



**Special
Olympics**
Pennsylvania



GOLF

**PRE-SEASON
WEBINAR**

Today's Agenda

- Pre-Season Reminders
- Golf Rules Update
- Training
- SONA/SOPA Golf Championship
- Questions

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PRE-SEASON REMINDERS



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Season at a Glance



SEASONS AT A GLANCE



	FALL	WINTER	SPRING	SUMMER
Training Site Registration (see link below)	April 1 - May 1	August 1 - Sept. 1	Nov. 1 - Dec. 1	March 1 - April 1
Athlete, Unified Partner, Volunteer Signup	May 15 - July 15	Sept. 15 - October 15	Dec. 15 - March 1	April 15 - May 15
Season Length	August 9 - Nov. 3	Nov. 1 - March 8	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, Walking Clubs	Alpine Skiing, Bowling, Figure Skating, Floor Hockey, Snowboard, Snowshoe, Speed Skating, Walking Clubs	Athletics (Track & Field), Basketball, Equestrian, Gymnastics, Swimming, Tennis, Walking Clubs	Golf Softball, Walking Clubs

- **Sign-ups Athletes and Volunteers - April 15**
- After this deadline anyone interested in signing-up must contact the Regional Sport Director.
 - Season officially begins June 1
 - Seasonal Eligibility/Age Group Exemption deadline – June 20
- [Summer Sports Calendar](#)

Athlete Eligibility

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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 participating in spring/summer sports who don't currently have a medical form on file.

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

Volunteer Eligibility

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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

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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

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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.

Air Quality

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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 has recently begun a new communication plan, here is what you can expect:
 - All seasonal participants will get a Welcome to the Summer Season
 - After season start date, Bi-weekly communications will go out on regional level to ALL coaches with important deadlines, dates, updates and more
 - All participants who qualify for a statewide competition event will get a "Welcome to Golf Championship" email which will highlight important updates and features for the games
 - 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

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

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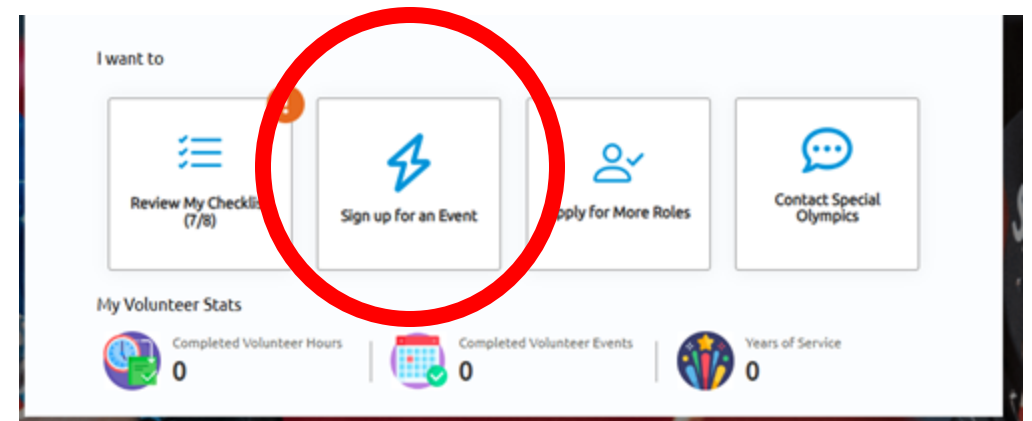


- Volunteers can log into our new [Online Portal](https://portals.specialolympics.org) (portals.specialolympics.org) to check and update their eligibility requirements.
- Any volunteer who has not logged into the new portal and needs support with claiming their profile can reach out to us at portalsupport@specialolympicspa.org.
- **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
- Virtual Training Schools will be offered for Golf- date TBD
- In-person Training Schools will need to be scheduled for Softball
 - May 17th Softball coach training at In the Net will result in a certification certificate or continuing education
- Please contact your Regional Sports Direction ASAP if you need an in-person training scheduled in your Region



Tracker Updates

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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. If you don't already have your Golf Tracker, please contact your RSD. The Trackers will be locked for editing until end of sign-up period on May 15th. After that time you are able to populate the sport specific data columns.

