Basketball
January 29th, 2025
Pre-season Webinar

Special Olympics
Pennsylvania

Today's Agenda

- Welcome/Introductions
- Reminders
- Basketball Sport Updates
- Sectional & State Events
- Trackers & Athlete Performance Training
- Questions

THANK YOU

Reminders

Special Olympics
Pennsylvania

Season at a Glance

SEASONS AT A GLANCE	FALL	WINTER	SPRING	SUMMER
Training Site Registration (see link below)	April 1 - May 1	Sept. 1 - Oct. 1	Nov. 1 - Dec. 1	March 1 - April 1
Athlete, Unified Partner, Volunteer Signup	May 15 - July 15	Oct. 15 - Nov. 15	Dec. 15 - March 1	April 15 - May 15
Season Length	August 9 - Nov. 3	Dec. 1 - March 2	March 14 - June 7	June 1 - Sept. 15
Eligibility Deadline	August 23	December 20	March 28	June 20
Sports Offered	Bocce, Bowling, Flag Football, Long Distance Running/Walking, Powerlifting, Soccer, Volleyball	Alpine Skiing, Bowling, Figure Skating, Floor Hockey, Snowboard, Snowshoe, Speed Skating	Athletics (Track & Field), Basketball, Equestrian, Gymnastics, Swimming, Tennis	Golf Softball

- **Sign-ups Athletes and Volunteers** - March 1

- After this deadline anyone interested in signing-up must contact the Regional Sport Director.

  o Season officially begins March 14

  o Seasonal Eligibility/Age Group Exemption deadline – March 28

Sports Season Prep

Important Spring Dates:

- **Spring Calendar:**
  https://specialolympicspa.org/sports/sports-offered
  - Under Spring Season Information; since due dates are different for each Sectional, there is one calendar per section of the state.
- **Eligibility Deadline:** <mark>March 28</mark>
- **Season Dates:** March - June

Athlete **Eligibility**

Athlete Requirements: Medical Form on file

- We will continue to use the existing "Medical Form."
- Athletes will have the option to submit the form with or without a doctor's signature.
- However, there will still be specific health conditions requiring a doctor's signature from Special Olympics Pennsylvania.

What to expect in the coming weeks:

- We will be updating the medical form on our website to clearly indicate which health conditions require a doctor's signature.
- The Regional Administrative Managers will directly inform athletes and families

Coaches are to use the trackers to ensure athletes and volunteers have completed their eligibility requirements.

Volunteer Eligibility

Class A Volunteer Requirements: Class A Trainings + Background Check on file

- Background Results under Background Checks, Valid for 5 years (18+ volunteers).
- General Orientation under Training, Valid for life (16+ volunteers).
- Protective Behaviors, under Training, Valid for 3 years (16+ volunteers).
- Concussion Training, under Training, Valid for 3 years (16+ volunteers).

Coaches are to use the trackers to ensure athletes and volunteers have completed their eligibility requirements.

Volunteer Eligibility: Volunteer Classifications

Volunteers who CANNOT supervise athletes and volunteers:

- **Unified Partner:** Volunteer that is 8-year-old and older who trains and competes alongside an athlete. **(*Class A*)**
- **General Volunteer:** Volunteer who assist **only** at local training site and has limited contact with athletes and only under the supervision of coaches. General Volunteers **do not** supervise, chaperone, or travel with the team to any competitions. **(Class B)**

Head Coaches are expected to enforce these classifications.

Volunteer Eligibility: Volunteer Classifications

Volunteers who CAN supervise athletes and volunteers:

Coach: Head or Assistant coach creates, organizes, and runs a comprehensive sport training program that enables athletes to build sport specific skills. *(Class A) (Must be 16 & Older for Assistant Coach; 18+ for Head Coach)*

Chaperone/Training Site Volunteer: Volunteer who supports a training site/team to cover the 1:4 ratio. Chaperones do not always help with sports training but may support a sport team through supervision and administrative support. *(Class A) (Must be 16 & Older)*

Head Coaches are expected to enforce these classifications.

Be Prepared for the Season!

- Get everyone eligible.
- Keep a pulse on illness/disease outbreaks within your community – remind athletes not to attend training if they are sick and to practice healthy habits and good hygiene.
- Know your facilities Emergency Action Plan and Evacuation route.
- Updated yourself on sport rules and work with assistant coaches on a seasonal plan – identify who will manage each task during practice. Recruit additional assistance if needed.

Air Quality

If air quality levels are in an Unhealthy Zone (151) or above, no outdoor activities should occur (social or active); as indicated within the documents these activities should be rescheduled or moved indoors.

