

Equestrian, Golf, Gymnastics, & Tennis 2023 Pre-season Webinar

Special Olympics
Pennsylvania



Today's Agenda



- Welcome/Introductions
- Reminders
- Athlete Performance Training
- State Games
- Training
- Rule Updates
- 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 prat 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 - Highlighted **RED** out of date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.



Unified Sport Partners

NEW in 2023 – Unified Sports Partners do not need an athlete medicals.

- All Partners – Must have a VSys database record
- Ages 16 and up – must have General Orientation and Protective Behaviors Training
- Ages 18 and up - Must have General Orientation, Protective Behaviors and a Background check.



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: You must include levels for each Sport**

❖ **Golf – Level 1, 2 or 4**

❖ **Gymnastics, Artistic & Rhythmic - Level A, B, C, 1, 2, 3, or 4 + Event**

❖ **Tennis – Level 1 – 6 and ITN Number + Event**

❖ **Equestrian – Event + English or Western + Level A, B, or C + Support Level**



Google Registration Cont.

Athlete Tab

Alternate - Y/N	1:1 Name	Sport	Updates to Athlete Information	Interest in Summer Games Drawing	Dietary Restrictions
		Golf Level 2 i ▾		Summer Games Yes ▾	
		▾		▾	
		▾		▾	
		▾		▾	

Sport Specific Tab

ne	Level	Level 2 Athlete/ Partner	Score 1	Score 1 Par	Score	Score 2	Score 2 Par	Score	Score 3	Score 3 Par	Score	Score 4	Score 4 Par	Score	Score
	Level 2 ▾	▾			0			0			0			0	
	▾	▾			0			0			0			0	
	▾	▾			0			0			0			0	
	▾	▾			0			0			0			0	

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?

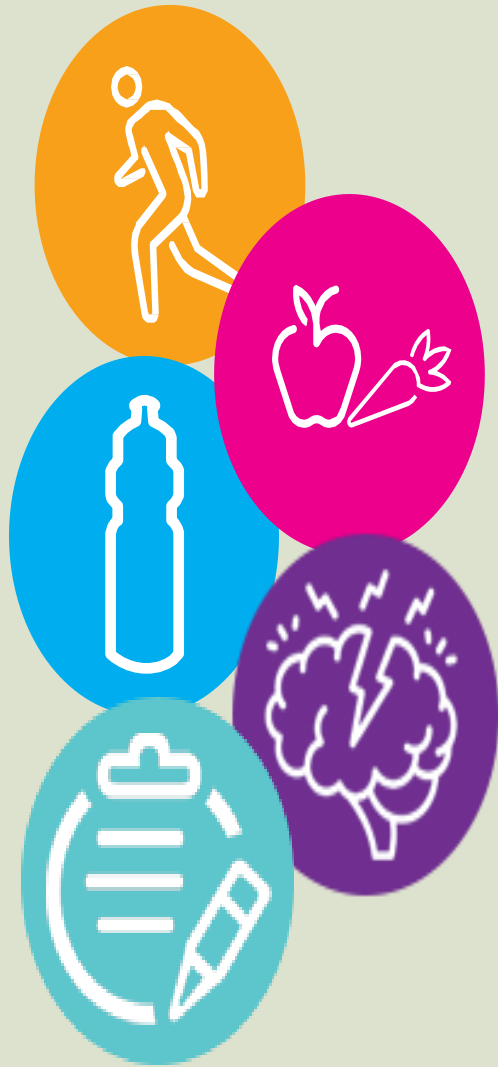
- **Athletes are at greater risk for being obese, suffering from long term health conditions, and dying 20 years younger.**
- **Incorporate APT and provide tools for athletes to make changes to their health and fitness and lower their risk of these health disparities.**
- **APT will become the standard in trainings**



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 Sectionals and State Events

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Spring Sectionals

- West: Carnegie Mellon University
 - Saturday April 29th
- Central: Saint Francis University
 - Sunday April 30th
- 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 **4/14**
 - 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**



Training

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Be Prepared for the Season!



