

ATHLETICS

2023

Pre-season Webinar

Special Olympics
Pennsylvania



Today's Agenda



- Welcome/Introductions
- Reminders
- Athlete Performance Training
- 2023 Athletics Sports Season
- Rule Updates
- Training
- Questions



Reminders

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Spring Season Updates

- Coaches should begin training at least 10 weeks prior to the state culminating event.
 - 10 weeks from Summer Games: March 30
- 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.
 - Athlete Attendance will be tracked in the Attendance Tracker
 - Early Season practice, Team workouts indoors, Athlete Performance Training activities, virtual training, fitness training, team walk/run, etc.



Attendance Trackers

- Coach will receive tracker when they submit Site Registration Form
- Site Attendance Tracker has 3 tabs: Directions, Attendance, Eligibility
 - Tab 1: Directions: How to complete the form
 - Tab 2 Attendance:
 - Lists all participants that have signed up
 - Includes phone & Email
 - Attendance should be tracked after each practice
 - Interest in attending Sectionals & State Games will be used to advance for competitions
 - Data will be used to collect training numbers and ultimately future allocations
 - Tab 3: Eligibility – If participant is NOT eligible...they cannot participate
 - Athletes: Must have current medical
 - Volunteer: General Orientation, Concussion Protocol, Protective Behaviors, 18 and over current background check
 - Highlighted RED out of date
 - Highlighted YELLOW will expire prior to state competition
 - Updated weekly by SOPA
 - **IMPORTANT: Spring deadline March 1, 2023**
- [SAMPLE TRACKER](#)



Athlete & Volunteer Eligibility

Athlete Requirements: Medical on file WITH signature + expiration dates

- **Local Programs:** Athlete Medical under Certifications
- **Regions:** Athlete Registration Form & Health History under Certifications
- Valid for 3 years.
- Save attachments under "Attachments" within a person's profile vs. anywhere else in the profile.

Class A Volunteer Requirements: Trainings + Background Check on file

- **Local Programs + Regions**
 - Background Results under Background Checks, Valid for 5 years.
 - General Orientation under Training, Valid for life.
 - Protective Behaviors, under Training, Valid for 3 years.
 - Concussion Training, under Training, Valid for 3 years.

Athlete & Volunteer Eligibility



- The ELIGIBILITY tab on each of your attendance trackers are updated on a weekly basis by your Regional Sports Director. **PLEASE encourage and assist your athletes and volunteers in meeting our eligibility requirements.**
- **The deadline to make sure athletes and volunteers meet eligibility requirements for the spring is March 1.**
- In the roster, if you see **RED highlight**, that person is not in compliance with eligibility requirements to participate and should NOT be training.
- In the roster, if they are **yellow highlight**, they will expire during the season in advance of state games and will not be eligible unless they update the identified requirement.



Google Registration

- Google Registration Sheets are populated with the rosters in VSys for your spring competitors.

On the Coaches and Athletes tab, you will assign each role to their respective sport. That individual will then appear on the corresponding sport tab.

On the sport specific tab, you will add athletes' events and times.

❖ **Important:** Time entries should appear in the format **MM.SS.00**

❖ Example: **12.14.05** = 12 minutes 14 seconds and 5 hundredths of a second.

❖ Example: 00.15.05 = 15 seconds and 5 hundredths of a second.

Google Registration Cont.



Athlete Tab

Name	Profile code	Gender	Age	Ath Med Exp.	ROLE	Alternate - Y/N	1:1 Name	Sport	Updates to Athlete Information	Interest in Summer Games Drawing	Dietary Restrictions
								Athletics ▾		Summer Gar ▾	
								▾		▾	
								▾		▾	
								▾		▾	

Sport Specific Tab

Event 1	Event 1 - Time	Personal Best - Time	Event 2	Event 2 - Time	Personal Best - Time	Event 3	Event 3 - Time	Personal Best - Time
25 Meter Dash - Track Entry ▾	12.14.05	12.00.00	100 Meter Dash - Track Tra ▾	12.14.05	12.00.00	400 Meter Dash - Track Tra ▾	12.14.05	12.00.00
▾			▾			▾		
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Summary Seasonal Registration Responsibilities



Task	Responsible	Notes
Site Registration	Coach	Used to populate Attendance Trackers
Monitor Attendance Tracker	Coach	Update after <u>each</u> training session and add interest in attending competitions
VSys rosters	RSD/RED	Coaches no longer need to complete.
Letter of Intent	LP Manager/Team Leader	
Google Registration	HOD/Coach	Update athlete and coach information
Scratch & Activation and Score Updates	HOD/Coach	



Qualifiers

- Basketball (3v3, 5v5, individual skills)
- Golf (all levels including individual skills)
- Tennis (all levels including individual skills)
- Softball (team and individual skills)

MUST attend Sectional event to be considered for Summer Games Advancement slots per Sectional will be dependent on total number of slots at Summer Games and % of interest in advancing from each Sectional



Allocations

- Spring Allocations can be found on the SOPA Website, State Games tab
 - [SOPA State Games Paperwork Webpage](#)
- Fall Allocations will be posted by the end of this week.
- As always, please remember that you can request additional allocations through the LOI process.
- Previous Lunch & Learn about the allocation process. This riveting presentation can be found here: [Allocation L&L](#)



Athlete Performance Training

Coaches Introduction

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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.
- No paperwork is required by coaches. Health metrics of athletes are collected; however, they are 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 setting up a modified Coopers Test for athletes to complete at the start and end of training.