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

Please complete -
Training Site Info and Data

ROSTER STATUS	ACTIVE	Team Name		Training Site	Kimberton Golf Course	Sport	GOLF
Traditional/Unified		Training Site Lead Name	Dick Koschmeder	Email	dick@koschmeder.com	Cell Phone	
Meets 4:1 Ratio	NO	# Athletes	24	# Unified Partners (Class A)	0	# General Volunteer	0
		# Coaches (Class A)	5	# Chaperone/Training Site Volunteers	0	# Certified Coaches	0

TRACKER COMPLETION INSTRUCTIONS: Attendance & Competition Event Registration



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 training site participant. Event Letter of Intent (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 C - L) 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 C - L will populate automatically from the SIGN-UP Responses:*

WAITING LIST: (Column A) - If your training site should become full to capacity while sign-ups are still open, we ask that you utilize this column to number the athletes in the order in which they are waitlisted. (i.e 1, 2, 3 etc.) You should only use this for waitlisted athletes.

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 'APT 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-E are frozen and will remain as you scroll over

A	B	C	D	E	F	G	H	I	J
WAITLIST	Coaches Certification	WAITLIST (Column A) - If you have a waitlist, please be sure to utilize column A to number your athletes in the order in which they are waitlisted. (i.e 1, 2, 3 etc. You should only use this for waitlisted athletes.			PARTICIPANT TYPE EXPLAINED ATHLETE: Must have valid SO Medical Form to participate in training & competition UNIFIED PARTNER: (Class A) COACH: (Class A) CHAPERONE/TRAINING SITE VOLUNTEER: (Class A) GENERAL VOLUNTEER: (Class B)				
Please Indicate order of waitlisted athletes ONLY! (1,2,3etc)	Please be sure to indicate if Coaches at your site are certified in this sport.	PARTICIPANT TYPE	FIRST NAME	LAST NAME	GENDER	DOB	AGE	EMAIL	PHONE #

Specific Column instructions can be found in first 2 rows

K	L	M	N	P	Q	R	S	T	U	V
ELIGIBILITY: GREEN = Eligible to participate and all requirements have been met. 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 RED = INELIGIBLE until required missing or expired items are met. (See Column J) ORANGE = General Vol CANNOT supervise athletes within 1:4	BC - Background Clearances GO - General Orientation PB - Protective Behavior CT - Concussion Training Expired Medical Form	Interest in Attending Local/ Invitational	Interested in Attending SOPA Golf Championship	At end of the season Head Coach will need to mark which athletes have an Attendance tracking is required and MUST be tracked here. Please list practice dates in the boxes below and mark attendance with an						
	REQUIRED Missing or Expired Items	DEADLINE: June 15	DEADLINE: July 1	Trained for 8 weeks	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6

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 **April 15 - June 20** 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 **Summer is June 20**
- Athletes and Volunteer CANNOT participate in trainings if they have not met all eligibility requirements - it is **YOUR** responsibility to track this.

ELIGIBILITY: GREEN = Eligible to participate and all requirements have been met. 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 RED = INELIGIBLE until required missing or expired items are met. (See Column J) ORANGE = General Vol CANNOT supervise athletes within 1:4	<i>BC - Background Clearances</i> <i>GO - General Orientation</i> <i>PB - Protective Behavior</i> <i>CT - Concussion Training</i> <i>Expired Medical Form</i>
	REQUIRED Missing or Expired Items
Eligible - Can Participate	
Eligible - Can Participate	
Eligible - Can Participate	
Eligible BUT CAN NOT supervise	
Eligible - Can Participate	
Eligible - Can Participate	
Eligible - Can Participate	
Eligible - Can Participate	
NOT ELIGIBLE - Missing	medical
NOT ELIGIBLE - Missing	needs to create profile
NOT ELIGIBLE - Missing	needs to create profile
NOT ELIGIBLE - Missing	needs to create profile

Tracker - Athlete/Volunteer Tab (cont.)

M	N
Interest in Attending Local/ Invitational	Interested in Attending SOPA Golf Champoinship
DEADLINE: ☰ June 15	DEADLINE: ☰ July 1



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 differently region to region, please keep eye out with communication from your Regional Sport Director/Program Leadership; this is just a place for you to keep track of who is interested in attending events.