Instead of feeling like this...



...we want you to feel like this!

Athlete as Coaches



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/91234567890>
- Tuesday, July 11th (Fall)- <https://us02web.zoom.us/j/91234567890>
- Tuesday, November 14th
(Winter) <https://us02web.zoom.us/j/91234567890>

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:

Gymnastics – March 11th @ 1:00 pm, Perfect 10 Gymnastics, Ambridge (Team Beaver)

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

Looking for ideas for the April and June Presentations –

Send ideas to jtresp@specialolympicspa.org.

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

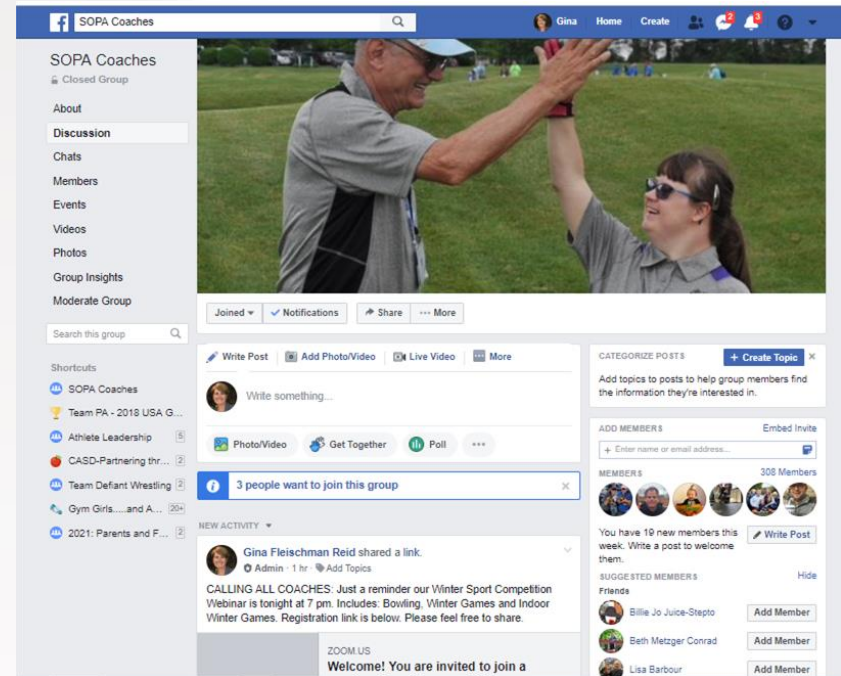


Improving Communication



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?

Sport Director & Rule Updates

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Outdoor Weather – Golf, Tennis, & Equestrian



Every time you see lightening or hear thunder



practice and take shelter for 30 minutes!

Remember every time you see lightening or
hear thunder!



Equestrian

Sport Director – Megan Hance

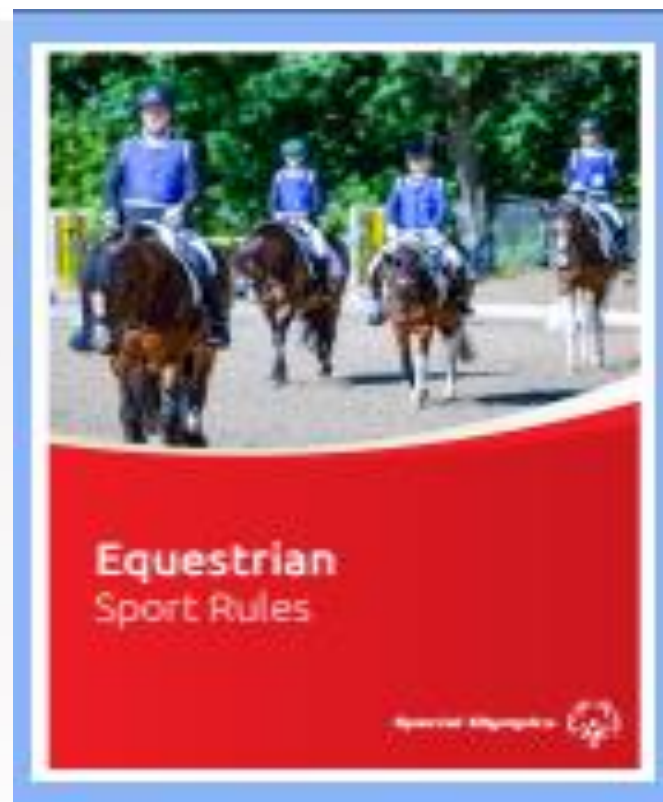
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New Rule Book!



