

# PRE-SEASON COACHES MEETING LDR/W

Fall 2022

***Special Olympics***  
*Pennsylvania*



# Agenda



- **Reminders**
- **LDR/W**
- **Training**
- **Competition**
- **Questions?**



# Reminders

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# Qualifying Sports

## Fall

- **LDR-W**

- Powerlifting
- Bocce
- Soccer: 5v5, 7v7, skills
- Volleyball: Team and skills
- Flag Football Team and skills

## Allocations

- [Allocation Process](#)
- Allocations will be placed on the SOPA Website under Games & Competition then State & Sectional Events
- [State & Sectional Events](#)
- Allocations will be on this page by Friday, July 15th.



# Return to Activities Update

- [Return to Activities Plan: UPDATED 5/20/22](#)
- [Return to Activities Appendix: UPDATED 5/20/22](#)
- All SOPA Local Programs inclusive of sport training, competition, meetings, social gatherings and Young Athletes are required to follow all of the guidance and requirements in the SOPA Return to Activities plan.
- Each site must have a designated COVID-19 Coordinator. Responsible for completing the [Site Registration Form](#) prior to the start of training.
- The SOPA Field Director will email Local Program Managers and COVID-19 Coordinators on a weekly basis with the COVID-19 community transmission rates (low, moderate or significant) of each county as well as an abbreviated version of the Return to Activities plan which includes the mitigation protocols.
- The COVID-19 Coordinator is expected to implement the required mitigation protocols weekly depending on the COVID-19 community transmission rate (low, moderate or significant).

# Application for Participation aka the Medical



- **Athletes in Local Programs** = complete the paper medical form
- **Athletes in Regions** = complete the Online Registration Forms
  - Contact your RAM for ?'s

- Should have up-to-date medical on file in VSys BEFORE begin training.
  - Valid for three (3) years
- Dates of medicals are included on the Google Registration
- Athletes that do not have a current medical on file in VSys by competition will be ineligible.

# Athlete Training Requirement



- Coaches should begin training at least 10 weeks prior to the state culminating event.
- Athletes must be trained according to the minimum standards acceptable, for at least eight (8) weeks in the appropriate sport, and must have several opportunities to compete during that period.
  - Eight (8) weeks prior to the state level culminating event:
    - Fall: Fall Festival: 10 weeks is August 26th



# Volunteer Q & A

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

What is the minimum age for an Assistant Coach at training?  
**14**

What is the minimum age for Assistant Coaches to attend events?

- **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 A - <https://specialolympicspa.org/volunteer-opportunities>

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 - 16 to 17 yrs. old – one day events 18 yrs. old or older – overnight events	Yes	Yes for 18 and over	Yes for 16 and over	Yes for 16 and over	Yes for 16 and over	No
Class A	Athlete as Coach - 16 to 17 yrs. old – one day events 18 yrs. old or older – overnight events	Yes	Yes for 18 and over	Yes	Yes	Yes	No
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 Volunteer/Athlete are above the 1:4 ratio	Yes	Yes	Yes	Yes	No but recommended	No
Class A	Group Home Chaperone - Chaperone capacity only Volunteer/Athlete are above the 1:4 ratio	Yes	Yes	Yes	Yes	No but recommended	No
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 16 yrs. old or older – one day events 16 yrs. old or older – overnight events	Yes	Yes for 18 and over	Yes	Yes	Yes	No
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

# 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*

# LDR/W

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# LDR/W



**Sport Director:** Scott Otterbein

**Email:** [scottotterbein@gmail.com](mailto:scottotterbein@gmail.com)

Scott is also the Sport Director  
for Athletics!



# Fall Sports Rules



**Links to all the sport pages**

[SOI Sports and Coaching](#)

LDR/W Rules can be found  
within the rules for Athletics.

[Coaches Guide](#)



## **SPORTS ESSENTIALS**

### Athletics

- Coaching Guide  
(2017): [Online](#)
- Coaching Guide PDF  
(2021): [English](#)
- [Fact Sheet](#)
- [Rules \(2020\)](#)
- [Rules Changes \(2020\)](#)



# Sports Offered Page



## Links to all the sport pages

### [Sports Offered](#)

## Specific to LDR/W

LDR and LDW Training Season is usually year round with a culminating event at Fall Festival in November at Villanova University.