You can monitor Air Quality levels at https://www.airnow.gov/ enter your location and the current status will be provided.

You can use this Air Quality Guide document as an overall reference.

In-Season
Communication

SOPA Communication

SOPA is in the midst of a communication overhaul and will be rolling a new communication plan for the Spring Sports Season, here is what to expect:

- o All seasonal participants will get a Welcome to the Spring Season
- o Bi-weekly communications will go out on regional level to ALL coaches with important deadlines, dates, updates and more
- o All participants who qualify for a statewide competition event will get a "Welcome to Summer Games" email which will highlight important updates and features for the games
- o Text Messaging – SOPA will be utilizing Text Message notifications at all Statewide competition events and to promote sports sign ups; please don't unsubscribe and add this number to your contacts: **1-267-341-0663**

Head Coach Communication Reminders

Please be sure that you are communicating with all your assistant coaches going into the season and during – *especially any new coaches!*

Please be sure that you are using the most to up to date contact information for your athletes and their guardians, this can be found in the trackers

<u>Qualifiers</u>

Basketball is the only Spring Sport that is a qualifier to Summer Games.

› Qualifying events will be at Spring Sectionals.

Games Advancement slots per Sectional will be dependent on total number of slots at Summer Games and % of interest in advancing from each Sectional event.

SPRING
- Athletics
- Basketball
- Equestrian
- Gymnastics
- Swimming
- Tennis

Spring Allocations

SECTIONALS:
‣ Basketball all Sectionals
‣ Swimming at Eastern Spring Sectional

● Summer Games initial allocations can be found on the SOPA website and will be shared with spring registration information. All additional requests should be submitted on your LOI.

Athlete as Coach

- Athletes can participate in sports in more ways than just an athlete.

- Prior to each sports season, SOPA provides seasonal webinars to any current/interested Athletes as Coaches to help them learn what is expected as a coach vs. an athlete and how to go about getting certified.

- In addition to athletes, these webinars are also for coaches, Team Leaders and other volunteers to better understand how they can support current/potential Athletes as Coaches.

- In the event an interested Athlete as Coach does not want to wait for the next webinar, here is the link to the recording of the most recent one: Athlete as Coach Webinar

- All interested Athletes as Coaches must fill out the Athletes as Coaches request form with approval from the head coach they would be working with. From there, they will be interviewed by their Regional Sports Director to determine if they are appropriate to attend a training school.

- Please contact Jordan Schubert at jschubert@specialolympicspa.org with any questions about Athletes as Coaches.

Coaching Requirements

Coach requirements for training and competition:

Team Sports:

- Must have at least one (1) certified coach per team

Team Individual Skills:

- Must have at least one (1) certified coach per 25 athletes

New: Certified Coach Thank-you boxes

We are pleased to announce that we will begin to send a thank you box to volunteers who complete or renew a coach certification!

> If you recently renewed your certification, don't worry! We hope to get a box to all existing certified coaches by 2026. Volunteers who are certified in multiple sports will receive just one box.

We hope that you find the items useful in your coaching. Questions? Reach out to us at volunteer@specialolympicspa.org.

New Portal

- Volunteers can log into our new [Online Portal](portals.specialolympics.org) (portals.specialolympics.org) to check and update their eligibility requirements.

- Any volunteer who has not logged into the new portal and needs support with claiming their profile can reach out to us at portalsupport@specialolympicspa.org.

- **New volunteers**: When a new volunteer registers in the portal, they will need to click on "Apply For More Roles" to sign up for the role of their choice (coach, chaperone, Unified Partner, etc.).
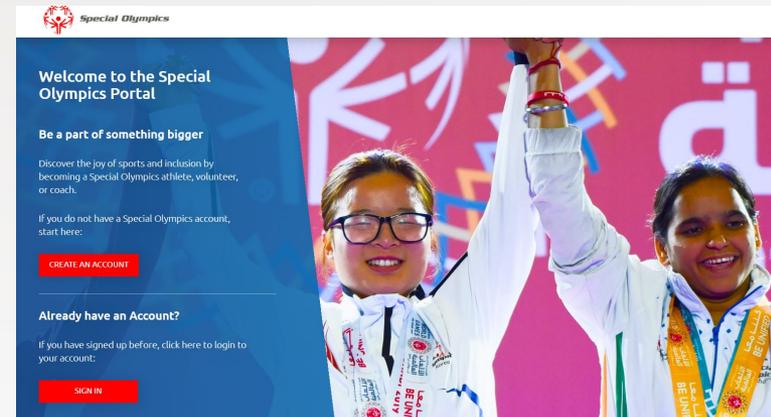
Portal = Coach Training Schools