Tracker - Athlete/Volunteer Tab (cont)

Attendance

At end of the season Head Coach will need to mark which athletes have and have not attended 8 weeks of practice.
Attendance tracking is required and MUST be tracked here.
 Please list practice dates in the boxes below and mark attendance with an "X" in each box

Athlete Trained for 8 weeks	10/	10/	10/									

Please list practice dates in the boxes below

Athlete Trained for 8 weeks	10/	10/	10/

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

INSTRUCTIONS:			PARTICIPANT TYPE EXPLAINED				EVENT ROSTER		EVENT REGISTRATION								
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 type, level and which events.			Athlete: Must have a valid SO Medical Form to participate in training & competition Unified Partner: (Class A) Coach: (Class A) Chaperone/Training Site Vol: (Class A) General Volunteer: (Class B)				LOCAL/ INVITATIONAL DEADLINE:	SOPA GOLF CHAMPIONSHIP DEADLINE: JULY 14	<i>Level 1 - Individual Skills Competition includes bunker shot</i> <i>Level 2 - 9-hole Unified Sports Alternate Shot Team Play: All six scores & the par for the course of each score (over 9 holes) Remember Shots are alternate</i> <i>Level 3 - 18-hole Unified Sports Alternate Shot Team Play: All six scores & the par for the course of each score (over 9 holes) Remember Shots are alternate</i> <i>Level 4 - Individual Stroke Play: All six scores, course par for each score and verified handicap (over 9 holes)</i>								
PARTICIPANT TYPE	FIRST NAME	LAST NAME	T-SHIRT SIZE	GENDER	DOB	AGE	Attending Local Event MARK Role	Attending SUMMER GAMES MARK Role	GOLF EVENT LEVEL	SCORE 1 or SHORT PUT	Score 1 Par (Level 2 -5)	SCORE 2 or LONG PUT	Score 1 Par (Level 2 -5)	SCORE 3 or CHIP SHOT	Score 1 Par (Level 2 -5)	SCORE 4 or PITCH SHOT	Score 1 Par (Level 2 -5)

Event Commitment and Role

Event – Sport specific Registration

Tracker - SPORT Roster Tab (cont.)

Event Commitment

H	I	
EVENT ROSTER		
LOCAL/ INVITATIONAL DEADLINE:	SOPA GOLF CHAMPIONSHIP DEADLINE: JULY 14	Level 1 - Indi Level 2 - 9-hc 6. Level 3 - 18-h score 6. Level 4 - Indi
Attending Local Event MARK Role	Attending SUMMER GAMES MARK Role	GOLF EV
▼	▼	
▼	Athlete	
▼	Unified Partner	
▼	Head Coach	
▼	Assistant Coach	
▼	Athlete Coach	
▼	HOD	
▼	Asst HOD	
▼	1:1	
▼	Chaperone/Training Site Volunteer	
▼	Delegation Volunteer	
▼	General Volunteer (not in 1:4)	
▼	Young Athlete Chaperone	
▼		✎
▼		

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



EVENT ROSTER	
Local or Invitational DEADLINE:	SOPA SOFTBALL CHAMPIONSHIP DEADLINE:
Attending Local Event - MARK Role	Attending SG - MARK Role
▼	Athlete
▼	▼
▼	▼
▼	▼
▼	▼
▼	▼



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

EVENT ROSTER	
Local or Invitational DEADLINE:	SOPA SOFTBALL CHAMPIONSHIP DEADLINE:
Attending Local Event - MARK Role	Attending SG - MARK Role
▼	Athlete
▼	Athlete
▼	Athlete
▼	Athlete
▼	Athlete
▼	Athlete
▼	Athlete
▼	▼
▼	▼



Tracker (Last tab) - APT Data Collection Form

Key															
Blood Pressure Key					6 Minute Run/Walk Key					BMI Key					
Normal					Very Good					Developing 1					
Elevated					Good					Developing 2					
High Blood Pressure (Hypertension) Stage 1					Average					Developing 3					
High Blood Pressure (Hypertension) Stage 2					Advancing					Developing 4					
Hypertensive Crisis										Obese					
Pre Data: First Training															
Athlete #	First Name	Last Name	Gender	Age	Height in inches (pre)	Weight (pre)	Systolic BP (pre)	Diastolic BP (pre)	6 Minute Run/Walk (pre)	BMI (pre)	Nutrition (pre)	Hydration (pre)	Physical Activity (pre)	Height in inches (post)	Weight (post)
1										n/a					
										n/a					
										n/a					
										n/a					
										n/a					
										n/a					
										n/a					

- 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 habits.