Registering for APT:



- Coaches interested should 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 need to complete a short quiz after the training
- Once video and quiz are completed you will be directed to the registration form to sign up your team and request materials
- You will be contacted by SOPA, after 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 **More Than Sports**



Why Participate in APT?

- **SOPA athletes are at greater risk for being obese, more likely to suffer from long term health conditions, and are dying 20 years younger.**
- **By incorporating APT into training, you are providing tools for our athletes to improve to their health and fitness and lower their risk of these health disparities.**
- **APT will become the standard in trainings, our goal is that all athletes can participate in Athlete Performance Training**



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.

Questions? Contact Healthy
Communities Coordinator, Charla Stein
cstein@specialolympicspa.org
610-630-9450 ext. 254



2023 Athletics Sport Season

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Spring Sectionals



- West: Carnegie Mellon University
 - Saturday April 29th
- Central: Saint Francis University
 - Sunday, April 30th
 - Athletics will be held at Central Cambria HS
- East: Kutztown University
 - Saturday May 6th
- [2022 Competition Calendar: Important Dates](#)



Summer Games: June 8 - 10th



- Penn State University
- Important Dates:
 - Reg Info: Will be out by **4/18**
 - LOI: Due **5/4**
 - Final Allocations: **5/5**
 - VSys Rosters: Due **5/8**
 - Google links sent: **5/9**
 - Registration: Due **5/18**
 - Scratch/Activation: Due **6/1**



Sport Director & Rule Updates

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Sport Director



Scott Otterbein

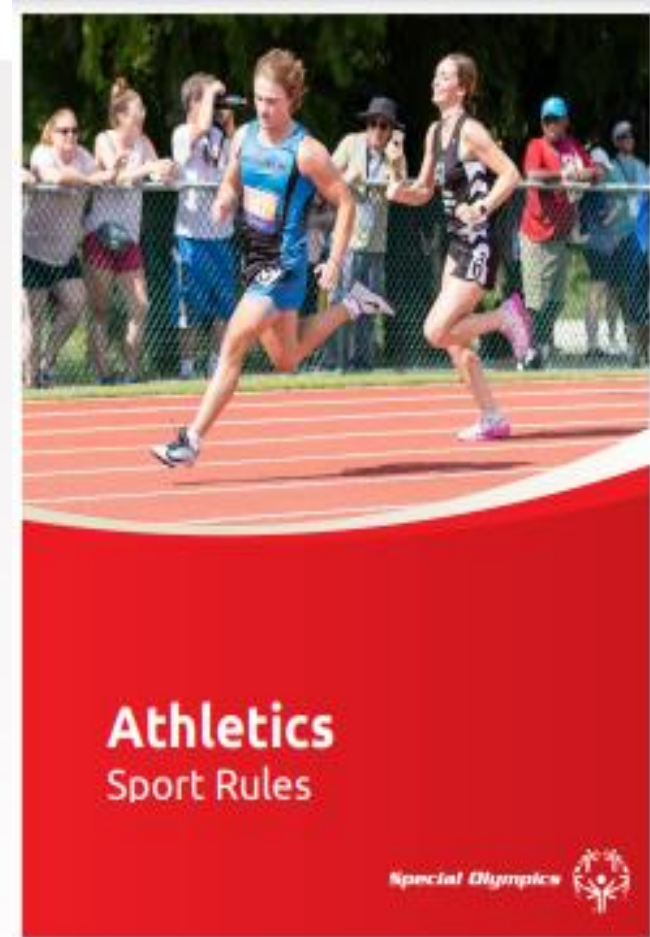
Athletics and Long-Distance
Running/Walking Sports
Director



New Rule Book!



Sports-Essentials- Athletics-Rules-2022



Reminder - 2022 Updated Rules



Pentathlon:

The 800-meter run shall replace the 400-meter run.

The Pentathlon 5 events shall be run in the following order:

1. 100 Meter Run
2. Running Long Jump
3. Shot Put
4. High Jump
5. 800 Meter Run

Outdoor Weather



Every time you see lightning or hear thunder



practice and take shelter for 30 minutes!

Remember every time you see lightning or
hear thunder!





25 Meter Motorized Obstacle Course

- **Set up** - Mark one box two meters from the start line and one box two meters from the finish line. Each box should be **three meters** by three meters.
- Knocking down a marker constitutes a violation, and a three-second penalty will be assessed. Competitors who do not make an obvious attempt to go between each pair of **markers are subject to disqualification at the discretion of the referee.**



Change Things Up!

Consider diversifying your athlete events.

100-meter, javelin and shotput are very popular but makes for longer lines and many divisions

- Consider the 200/400/jumps
- Consider Unified relays – 4x100, 4x200 or 4x400
 - Pentathlon

Training

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Be Prepared for the Season!