- From Portal home screen - Sign up for event – Training School Registration
- Please contact your Regional Sports Direction ASAP if you need an in-person training scheduled in your Region.
- **We NEED Clinicians**, if you are willing or have contacts who may be willing please share with your RSD.
- In-person Training Schools will need to be scheduled for Basketball
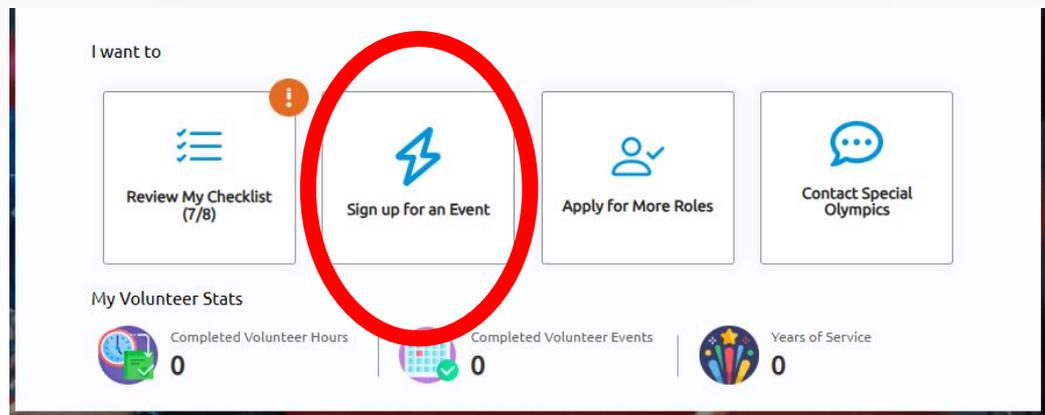
2025 Sectional & State Events

Special Olympics
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Sectional & State Events

- **2025 Western Spring Sectionals:**
  - Carnegie Mellon University: April 12, 2025

- **2025 Central Spring Sectionals:**
  - Saint Francis University: April 27, 2025

- **2025 Eastern Spring Sectionals:**
  - Kutztown University: May 10, 2025

State Event

- Summer Games
  - Penn State University: June 5-7, 2025

Visit the SOPA Website for seasonal calendars with deadlines:
https://specialolympicspa.org/sports/competitions

Basketball
Reminders & Updates

Special Olympics
Pennsylvania

Team Sport Age Groups & Exemptions

SOPA sponsored Team Sports include:

Spring Season: Basketball

Team Sport Age Group Resource outlines the guidelines.

This document includes links to two supporting documents: Why Age Groups are Important and Exemption Process.

Exemption requests need to be submitted EVERY year. Even it was approved last year, it must be resubmitted.

Spring Exemption Request Deadline is - Friday, March 28 - sooner is better!

Please review all documents for a full understanding of the age groups and how to submit exemptions. This video will explain these documents and how to submit exemption in more detail.

If you have questions, please contact your Regional Sport Director or Michelle Boone (mboone@specialolympicspa.org).

Reminder…Team Minimums & Maximums

5v5 - A team shall consist of a minimum of five players. We **strongly** recommend a minimum of six players.

The maximum number of players may not exceed 10 players.

3x3 - A team shall consist of a minimum of three players. We **strongly** recommend a minimum of 4 players.

A team may have a maximum of up to five players.

- Each team must start the game with 3 players for 3x3 and 5 players for 5v5.
- A team may drop to a minimum of two after the start of the game, due to player injury or illness but must have (3 for 3x3 and 5 for 5v5) to start the game.

UPDATED-
Team Assessment

When completing the Team Assessment PLEASE make sure to fill out the top completely.

BASKETBALL - TEAM RATING FORM

TEAM RATING FORM / ROSTER - *Must Complete 1 Form per Team*

DELEGATION:		TEAM NAME:	
HEAD COACH:		TEAM UNIFORM COLORS:	
CELL PHONE:		(Use drop down) EVENT TYPE:	
EMAIL:		(Use drop down) Team Age Group:	

Rate Your Team's Level: Developing (lowest div); Low (lower divisions); Average (middle divisions); High (top division)

		Athlete's First & Last Name	Jersey #		Athlete's First & Last Name	Jersey #		ALTERNATE ATHLETES
List all Team Players and their Jersey #'s ——>	1			6			ALT 1	
	2			7			ALT 2	
WITH YOUR TOP 5 PLAYERS! st player in #1, second best player in #2 etc.)	3			8			ALT 3	
	4			9			ALT 4	
	5			10			ALT 5	

te sections below that will ask a series of sport-specific competency questions for each player on the team. The objective is for the evaluator to provide a point value rating for each of the players on the team bas
mpetency. For some competencies, a player may not exactly meet the competency and/or be rated in between two competencies; therefore, please indicate the competency rating that would most closely be aligne
ase enter the player's initials in the boxes below the point value that most closely matches their skill competency.