<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/equestrian?locale=en>



English Equitation



- 13.3.2.3 A Level – walk/canter/trot (**removed trot/canter/trot**)
- 13.3.3 Halt (4-6 seconds) from walk or trot (**removed canter**)
- 13.3.10. Change leads at the trot, demonstrating a simple or interrupted change of leads. (**removed canter**)
- 13.3.11 Figure-8 at the canter (circles between 15–20m), demonstrating the correct lead on the circles with a simple change of lead as the rider moves from circle to circle. **The canter change will be over trot.**

English Working Trail



14.3.2.2 Serpentine obstacles at a walk or trot .

Removed Canter

Reading Dressage



Please remember when ready Dressage instructions to read the entire element as a section.

Horses



You were sent a Horse Survey by Sports Director
Megan Hance

Please respond to Megan by February 17th.

At this time, we do not have enough horses for all
the athletes planning on attending the Games.

Please speak to your home barns to see if they will
allow you to bring a horse or two.

No Horse = No Athletes

We all need to work together to make it happen

Golf

Sport Director – Chuck Jones

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New Rule Book!



<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/golf>



Reminders



- No Slow Play
- Practice Distances with your Athletes

Gymnastics

Sport Director – Casey Skoglund

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Gymnastics



<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/gymnastics/rhythmic-gymnastics>



<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/gymnastics/womens-artistic-gymnastics-2019-2027>



Rule Books



Artistic -

No rules changes.

Rules are good from 2019 to 2027

Rhythmic –

New rules coming this summer!

Rules book is good from 2016 to 2023.

New Routines will start in 2024.

Invitationals



Bethlehem – May 17th

Interested in attending – Contact
Casey at gcjc@gmail.com

Are you having an Invitational?

Let us know at mermer@specialolympicspa.org

Tennis

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New Rule Book!



Tennis Rules 2022 Sport Essentials



Match Play



In the two-tie break 4 game or 6 game sets, there will be a two-minute rest period prior to the deciding 10-point tie-break.

Replace three-minute rest period with two-minute time break

ITN Assessments



- ITN Testing will take place at Summer Games for all athletes not tested in 2022.
- 2022 Summer Games - [2022 ITN Assessments](#)

ITN Resources



ITN ASSESSMENT - [HTTP://WWW.ITFTENNIS.COM/](http://www.itftennis.com/)

LEVELS COURT DIAGRAM -

[HTTP://MEDIA.SPECIALOLYMPICS.ORG/SOI/FILES/](http://media.specialolympics.org/soi/files/)