### 2022 LDR/W Pre-Season Coaches Meeting

- Monday, July 11, 7:00 p.m.
- [Register in Advance for this Meeting](#)
- [Athletics Resources](#) – rules, coaching guides, fact sheets, etc.
- [Long Distance Running - Race Walking Guide 2021](#)

Questions? Email Scott Otterbein, LDR/W Sports Director – [ath.ldr@specialolympicspa.org](mailto:ath.ldr@specialolympicspa.org)



# Items for your coaching bag:

- Suntan Lotion
- Bug Spray
- Tick Repellent (containing about 20% DEET)
- Tweezer

## Tick Information:

- Ticks hate the smell of **lemon, orange, cinnamon, lavender, peppermint, and rose geranium** so they'll avoid latching on to anything that smells
- **Ticks are attracted to light colors - wear dark clothing.**
- It also helps to **wear long-sleeve shirts and pants** and tuck everything in so ticks are less likely to come in contact with your skin
- To remove a tick that is embedded in the skin, **grasp the tick as close to the skin's surface as possible, using tweezers if available. Pull upward with a steady, continuous motion.** To ensure the whole tick is removed, try not to twist it or jerk it.

# Training & Competition Surfaces



- Athletes will run on many different surfaces, including:
  - Grass
  - Dirt Trail
  - Concrete
  - Asphalt
  - Track
- Ideally a grass, cinder or dirt trail is best.
- Whatever surface you secure for practice try to vary it every so often.
- This can prepare athletes for different race venue surfaces.



# Events Offered



1500 meters (.94 miles) Run, Walk , Unified  
3000 meters (1.8 miles), Run, Walk , Unified  
5000 meters (3.1 miles) Run, Walk , Unified  
10,000 meters (6.2 miles.) Run, Unified Sports

## **May I compete in walking and running races?**

- No. Athletes must elect to run in all their events or walk in all their events.

## **How many event distances can I compete in?**

- Up to three at any one tournament, with the exception of Fall Games where you can compete in four.

# Unified LDR/W



- Unified - 1 athlete + 1 partner
- The two-member Unified team runs or walks with all other individual and Unified teams in that event.
- Entry time - is the total of the athletes & partners times.
- During the race athlete/partner run or walk separately and as fast as they can.
- They do not stay side by side.



# Competition challenge



Fall Festival 2021 hosted 44 individual walking competitors. Of those, one-third competed in only one event. This is a three day event with plenty of recovery time for walkers (and runners!) Coaches are encouraged to enter athletes in at least two events, if not three, at Special Olympics Sectional and State Games. Consider preparing the athletes in advance with race simulation day at practice.



# Training

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# Athlete Performance Training

Coaches Introduction

**Special  
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Pennsylvania







## What is Athlete Performance Training (APT)?



- Designed to elevate the fitness levels of athletes and improve their sports outcomes, Athlete Performance Training consists of a combination of coach-facilitated sports practices and at-home fitness programs.
- During practices, coaches will apply an approach that includes education, exertion and evaluation.
  - Education:** Time is taken during each sports practice to discuss physical activity, nutrition, and hydration as a team.
  - Exertion:** A practice plan is followed that engages athletes in physical activity throughout the entire practice.
  - Evaluation:** Athletes' health and fitness metrics are collected at the start and end of the season.
- At home, athletes and their families/caregivers are provided a fitness program to complement the in-person practices.



## Key Aspects of APT:



- A minimum of 8 weeks of training are required to fully complete APT.
- Any size team and any sport can participate.
- Health metrics of athletes are collected and recorded electronically on a Google sheet provided to you by SOPA.
- Health metrics: Height, weight and blood pressure can be collected from athlete's previous doctor visits.
- Fitness metrics: Determined by coaches completing a modified Coopers Test at the start and end of training and recording results.