Team Level	Level 1 - Novice		Level 2 - Intermediate	Level 3 - Advanced	
Player Competency Point Values	1	2	3	4	5
Ball Handling	Has difficulty with controlling/protecting dribble; may be called for double-dribble/walk during games	Has some ball handling skills but they are limited and mostly with dominant hand	Can control/protect dribble with dominant hand regularly and occasionally with off hand	Can handle ball with both hands and occasionally switch speeds/direction while maintaining dribble	Has ability to go either the dribble; profic controlling/protecti
Passing	Has difficulty with completing/receiving short passes; rarely creates a passing lane	Can occasionally complete/receive passes to/from a teammate with token defensive pressure	Regularly completes/receives passes to/from a teammate; occasionally creates a passing lane	Consistently completes/receives passes to/from a teammate and regularly creates passing lanes	Controls game wit complete/receive a pass; consistently cre lanes

New Basketball Rules Book
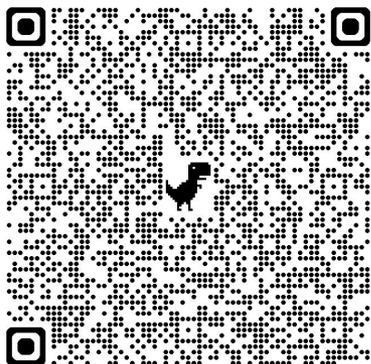
2024 5v5

FIBA RULES

5v5 Rules
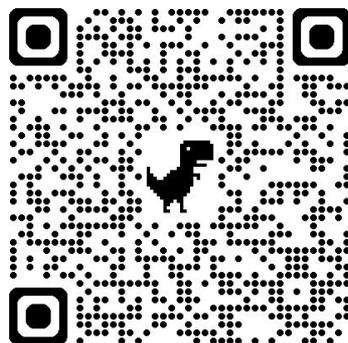
2024 SOPA 3x3

3X3 Rules
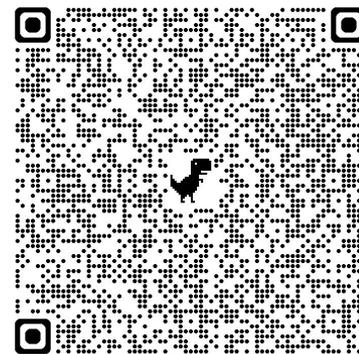
2024 Skills

Skills

Rules are broken up into 3 sections:
1. 5v5 Rules
2. 3x3 Rules (SOPA Specific)
3. Individual Skills

All rule books can be found on the SOI Website.

https://resources.special olympics.org/sports-esse ntials/sports-and-coachin g/basketball

Basketball - Individual Skills

NO RULE CHANGES!!

There are two levels of Individual skills.

Level I- consist of 3 events (you must choose between 2A and 2B

#1 - Target Pass

#2A Speed Dribble *(modified event for athletes using wheelchairs,or those not capable of dribbling while moving forward.)*

#2B - 10 Meter Dribble

#3 - Spot Shot

Level II - Consist of 3 events

#1- 12 Meter Dribble

#2- Perimeter Shooting

#3- Catch & Pass

3x3 Rule update

3.5.2 There will be a **running clock** applied until the final minute of regulation play. During this time, the clock will stop for all dead ball situations (e.g., fouls, violations, field goals with fouls, and timeouts).	**CHANGE: 3.5.2 There will be a <mark>stop clock</mark> applied. The clock will stop for all dead ball situations (e.g., fouls, violations, field goals with fouls, and timeouts)**
3.5.7 The game will start with a flip of a coin for possession. The team that wins the coin flip decides whether it takes the ball or leave it, in order to get in potential overtime. There is no jump ball. <u>All jump balls situations, the ball shall be awarded to the defensive team.</u>	3.5.7 **The game will start with a flip of a coin for possession. The team that wins the coin flip decides whether it takes the ball or leave it, in order to get in potential overtime. There is no jump ball.** <mark>**Deleted the underlined**</mark>

ADDED

Unified **3.9.2 It is required that athletes and Unified partners are of similar age and similar ability. For more information on similar age and ability, please see Sport Rules Article 1 Section 14.1.2**	**3.4.4 Head Coverings: Head coverings are permitted but should adhere to the FIBA rules.** **3.4.4.1 It shall meet the same safety standards as for a medical head covering. Head coverings must be of a single, solid color unadorned.** **3.4.5 Individuals who do not adhere to uniform regulations will not be allowed to enter a game.**