Instead of feeling like this...



...we want you to feel like this!

Athlete as Coach



SOPA will host seasonal training webinars to review the responsibilities and steps for any athletes who would like to be part of our Athletes as Coaches Program.

All webinars will take place from 6-7 PM:

- **Tuesday, February 21st (Spring)** - <https://us02web.zoom.us/j/8445123456>
- Tuesday, July 11th (Fall)- <https://us02web.zoom.us/j/9123456789>
- Tuesday, November 14th
(Winter) <https://us02web.zoom.us/j/1234567890>

Team Leaders, Local Program, and SOPA staff are welcome to attend.

Coaching Requirements



- **As of January 2021, Coach requirements for **training and competition**:**
 - **Team Sports:**
 - Must have at least one (1) certified coach per team
 - **Individual Sport (and Skills):**
 - Must have at least one (1) certified coach per 25 athletes

Continuing Education Update



- **Protective Behavior and Concussion Training** has been removed from the list of approved courses for Continuing Education and from the Continuing Education Request form.
- **Effective February 1, 2023, these two courses will not be accepted for continuing education**

Expired Sport Certifications



- If your sport certification expired between 2020 and 2022 you have until December of 2023 to complete your continuing education course to update your certifications.
- As noted above - Protective Behaviors and Concussion training will not be accepted as of February 1, 2023.
 - **This extension expires on December 31, 2023.**
- On January 1, 2024, you will need to retake the Sport that has not been updated.

Coaching Practicum Hours



- If a coach needs to complete hours from sport training courses, that were taken in 2019, 2020, 2021 they have until December 2023 to submit these hours.
- **Hours must be submitted on their VSys Portal.**

Get Certified!



SUMMER SPORTS

Associated Sports: Athletics, Basketball, Golf, Gymnastics, Equestrian, Softball, Swimming, and Tennis

- All Trainings will be in-person.
- Training are currently being scheduled – watch the SOPA Website and Face book page for announcements
- All registration will be handled through the VSys Portal.
- Registration will close Thursday at 5:00pm prior to Saturday or Sunday trainings.

Confirmed Training School

Athletics - Plymouth Meeting High School, Montgomery County
March 19th at 9:00 am

Job Description and Levels of Responsibility



HEAD COACH:

- Certified in the sport
- Supervises all coaches and athletes
- Responsible for equipment, transportation, and lodging
- Develops **practice plans** and assigns duties to Assistant Coaches
- Check athlete medical and volunteer Class A
- Completes all required paperwork (competition, training numbers)

ASSISTANT COACH:

- Assist head coach/help supervise athletes (1:4)
- Performs duties assigned by head coach
- Assist in evaluating training
- Arrives on time for practice/stays throughout practice
- Assists with uniforms, collection of medicals and taking attendance

Full position descriptions for both head and assistant coaches can be found here: **SOPA Website on the Resources/Training**

<https://specialolympicspa.org/resources>

Webinar Series



- **NEW** - Every other month (Feb, Apr, June, Aug, Oct, Dec)
- Lunch & Learn - will be RECORDED and posted to SOPA website, on toolbar - Volunteer Resources, Trainings
- Entire listing and registrations links can also be found here:
<https://specialolympicspa.org/lunch-learn-webinar-series>
- Several qualify as continuing education

February 8, 2023, at 12:00 pm

Meaningful Participation – What is it? *

[Lunch & Learn - February 8th - Registration](#)

* This Lunch and Learn is a non-sport specific continuing ed. Credit will be given for all sports currently certified in.

Watch the SOPA Website for the date, time and title of April's Lunch & Learn

Coaching Progression



Certified Coach

- Class A volunteer with at least 1 sport certification

Bronze

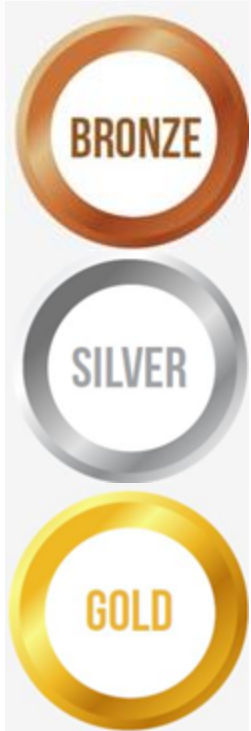
- Adds: Athlete Performance Training activation, personal best performance goals, **Coaching Special Olympics Athletes** course

Silver

- Adds: Athlete goal setting, training minimum of 10 weeks, **Principles of Coaching** course, **Coaching Unified Sports**

Gold

- Adds: advanced sport skills course, training at least twice a week for minimum of 10 weeks, develop year-round training/wellness plan for athletes



Improving Communication



Closed Facebook Group for Coaches:

- 100% Optional
- Direct connection to coaches
- Share Competition Information/Reminders
- Share Training/Coaching Tips
- Encourage sharing of best practices between coaches
- Q&A
- [Coach Page](#)



➞ Which SOPA local program to you coach for?

➞ What sport/sports do you coach?

THANK YOU VOLUNTEERS

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