## Registering for APT:

- COVID-19 Coordinators when completing their **Site Registration Form** via Google Forms are asked if they are interested in participating in the Athlete Performance Training. COVID-19 Coordinators can express interest on behalf of their coach.
- **Or** a coach can visit the Online Portal to complete the necessary online training.
- The training can be found under the "**Training Schools, Webinar and More**" tab, labeled as "**Athlete Performance Training.**" You will only be able to access the training if you've taken your other required trainings (Concussion Training, General Orientation and Protective Behaviors).
- You will be contacted by SOPA, after the training with additional information regarding mailings of materials as well as a link to the Athlete Performance Training Tracking.



To find more information on APT visit the SOPA website under **Commit to Fit**





## Coaches Training and Progression Plan

By implementing Athlete Performance Training for a minimum of 8 weeks during training AND completing the "Athlete Performance Training Tracking" at the start and end of the season, you are eligible for the **Bronze Level** specifically the Athlete Performance Training component of the Coaches Training and Progression Plan.





# Weekly Training Plans

## Elements of a Training Plan

1. Arrival
2. Warm-up
3. Skills
4. Competition situations
5. Cool Downs
6. Athlete Performance Training (APT)
7. Water Breaks



# Arrival & Warm-Up

## Arrival

- COVID Coordinator checks in athletes as they arrive and asks the necessary questions
- Coach - Greets the athlete and starts them on their warm-up

## Warm-up - 10 - 15 minutes

- 2 laps around the field - walk, speed walk, jog, run, etc.
- Exercises that get the heart pumping
- Ex. Jumping Jacks, High Knees, arm circles
- Warm- up each part of the body





# Skills & Competition Situations

**Skills** - practice the basics of the sport

- Practice starts, running through the finish, proper hand placements, proper form

**Competition Situations** - Fun activity that includes the skills of the game or fitness components

- Send the athletes on a 1000 meter walk or run.
- Ensure they use the proper start commands and finish strong.
- Play a running/walking game like - Red Light/Green Light, Simon Says, Relay Walking Races, Sharks & Minnows, etc.

# Cool Downs



## **Cool Downs - 10-15 Minutes**

- 2 laps around the field/court/parking lot - walk, speed walk, jog
- Exercises that slow the heart down
- Ex. Reach for the sky, lean to the left, right etc.
- Cool Down each part of the body

## **At this time remind athletes**

- Next Practice or information on upcoming event
- Stretch before bed - Every night (use cool down stretches to build flexibility and prevent injury)
- Bring your own water bottle

# APT & Water Breaks



## Athlete Performance Training

- APT can be completed with warm-ups & cooldowns
- Remind athletes 5 bottles of water and 5 fruit and vegetables a day.
- Cooper Test - Complete the 2nd week of training and the 8th week of training.
- At Home Fitness Training - should be done the days you are not at practice.

## Water Breaks

- Every 20 minutes take a break and drink up!



# Webinar Series



All Webinars will be the 2nd Wednesday of every other month at 12:00pm.

Webinars with an asterisk (\*) will be eligible as Continuing Education courses.

- In order to receive the credit coaches must participate live or view recorded webinar from the SOPA website then submit a short quiz.
- <https://specialolympicspa.org/lunch-learn-webinar-series>

## NEXT LUNCH & LEARN:

- July 13th at noon

**What kind of Coach are you? Driver, Analyzer, Expresser, or Amiable!**

[July Lunch & Learn Registration](#)



# Coaches Skill Trainings



## FALL SPORTS

Associated Sports: Soccer, Volleyball, Flag Football, Powerlifting, Bocce, Roller Skating, LDR/W and Bowling

- All training Schools will be offered regionally by end of August
- If you region is not up and running - Jennifer Tresp will be organizing your trainings
- If you are not able to attend your regions due to another commitment you may attend trainings in a nearby region

Check the [Training Page](#) on the SOPA Website for more details.