3x3 Rule update... continued

3.6.7 A violation has occurred when the defense who has just gained possession of the ball attempts a field goal without taking it back behind the foul line extended. If a shot is attempted by the defense after a gained possession without taking it back to the arc, the possession returns to the offense as a dead ball and will need to be inbounded from the behind of the arc / top of the key.	**3.6.6 A violation has occurred when the defense who has just gained possession of the ball attempts a field goal without taking it back behind the arc. If a shot is attempted by the defense after a gained possession without taking it back to the arc, the possession returns to the offense as a dead ball and will need to be checked from beyond the arc at the marked 'X' for checked ball restart.** **SOPA will continue to have the check ball be the official handing the ball to the athlete.** ***Added Check Ball Restart Diagram***
WE ARE NOT ADDING THIS RULE TO THE SOPA-Specific 3x3 Rules. Just wanted to make you aware that it was added to the 3x3 rules	**3.6.10 No coaching to players on the court. Coaching is allowed to all players on the bench, during timeouts, to substitutions, and player's sitting on the bench**

3x3

- ★ 10 minutes stop clock or one-team scores 21 points
- ★ One 60 second timeout is allowed per team
- ★ The game will start with a flip of the coin. The team that wins the tip gets to pick if the want the ball or leave it, in order to get possession in overtime.
- ★ Field Goal are 1 pt, if made behind the arc 2 pts, Free Throw - 1 pt.
- ★ The official will handle the ball after any and all made shots as well as any dead ball situations. The inbound spot in all cases will be at the check ball spot above the arc/top of the key.
- ★ On a change of possession the athlete must take the ball back to the arc/top of the key
- ★ Over time- The team that did not start the game with the ball will start the overtime with the ball. A three minute overtime will be played

5v5 Rule Updates

3.4.3 Undershirts, if worn, must match the color of the body of the uniform (not the trim) and must be identical in color. Undershirts may be worn by some or all of the players and may be short sleeve or tank top (no cut or ragged edges are allowed). All numbers are to be per NGB specifications.	CHANGE: 3.4.3 Undershirts, if worn, must match the color of the body of the uniform and must be identical in color, **or white.** Undershirts may be worn by some or all of the players and may be short sleeve or tank top (no cut or ragged edges are allowed). All numbers are to be per NGB specifications.

Old rule: Teams got free throws for fouls when the opponent committed seven team fouls in a half, starting with a one-and-one and then going to automatic two shots after 10 team fouls.	**NEW Rule:** **Teams will shoot two free throws on non-shooting fouls after five team fouls, and the foul total will reset each quarter.**

Basketball 5v5

★ The game will consist of four 6-minute quarters, with a running clock.
★ There will be a stop clock the final 2 minutes of the 2nd and 4th quarter.
★ Jump ball to start the game.
★ A shot clock will not be used during Sectionals and Summer Games.
★ 4-30 second timeouts per game.
★ Overtime: 3 minute periods Last minute stop clock.
★ Everybody plays!!

Basketball
Sports Management Team

We are looking for:

- Some 3x3 coaches and 5v5 coaches and athletes.
- Officials
- Representatives from all 9 of the regions.

SMT meeting happen 2-3x a year.

TEAM GOALS

The SOPA Sport Management Team members are committed to the philosophy and mission of Special Olympics and create quality sports programs based on these beliefs.

MEMBERS

Members work with SOPA sport staff to serve as clinicians, assist in the recruitment athletes, coaches, officials, ensure SOI/NGB sport rules and guidelines are being followed at all events. These SOI and National Governing bodies' standards will be used in rules interpretation and updating each year.

If interested please reach out to me spechart@specialolympicspa.org

Trackers & Athlete Performance Training

Special Olympics *Pennsylvania*

Tracker Updates

TRACKER- is now the ONE place to manage your team: Attendance, eligibility and event registration.

Every individual that signed-up for your training site via the Sign-Up form will appear on your Tracker.

TABS:
Instruction:
> Explains what is contained on each tab and what needs to be completed by the coach during the season.
> Includes total people count and verifies 1:4 ratio is being met.

Athlete/Volunteer:
> View Sign-ups, pull contact information, check eligibility
> Actions to take here - complete LOI, track attendance

Sport Specific Roster:
> Manage roster, track athlete data throughout the season
> Actions to take here: assign roles for events, enter sport specific data required for events

Rating Form (Team Sports):
> We have added a roster to this page, please complete along with jersey number
> Enter player initials into appropriate box under each evaluation category.