<https://vimeo.com/289520911/caff34e88b> - how to prepare the court

<https://vimeo.com/289517598/a32620c8c1> - level 4/5/6 hard

court <https://vimeo.com/289516053/0f0096b73e> - level 3 clay court

<https://vimeo.com/289515397/89c2e66ba5> - level 2 hard court

What should practice for ITN's

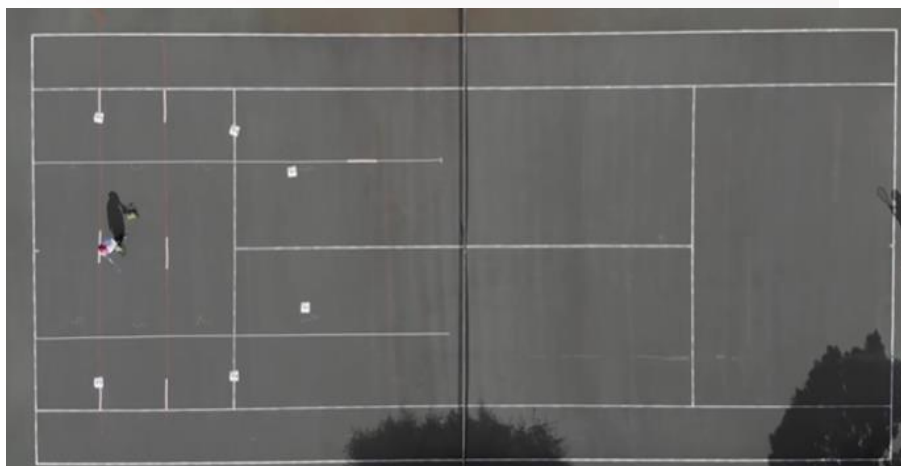


Mobility

Serve

Volley Depth

Ground Stoke – Accuracy
& Depth



5.2 ITN Assessment for Levels 3, 4, 5 and 6

International Tennis Number — On Court Assessment

Name: _____ Date of Birth: _____ Sex: M F
Assessor: _____ Date: _____ Venue: _____

what's your number?



International Tennis Number

GS Depth			Volley Depth			GS Accuracy			Serve		
Stroke	#	Score	Stroke	#	Score	Stroke	#	Score	Stroke	#	Score
Forehand	1		Forehand	1		Forehand DL	1		1st Box Wide	1	
Backhand	2		Backhand	2		Backhand DL	2		1st Box Wide	2	
Forehand	3		Forehand	3		Forehand DL	3		1st Box Wide	3	
Backhand	4		Backhand	4		Backhand DL	4		1st Box Middle	4	
Forehand	5		Forehand	5		Forehand DL	5		1st Box Middle	5	
Backhand	6		Backhand	6		Backhand DL	6		1st Box Middle	6	
Forehand	7		Forehand	7		Forehand CC	7		2nd Box Middle	7	
Backhand	8		Backhand	8		Backhand CC	8		2nd Box Middle	8	
Forehand	9		Sub Total			Forehand CC	9		2nd Box Middle	9	
Backhand	10		Consistency			Backhand CC	10		2nd Box Wide	10	
Sub Total			Volley Depth Total			Forehand CC	11		2nd Box Wide	11	
Consistency						Backhand CC	12		2nd Box Wide	12	
GS Depth Total						Sub Total			Sub Total		
						Consistency			Consistency		
						GS Accuracy Total			Serve Total		

This ITN Assessment was conducted in accordance with the guidelines set forth in the Official ITN Assessment Guide. I hereby agree to its authenticity.

Signed by/behalf of the player:

Signed by the Assessor:

Strokes Total	Mobility Score	Total Score

Mobility Table

Time	Score
------	-------

T	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15
S	1	2	3	4	5	6	7	8	9	10	11	12	12	14	15	16	18	19	21	26	32	39	45	52	61	76
Score (F)	57-79	80-108	109-140	141-171	172-205	206-230	231-258	259-303	304-344	345-430																
Score (M)	75-104	105-139	140-175	176-209	210-244	245-268	269-293	294-337	338-362	363-430																
ITN	ITN 10	ITN 9	ITN 8	ITN 7	ITN 6	ITN 5	ITN 4	ITN 3	ITN 2	ITN 1																

Number of Assessments	New ITN Rating

Circle players ITN level after completing the Assessment.

THANK YOU VOLUNTEERS

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