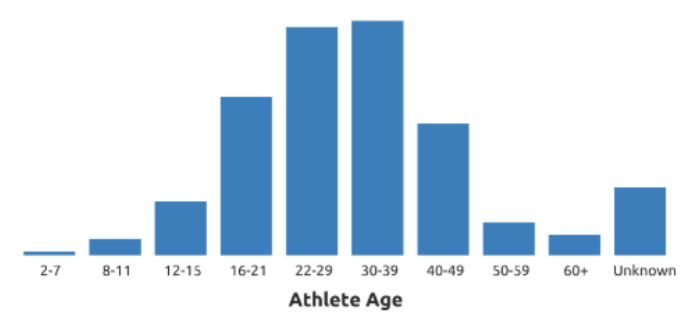


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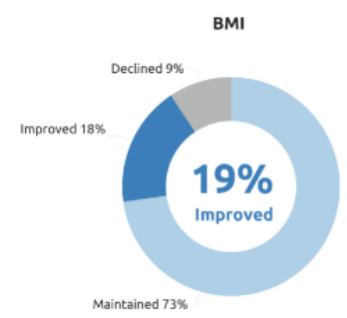
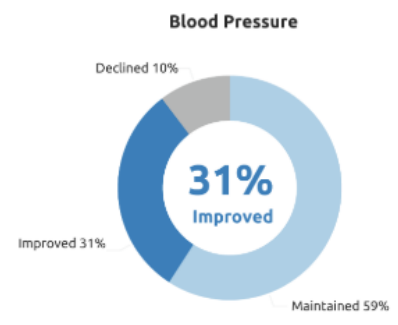


SOPA's Athlete Performance Training (APT) program has served over 500 athletes since Fall 2022!

A majority of high-risk athletes maintained or improved their health status!



If you are looking to participate or learn more, please reach out to [Calvin Trisolini, Research Operations Manager](#), 610-630-9450 ext. 221.



GOLF RULES

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Golf Sport Management Team

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- Special Olympics Pennsylvania Sport Management Teams are comprised of key regional leadership volunteers who represent each of SOPA's sponsored sports. These individuals represent a variety of levels within their respective sports, both inside and outside of Special Olympic Goals
 - Goals
 - Promote the sport within the Special Olympics community
 - Increase awareness of and athlete participation in the sport
 - Work to improve the quality of coach/athlete training and competition opportunities for the sport they represent

Name	Team	Region	Role
Melody Lewis	Erie	Northwest	Coach
Joe Hughes	Centre	Wilds	Coach
Catlin Baron	Centre	Wilds	Athlete
Bette Ann Baerenklau	Area P	Northeast	Coach
Dick Koshemeder	Chester	Greater Philadelphia	Coach
Deb Bottomley	Adams	Capital Area Region	Coach
Jennifer Bottomley	Adams	Capital Area Region	Athlete
Kevin Roland	Franklin	Ridge & Valley	Coach
Marc McCarey	Allegheny	Three Rivers	Coach
Michael Butz	N/A	N/A	USGA (retired)
Ron Stepanek	N/A	N/A	PGS
Nate Garland	N/A	N/A	SOPA Representative
Andrew Fee	N/A	N/A	Technical Delegate
Mike Bovino	N/A	N/A	Unified Delegate

Golf Sport Management Team

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- Goals for 2025
 - Assist coaches with planning of a season providing athletes opportunities to compete on several different courses
 - Plan SOPA Championship event
 - Revise Coach Education, build Facilitator Guide
 - Build resources and host Advanced Coach Clinic

Sport Rules

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Golf Sport Rules

Global Golf Dvlp Plan



Important Rules to Note

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The following is a list of official events available in Special Olympics:

- 2.1 Level 1 — Individual Skills Competition
- 2.2 Level 2 — Unified Sports Alternate Shot Team Play Competition (9-hole)
- 2.3 Level 3 — Unified Sports Alternate Shot Team Play Competition (18 hole)
- 2.4 Level 4 — Individual Stroke Play Competition (9 hole)
- 2.5 Level 5 — Individual Stroke Play Competition (18 hole)

3.1.4 Maximum Averages

3.1.4.1 The following are maximum averages for each level of competition that will be enforced at all sanctioned competitions. Scores not meeting these criteria may be subject to disqualification.