APT Tracker

Tracker (Tab 1) - Instruction Tab

Training Site Info and Data

ROSTER STATUS	ACTIVE ▼	Team Name	Lycoming County	Training Site	Faxon Lanes			Sport	Bowling
Traditional/Unified	Traditi... ▼	Training Site Lead Name	Lester Loner	Email				Cell Phone	

Meets 4:1 Ratio	NO	# Athletes	41	# Unified Partners	4	# General Volunteer	5
# Head Coaches	3	# Assistant Coaches	4	# Total Head/Asst Coaches	7	# Certified Coaches	7

TRACKER COMPLETION INSTRUCTIONS:
Team Roster, Attendance & Competition Participation

Special Olympics Pennsylvania

Tracker:
This tracker is EXTREMELY IMPORTANT and the ONE place the Head/Assistant Coach/Site Coordinator will enter all KEY information for the season for each team/training site participant. Event LOI and registration will now be pulled directly from this form.

Populating Your Tracker:
Participants will automatically populate to your tracker when a SIGN UP form is completed for your site. Athletes and volunteers **MUST** complete the online sign up form. The participant data (Columns A - J) are **locked and cannot be modified. If you need someone removed from your roster or something is incorrect, you must reach out to your Regional Sport Director - they will be happy to update the form.**

Athlete / Volunteer Tab:
Columns A-J will populate automatically from the SIGN-UP form
Eligibility: Column I will indicate Eligibility for participation as an athlete, coach or volunteer.
    * **RED** - indicates that an athlete, assistant/head coach is either missing or has an expired **Required** item(s), these are listed in **Column J** and are **INELIGIBLE** to participate until

Form Instructions

Tracker - Instruction Tab – APT instructions

TRACKER COMPLETION INSTRUCTIONS:
Athlete Performance Training
Below are the instructions on how collect and report your athletes health and fitness metrics if your team is participating in Athlete Performance Training. See tab labelled 'AF Tracker'. For more information on Athlete Performance Training and to sign up, visit https://specialolympicspa.org/apt.
Reporting Instruction includes: · Instructions for data collection · Instructions for data reporting
Key includes: · Color- coded key to indicate ranges that athlete data falls into for: 6 Minute Run/Walk, BMI, and Blood Pressure (OPTIONAL)
Final Pre & Post Data Collection includes: · Report athlete information · **Athlete Number:** Automatically filled · **First Name:** Enter athletes first name · **Last Name:** Enter athletes last name · **Age:** Enter athletes age in years · **Gender:** Enter athletes gender, M for male, F for female · **Height:** Enter the height in inches (i.e. a 5 foot 6 inch tall athletes= 65 inches) · **Weight:** Enter weight in pounds · **Systolic Blood Pressure (OPTIONAL):** Enter the systolic bp number (top number) · **Diastolic Blood Pressure (OPTIONAL):** Enter the diastolic bp number (bottom number) · **6 Minute Run/Walk:** Enter the 6 Minute run/walk test score ·**BMI:** Automatically calculated (based on the height and weight) ·**Nutrition:** Enter the athletes answer from the nutrition question from the lifestyle survey ·**Hydration:** Enter the athletes answer from the hydration question from the lifestyle survey ·**Physical Activity:** Enter the athletes answer from the physical activity question from the lifestyle survey · Compare pre and post data using color coded key

+   ≡   **INSTRUCTIONS** ▾   Athletes / Volunteers Attendance ▾   Alpine Roster (Event Registration) ▾   APT Tracker ▾

Tracker (Tab 2) - Athlete/Volunteer Tab
Eligibility, LOI, Attendance

Eligibility - Red
Event Interest - Yellow
Attendance – Blue

A, B, C are frozen and will remain as you scroll over

	A	B	C	D	E	F	G	H	I	J	K

AGE EXEMPTION REQUEST FORM

AGE GROUPING POLICY

ELIGIBILITY:
GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4

BR - Background Clearances
GO - General Orientation
PB - Protective Behavior
CO - Concussion Training

This will be used for attend an

PARTICIPANT TYPE	FIRST NAME	LAST NAME	GEN DER	DOB	AGE	EMAIL	PHONE #	RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items	LOI - Interest in Attending Local/Invit Competition

					124					
					124					
					124					

Specific Column instructions can be found in first 2 rows

ELIGIBILITY:
GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4

BR - Background Clearances
GO - General Orientation
PB - Protective Behavior
CO - Concussion Training

This will be used for your LOI - if ATHLETE is planning to attend an event mark with an "X"

At end of the season Head Coach will need to mark which athletes have list practice dates in

