.

What is Break Time for SOPA and SOYA

Time set aside for SOPA and SOYO coaches to relax, hold meetings, run errands, and socialize.

Both SOPA and SOYO coaches **must accompany** athletes back to their cabins after evening program.

At the scheduled break time each day, cabin coaches decide which break they will take. If there is only one coach in a cabin, a committee person will cover the cabin. **Never leave athletes unattended in the cabin!**



SMOKING IS NO LONGER ALLOWED ANYTIME, ANYWHERE ON THE ANTIOCHIAN VILLAGE PROPERTY. THIS INCLUDES THE CAMP AND CONFERENCE CENTER.

All SOPA and SOYO coaches must be in their cabins at the end of the 2 hour break time.

What if the weather is extremely hot or cold? - The Committee has tentative rain plans and heat plans if the weather is uncooperative. Bear in mind that these plans often require changes in facilities, bus transportation, and expenses. Please be flexible and patient as we look into our crystal ball to predict the weather and decide what is best for the entire camp.