3.1.4.1.1 Level 2 – average of 70 or lower (9 holes)

3.1.4.1.2 Level 3 – average of 120 or lower (18 holes)

3.1.4.1.3 Level 4 – average of 70 (or a comparable handicap index) or lower (9 holes)

3.1.4.1.4 Level 5 – average of 120 (or a comparable handicap index) or lower (18 holes)

Important Rules to Note

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- 8.7.1.1 Avoid carry of greater than 140 meters (150 yards) over hazards or other obstacles.
- 8.7.1.2 Holes can be played from existing tee locations that do not exceed following measurements:
 - 8.7.1.2.1 Par 3:160 meters (175 yards)
 - 8.7.1.2.2 Par 4:366 meters (400 yards)
 - 8.7.1.2.3 Par 5:480 meters (525 yards)
- 3.1.2 The standard for eligibility is for an athlete and Unified partner to have completed an Individual Skills Competition with a total score of at least 60 points. In addition, the athlete should score 10 points or more in at least four out of the six skills, with one of the four scores of 10 being in either the wood or iron shot. The athlete should also achieve a minimum of five points in the two skills that total less than 10. If the athlete is scoring above 100 in the ISC (minus the bunker shot), it is recommended that they begin participating in Level 2 competitions.
- 3.5 Attire
 - 3.5.1 Appropriate golf attire is required and determined by the tournament committee for all levels of play.
- 3.6 Caddies
 - 3.6.1 It is strongly recommended that golfers competing in Levels 4 and 5 provide their own caddies for tournaments and competitions.

Important Rules to Note

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3.6.5 A caddie should not be utilized for Levels 2 and 3 where the Unified partner would assume the role of providing advice to the athlete, including club selection, course management, keeping of the scorecard and etiquette.

3.7 Equipment

Each player is responsible for providing his/her own equipment, including:

3.7.1 A set of clubs (No more than 14 clubs)

3.7.2 A golf bag

3.7.3 Golf balls

3.7.4 Tees

3.7.5 Divot Repair Tool (Not required at Level 1)

3.7.6 Ball Marker (Not required at Level 1)



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TRAINING

Coaching Roles:

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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>

Athlete as a Coach

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Do you have an athlete who would like to be a coach?

- Link to [Athlete as a Coach Webinar](#)

[Athlete as Coach Request form](#) to be completed by athletes who wish to apply

to be trained as a coach

[Athlete as Coach FAQ](#)

Questions contact: Jordan Schubert, jschubert@specialolympicspa.org

Coaching Certification Requirements

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- 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

Be Prepared for Season

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- Get everyone eligible
- Understand and be aware of Air Quality levels
- 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
- Incontinent weather sirens at the course – make sure athletes know what these mean and how to respond
- 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.

Build Training Plans

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- [SOI Coaching Guide: Golf](#)
 - Great resources for developing training plan, goal setting with athletes, warm-up drills, etc.
 - Page 40 is a guide to identify which Level an athlete is best suited for
 - As coaches want to be encouraging leveling up when athlete is capable (especially from Level 1 to course play)
- Training Weeks vs. Competition Weeks
 - Turn 3-4 practice dates into Competitions

Guidance for Level selection for an athlete

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Special Olympics Golf Competition Levels and Criteria

Please refer to the [Official Special Olympics Sports Rules for Golf](#) for detail.