PARTICIPANT TYPE	FIRST NAME	LAST NAME	RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise	REQUIRED Missing or Expired Items	DEADLINE	DEADLINES: Regional Bowling Event: 01/12/2025 This column due 12/28/2024	Deadline:	Athlete Trained for 8 weeks	10/5/24	10/12/24	10/19/24	10/26/24	1...
General/Sport Volunte	Gerald	Anderson		Eligible - Can Participate	x	x		▼		x		
Athlete: Special Olymp	Timothy	Balzer		Eligible - Can Participate	x	x		▼				
Athlete: Special Olymp	Amir	Beckett		Eligible - Can Participate	x	x		▼	x	x		
Athlete: Special Olymp	Kevin	Boyles		Eligible - Can Participate	x	x		▼	x	x		
Athlete: Special Olymp	Sean	Brink		Eligible - Can Participate	x	x		▼	x	x		
Athlete: Special Olymp	Andrew	Butters		Eligible - Can Participate				▼		x		

RSDs will sort alphabetically, if you would like a specific sort just ASK them!

Tracker - Athlete/Volunteer Tab (cont) Eligibility

- The ELIGIBILITY tab on each of your attendance trackers will be updated on a weekly basis from now - March 28 by your Regional Team. **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 28th**

- Athletes and Volunteer CANNOT participate in trainings if they have not met all eligibility requirements - it is **YOUR** responsibility to track this.

ELIGIBILITY:
GREEN = Athletes - can Participate
Head/Asst Coach are cleared to supervise athletes within 1:4

BR - Background Clearances
GO - General Orientation
PB - Protective Behavior
CO - Concussion Training

RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J)
YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4
ORANGE = General Vol CANNOT supervise athletes within 1:4

REQUIRED
Missing or Expired Items

eligible	
not eligible	Missing PB
not eligible	Missing Medical
expiring	BR 10/1/2024, PB 10/5/2024
Eligible BUT CAN NOT supervise athle	

Tracker - Athlete/Volunteer Tab (cont)

			This will be used for your LOI - if ATHLETE is planning to attend an event mark with an "X"		
PARTICIPANT TYPE	FIRST NAME	LAST NAME	DEADLINE	DEADLINES: Regional Bowling Event: 01/12/2025 This column due 12/28/2024	Deadline:
General/Sport Volunte	Gerald	Anderson	X	X	
Athlete: Special Olymp	Timothy	Balzer	X	X	
Athlete: Special Olymp	Amir	Beckett	X	X	
Athlete: Special Olymp	Kevin	Boyles	X	X	
Athlete: Special Olymp	Sean	Brink	X	X	
Athlete: Special Olymp	Andrew	Butters			
Athlete: Special Olymp	Airik	Carey	X	X	
Athlete: Special Olymp	Jacob	Carey	X	X	
Assistant Coach: Help	Pamela	Carey	X	X	

Here is where you will complete your INTENT to participate in an event – indicating with an "X" for both athletes and volunteers

- LOIs will be collected in the same way these always have, this is just a place for you to keep track of who is interested in attending events.

- LOI request will come from your Regional team or Program Leadership

Tracker - Athlete/Volunteer Tab (cont) Attendance

Tracking attendance is required BUT tracking attendance week by week in this document is not required; this can be a good tool to keep everything in one place.

At the end of the season the Head Coach must be able to come back into this document and for every athlete/UP indicate if they attended training for the minimum of 8 weeks.

Tracker (Tab 3) - SPORT Roster Tab Event Commitment and Registration

Participant Type: Athlete, Unified Partner, Head Coach, Assistant Coach, General Volunteer	FIRST NAME	LAST NAME	EVENT ROSTER				BOWLING							
			DEADLINE	DEADLINES: Regional Bowling Event: 01/12/2025 This column due 12/28/2024	Deadline:									
			Attending Local Event - MARK Role	Attending Regional - MARK Role	Attending IWG - MARK Role	COACH CERTIFIED IN THIS SPORT?	Event	Team Name (if Singles leave blank)	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6
General/Sport Volunteer: Vol	Gerald	Anderson	▼	▼	▼	No	▼							
Athlete: Special Olympics at	Timothy	Balzer	▼	▼	▼		▼		42	102	23	83		
Athlete: Special Olympics at	Amir	Beckett	▼	▼	▼		▼		135	148	131	141	141	15
Athlete: Special Olympics at	Kevin	Boyles	▼	▼	▼		▼		56	81	74	60	61	4
Athlete: Special Olympics at	Sean	Brink	▼	▼	▼		▼		180	145	145	158	122	16
Athlete: Special Olympics at	Andrew	Butters	▼	▼	▼		▼		44	21	5	3	36	2
Athlete: Special Olympics at	Airik	Carey	▼	▼	▼		▼		98	165	116	94	112	9
Athlete: Special Olympics at	Jacob	Carey	▼	▼	▼		▼		136	114	90	112	74	10
Assistant Coach: Help to org	Pamela	Carey	▼	▼	▼	Yes	▼							

Instructions:
STEP 1: Complete Yellow Box - Event Roster for each event by selecting role for each individual.
STEP 2: Complete Blue boxes - Event Registration with event, team name, skill score. Each athlete may only be entered in 1 event.