# Confirmed Training Schools

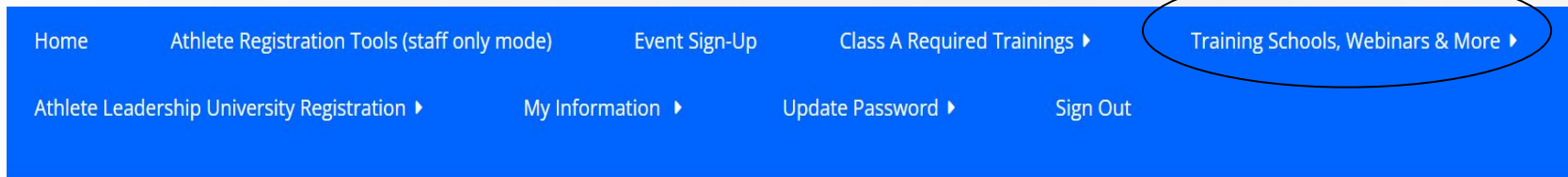


Date	Region	Team	Date	Sports Offered
Sunday August 27	9	Washington South Strabane Community Park	1 - 4 pm	Bocce Flag Football LDR/W Soccer

# Volunteer Portal



## Training Schools, Webinars & More



**Welcome, Jennifer!** Thank you for signing into Special Olympics Pennsylvania's Online Portal.

**Team/Local Program:** Special Olympics Pennsylvania

**Registration Details:** Staff Class A adult

# Training Schools Webinars & More



Click on **SEARCH** - Then **SCROLL DOWN** to see training schools

If you are interested in a Sports Certification training that is not listed as a search option, please submit the "Sports Skills Training Interest (Track 1)" form located under the tab "Training Schools, Webinars & More."

## Find Trainings

Start date

End date

Subject

Invitation code

07/11/2022

Search



Cancel



Search:

Print

Excel

PDF

↑ Description

Location

Start

More info

Coaching Special Olympics Athletes - August 20-21, 2022

Online Trainings

08/20/2022 08:00AM

Sign up





# Entering Training School Hours

<https://specialolympicspa.org/training-schools>

- **Practicum Hours** – After completing your in-person training you will need to participate in 10 hours of practicum (working with the athletes).
- Directions on submitting your 10 hours of practicum:
  - Sport Training Application: [How to Enter Your Practicum Hours](#)
  - [Entering your Hours PowerPoint Presentation](#)



# Non-Sports Trainings

## **Coaching Special Olympics Athletes (CSOA)**

- Continuing Ed and Bronze Level Certification
- Act 48 Credits
- Virtual Training through ZOOM
  - August 20-21, 2022

## **Principles of Coaching:**

- Continuing Ed and Silver Level Certification
- Virtual Training Through ZOOM
- October 22-23, 2022



You must attend both days in order to complete the certification.

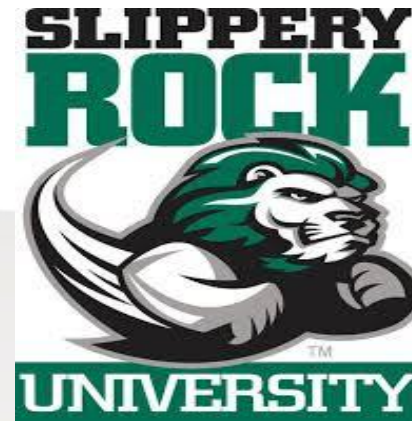
# Competition

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# Competitions

- **Western Fall Sectional**
  - Slippery Rock University
  - September 25th
- **Central Fall Sectional**
  - Juniata College
  - September 25th
- **Eastern Fall Sectional**
  - DeSales University
  - October 2nd



# Competition



- **Fall Festival**
  - Villanova University
  - November 4-6



## STATE COMPETITIONS & IMPORTANT DATES



# Local Program Invitationals



Program	Event	Date	Location	Contact	Email
Area M	Area M Classic	September 18th	Hershey H.S	Lauren Parody	lparody@specialolympicspa.org
Montgomery	Wicked Fast LDR/W Festival	October 15th	Heebner Park	Scott Otterbein	specialolympicsmontco@verizon.net
Columbia-Montour	Bocce Bash	October 16th	Bloomsburg University	Deb Andrews	dandr38023@aol.com

Are you hosting an invitational this fall or winter?

Please let Mike Ermer know so we can get word out

[mermer@specialolympicspa.org](mailto:mermer@specialolympicspa.org)

# QUESTIONS?

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