Level	Description/Requirements	Eligibility
Level 1: Individual Skills	<ul style="list-style-type: none"> Perform 6 Basic Golf Skills <ul style="list-style-type: none"> wood iron pitch chip long putt short putt Scorekeepers at each station 	<ul style="list-style-type: none"> All Special Olympics Athletes
Level 2: Alternate Shot Play	<ul style="list-style-type: none"> Alternate Shot team play 1 golfer with intellectual disability 1 golfer without intellectual disability Rules knowledge for golfer without intellectual disability Ability to walk 9 holes Provide own equipment Shall keep, verify and sign score (Markers may be assigned) 	<ul style="list-style-type: none"> Must have scored a minimum of 60 points on the Individual Skills Test Must score 10 points or more in at least 4 of the 6 skills with one of the four scores of 10 being in either the wood or the iron. Must achieve a minimum of 5 points in the two skills that total less than 10. Each team must submit most recent 6 scores under this format

Guidance for Level selection for an athlete

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Level 3: Unified Sports™ Team Play	<ul style="list-style-type: none"> • Alternate Type Team Play • 1 golfer with intellectual disability • 1 golfer without intellectual disability • Athletes of similar ability • Ability to walk 18 holes • Provide own equipment • Shall keep, verify and sign score • (markers may be assigned) 	<ul style="list-style-type: none"> • Must achieve Level 2 Individual Skills requirements • Capable of all Level 4 requirements • Verified handicap of 35 or less or six most recent 18 hole scores • Difference between the team members handicaps should not exceed 10
Level 4: Individual Stroke Play 9 hole competition	<ul style="list-style-type: none"> • Individual Stroke Play • Ability to walk and play 9 holes independently • Provide own equipment • Basic Rules Knowledge • Shall keep, verify and sign score • (markers may be assigned) 	<ul style="list-style-type: none"> • Achieved Level 2 Individual Skills Requirements • Verified Handicap or submit most recent 6 scores over 9 holes
Level 5: Individual Stroke Play 18 hole competition	<ul style="list-style-type: none"> • Individual Stroke Play • Ability to walk and play 18 holes independently • Provide own equipment • Basic Rules Knowledge • Shall keep, verify and sign score • (markers may be assigned) 	<ul style="list-style-type: none"> • Achieved Level 2 Individual Skills requirements • Verified Handicap or submit most recent six scores over 18 holes



COMPETITIONS

2025 Competition

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- **Minimum # of 6 rounds of golf played on a variety of courses**
 - Goal - 3 competitions to be played on different courses than your home/training course
 - 3 competitions can be held at your home course, during a training timeframe
- **How we will accomplish this:**
 - Hoping to create or build upon pre-existing Multi-Team Competitions
 - Create competitions against neighboring training sites – can be scheduled during training time or a separate time (weeknights are likely the best scenario here)

Seasonal Competitions

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Multi-Team
Competition for ALL
levels (potential
locations):

West:

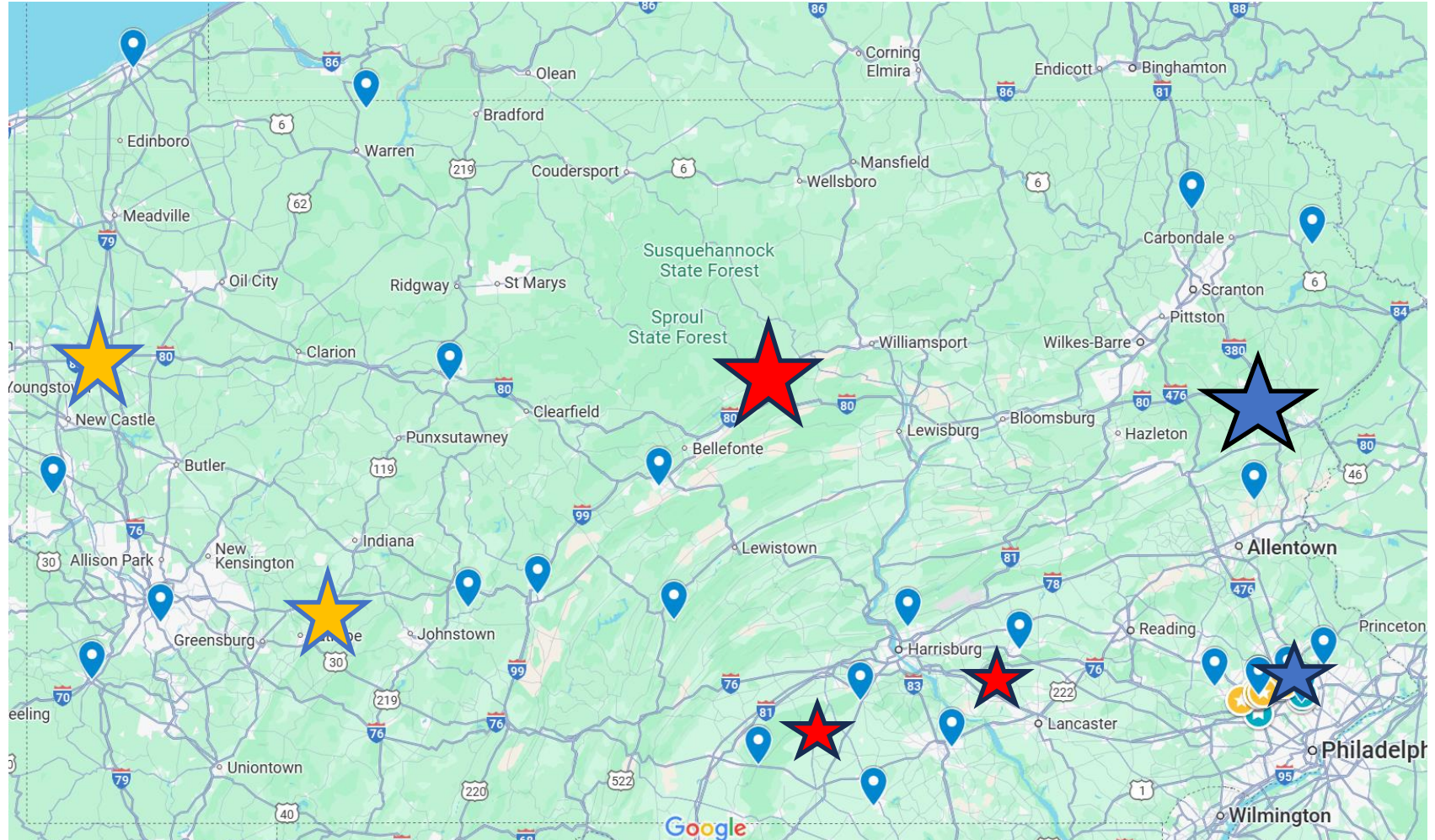
- Grove City/Beaver Area

Central:

- State College
- York/Adams
- Lancaster/Lebanon

East:

- Lehigh Valley
- Montgomery County



Seasonal Competitions – Regional webinars

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Regional Webinars to discuss/solidify competitions to be held in May. We will schedule shortly.

Seasonal Schedule/Timeline (suggested):

- **June:** 1 practice competition, 1 scheduled competition
- **July:** 1 practice competition, 1-2 scheduled competitions
- **August:** 1 practice competition, 1 scheduled competition, SOPA/SONA Golf Championships

SOPA/SONA Golf Championship

August 25 – 28, 2025

Penn National Golf Club - Fayetteville, PA

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Event Itinerary:

- **Monday, Aug 25:**
 - o Team Arrival
 - o Pro-Am Fundraiser for athletes to participate alongside partners and Opening Ceremonies
 - o Practice Rounds, on your own if desired
 - o Dinner/Opening Ceremonies
- **Tuesday, Aug 26:** Round #1 / Host Night
 - o Round 1 – all levels
 - o Host Night activities
- **Wednesday, Aug 27:** Round #2 (SONA) / Final Round (SOPA)
 - o Round 2 – all levels
 - o SOPA Awards and team departure
- **Thursday, Aug. 28:** Final Round (SONA) / SONA Awards
 - o SONA ONLY – Round 3 and Awards



SOPA/SONA Golf Championship

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- SOPA will host competition for all 5 Levels.
- This event will run concurrently with the SONA Golf Championship, offering athletes the chance to meet and mingle with 220 athletes and coaches from across United States and Canada and provide opportunity for a shared Opening Ceremony.
- SOPA also will be offered a limited number of allocations for the SONA Golf Championship. These slots will be given based on SOPAs highest level golfers at each Level.



We want your input!

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- We are looking to put together a few webinars to further discuss a few topics like development of an Advanced Skills, coach education and future development of competitions
- Stay tuned for information in seasonal bi-weekly email communication



THANK YOU