BOWLING
Event: Select event for each athlete
Team Name: Each Team should have a unique name that begins with the C
Game Scores: Complete this form with scores from every game bowled during practice.
registration - you must meet the minimum # of games by scratch/activation/score upd
register. Please be sure the scores are updated in thi
EVENT REGISTRATION DEADLINE:
Local - XX (XX)   Regional - XX (XX) Indoor Winter Game

Event Commitment and Role

Event – Sport specific Registration

Tracker - SPORT Roster Tab (cont) Event Commitment

Select role for each individual attending the event (can not exceed the total # of your final allocations)

Once a selection is made you can pull down on the blue circle in lower right corner to copy that selection to cells below.

Tracker - SPORT Roster Tab
Event Registration

Tracker - Team Sport – Rating Form Tab

- DUE with REGISTRATION
- Make sure to complete top section

BASKETBALL - TEAM RATING FORM

TEAM RATING FORM / ROSTER - Must Complete 1 Form per Team

DELEGATION:		**TEAM NAME:**	
HEAD COACH:		**TEAM UNIFORM COLORS:**	
CELL PHONE:		(Use drop down) **EVENT TYPE:**	▼
EMAIL:		(Use drop down) **Team Age Group:**	▼

Rate Your Team's Level: *Developing (lowest div); Low (lower divisions); Average (middle divisions); High (top division)* ▼

Please list all Team Players and their Jersey #'s -----> **START WITH YOUR TOP 5 PLAYERS!** (Your best player in #1, second best player in #2 etc.)		Athlete's First & Last Name	Jersey #			Athlete's First & Last Name	Jersey #			ALTERNATE ATHLETES	Jersey #
	1				6				ALT 1		
	2				7				ALT 2		
	3				8				ALT 3		
	4				9				ALT 4		
	5				10				ALT 5		

	Team Level	**Level 1 - Novice**		**Level 2 - Intermediate**	**Level 3 - Advanced**	
	Player Competency Point Values	**1**	**2**	**3**	**4**	**5**
Player Competency - Offense	**Ball Handling**	Has difficulty with controlling/protecting dribble; may be called for double-dribble/walk during games	Has some ball handling skills but they are limited and mostly with dominant hand	Can control/protect dribble with dominant hand regularly and occasionally with off hand	Can handle ball with both hands and occasionally switch speeds/direction while maintaining dribble	Has ability to go either direction on the dribble; proficient with controlling/protecting dribble
	Passing	Has difficulty with completing/receiving short passes; rarely creates a passing lane	Can occasionally complete/receive passes to/from a teammate with token defensive pressure	Regularly completes/receives passes to/from a teammate; occasionally creates a passing lane	Consistently completes/receives passes to/from a teammate and regularly creates passing lanes	Controls game with ability to complete/receive an advanced pass; consistently creates passing lanes
	Shooting	Limited shooting range and shot selection, mostly from within FT lane; low FT % and minimal shooting form	Can make shots inside lane + occasionally attempts a mid range jump shot; fair shot selection; FT% 30<	Can make some mid range jump shots; rarely attempts 3-pointers; fair shot selection; 30%+ from FT line	Capable of making mid-range jump shots and some 3-pointers; has good shot selection; 40%+ from FT line	Proficient in finding/creating own shot/making contested shots; has consistent range from 3-point line in; 50%+ from FT line

Tracker (Last tab) - APT Data Collection Form

- We HIGHLY encourage you to add Athlete Performance Training to your practice routine.
- If opting in this is where you will keep the data collect during the season
- This is a great way to help the athlete set personal Health and Fitness goals and improve their overall well-being.
- Repeating the program allows athletes to see improvements season to season for those who have previously participated and helps maintain health and fitness

Athlete Performance Training

Special Olympics
Pennsylvania

ATHLETE PERFORMANCE TRAINING

If you are looking to volunteer or learn more, please reach out to Charla Stein, Healthy Communities Coordinator, 610-630-9450 ext. 254.

THANK YOU COACHES!!!

Special Olympics
Pennsylvania