



***Special
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Pennsylvania***



LDR/W Pre-Season Webinar

July 28, 2025



THANK YOU

Today's Agenda

- LDR/W Updates
- Pre-Season Reminders
- Tracker
- Athlete Performance Training
- Fall Season Competitions
- New Portal
- Questions

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LDR/W



Sport Management Team

Technical Director LDR/W: Scott Otterbein

Email: scottotterbein@gmail.com

SOPA Lead: Michelle Boone

Email: mboone@specialolympicspa.org

Open Positions:

The Wilds (Region 2) - athlete

Susquehanna Valley (Region 3) - athlete

Northeast Region (Region 4) - athlete & volunteer

GLVPR (Region 5) - athlete & volunteer

Ridge & Valley Region - athlete & volunteer

SOPA Website - Sports Offered Page

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Links to all the sport
pages
[Sports Offered](#)

Long Distance Running/Walking

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



2023 LDR/W Preseason Coaches Meeting

Tuesday, July 18, 2023 @ 7:00 PM

Register in advance for this meeting: [LDR/W Preseason Coaches Meeting](#)

Coaching Resources

- [Athletics Resources](#) – rules, coaching guides, fact sheets, etc.
- [Long Distance Running - Race Walking Guide 2021](#)

Sport Director: Scott Otterbein

Sport Rules and Coaching Guide

Links to all the
sport pages
[Sports Offered](#)

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LDR/W Special Olympics Pennsylvania Coaching Guide

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**LONG DISTANCE RUNNING/WALKING
COACHING GUIDE**

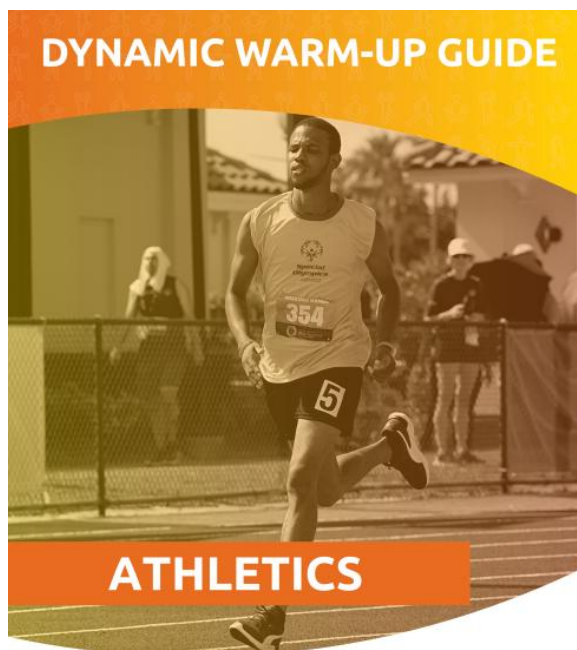
July 2024

Warm-ups and Cool Downs

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LDR/W Warm-Up Guide



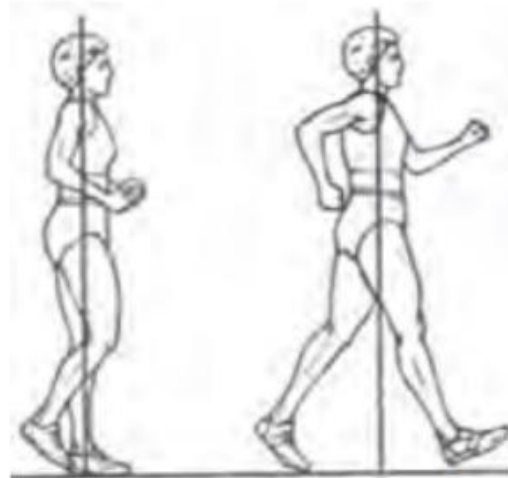
LDR/W Cool Down Guide



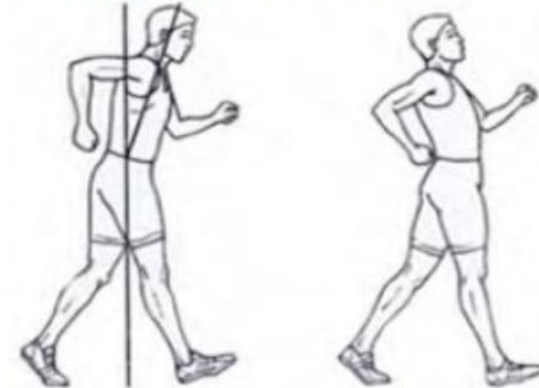


Race Walking Form

- Correct form - upright

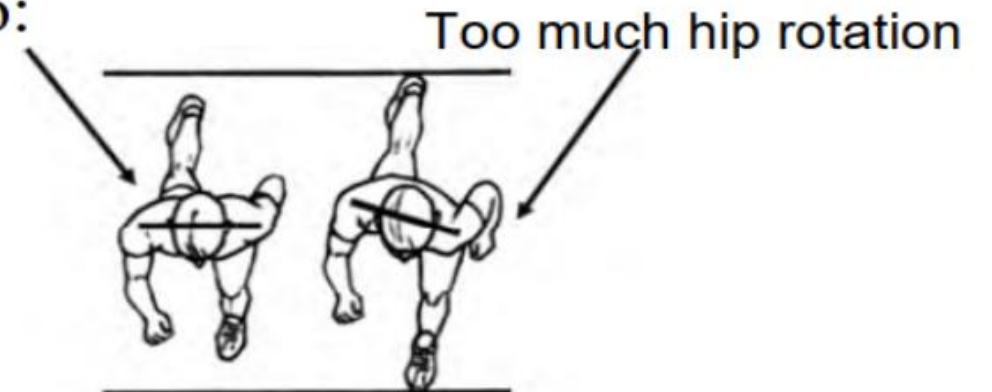


- Incorrect form - leaning forward or backward



- And do not twist across the torso:

One foot on the ground **at all times!**
Heel to toe, heel to toe



Long Distance Running



Reminders:

- This is not a sprint!
- Take shorter strides
 - Prevents pain
 - Prevents Injury
- Arms swing front to back, not sided to side
- Keep shoulders & upper body aligned over the hips

Events Offered

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

Proposed rule modification

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- The rule change in 2018 for Athletics prohibited running and walking
 - you have to choose one method of movement for all races
- It makes sense for track
- But can be a barrier to progression of a walker moving to running
- We have many walkers than runners at Sectionals and Fall Fest
- Many of them who could benefit by:
 - trying to run the 1500 but walk the 3k for example
- **Poll** - Are you in favor of allowing an individual to enter mixed events for walking and running in LDR/W?

Proposed Fall Fest schedule change

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- Coach feedback from 2024 indicated some desire to separate the 5k and 3k runs from their current Saturday morning schedule
- To allow a longer break between these two events. Note - the 3k walk is between the 5k and 3k.
- Note - to qualify for Fall Fest, the runners had to do these events in a single day Sectionals competition so should have the ability to do the same at Fall Fest.
- However, the Sport Management Committee is open to change
- **Poll** - move the 3k run to Friday afternoon (preceded by the 1500 walk) and hold the 1500 run Saturday in place of the 3k run

Events

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- Currently - Athletes and Unified Partners must elect to run in all their events or walk in all their events.

Event Participation:

- Sectionals – 3 events
- States – 3 Events + the 10,000 meters.

Unified Events

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- The two-member Unified team runs (walks) with all other individual and Unified teams in that event.
- The entry time is the total of the Athlete and Unified Partner times.
- During the race athlete/partner run (walk) separately and as fast as they can.
- They do not stay side by side.
- Their finish times are totaled and compared against the total times of other Unified teams in their division to determine the place award.

Attire

- ✓ Sneakers – good soles and padding. Good fit!
- ✓ Socks – No holes in the heel
- ✓ Shorts, track suit, or running tights - Should be well fitted
- ✓ T-shirt/sleeveless shirt - Should be clean, covers the entire torso and comfortable.

SOPA Brand and Uniform Guidelines





Honest Effort Rule (HER)

If a participant competes 25% faster than their entry score the athlete will receive a participation ribbon.

Remember to :

- ✓ Accurately time your athletes
- ✓ Check the distance of the course your participants are using to ensure it is the correct distance
- ✓ Use a competition like setting when gating entry times



Practice

Practice running on different surfaces:

Grass

Dirt trail

Concrete

Asphalt

All Weather Track

Add hills

This way your athletes will be prepared for whatever surface the venue has.

LDR/W Virtual Training Schools

- Coaches looking to get certified MUST pre-register for one of these webinars on their portal account
- These virtual training schools are conducted via Zoom webinar by Scott Otterbein
- Saturday, August 2; 9:00 to 11:30AM
- Tuesday, August 19; 6:00 to 8:15PM

<input type="checkbox"/>	Virtual LDRW Training: 9:00 AM EDT - 11:30 AM EDT	General Volunteer	08/02	1 / 30
<input type="checkbox"/>	Virtual LDRW Training: 6:00 PM EDT - 8:00 PM EDT	General Volunteer	08/19	1 / 30



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**PRE-SEASON
REMINDERS**

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, 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 - July 15**
- After this deadline anyone interested in signing-up must contact the Regional Sport Director. Everyone **MUST** complete a Sign-Up Form.
 - Season officially begins Aug 9
 - Seasonal Eligibility/Age Group Exemption deadline – Aug 23
 - [Fall Sports Calendar](#)

In-Season Communication



SOPA Communication 💬

- **Stay Informed & Supported:** Expect communications throughout the season.
- **Welcome Message:** All participants receive a "Welcome to the Fall Sport Season" message.
- **Weekly Updates:** Regional communications with important dates, deadlines, and more.
- **Fall Festival Email:** Qualifiers receive a dedicated email with vital updates.
- **Text Notifications:** Event reminders & sign-ups. Add 1-267-941-0663 to contacts.

Head Coach Communication Reminders 🔊

- **Coach-Team Connection:** The most important communication is between a head coach and their team!
- **Communicate Continuously:** Engage all participants (assistant coaches, athletes, families), especially new members, before and during the season.
- **Sample Messages:** Need a starting point? **Access sample messages here:**
<https://pdflink.to/847f44e3/>
- **Up-to-Date Contact Info:** Always use current contact information found in the trackers.

Volunteer Eligibility

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Volunteer Eligibility: Class A Volunteers ✓

Who is "Class A"? Coaches, Assistant Coaches, Unified Partners, Team Volunteers.

Required Items:

- **Background Check** (18+ volunteers)
- **General Orientation training** (16+ volunteers)
- **Protective Behaviors training** (16+ volunteers)
- **Concussion training** (16+ volunteers)

Important Note: Only Class A volunteers can attend overnight competitions.

Need Support?

Contact your **Regional Administrative Manager**.

Email us: volunteer@specialolympicspa.org

Resources for New and Interested Volunteers

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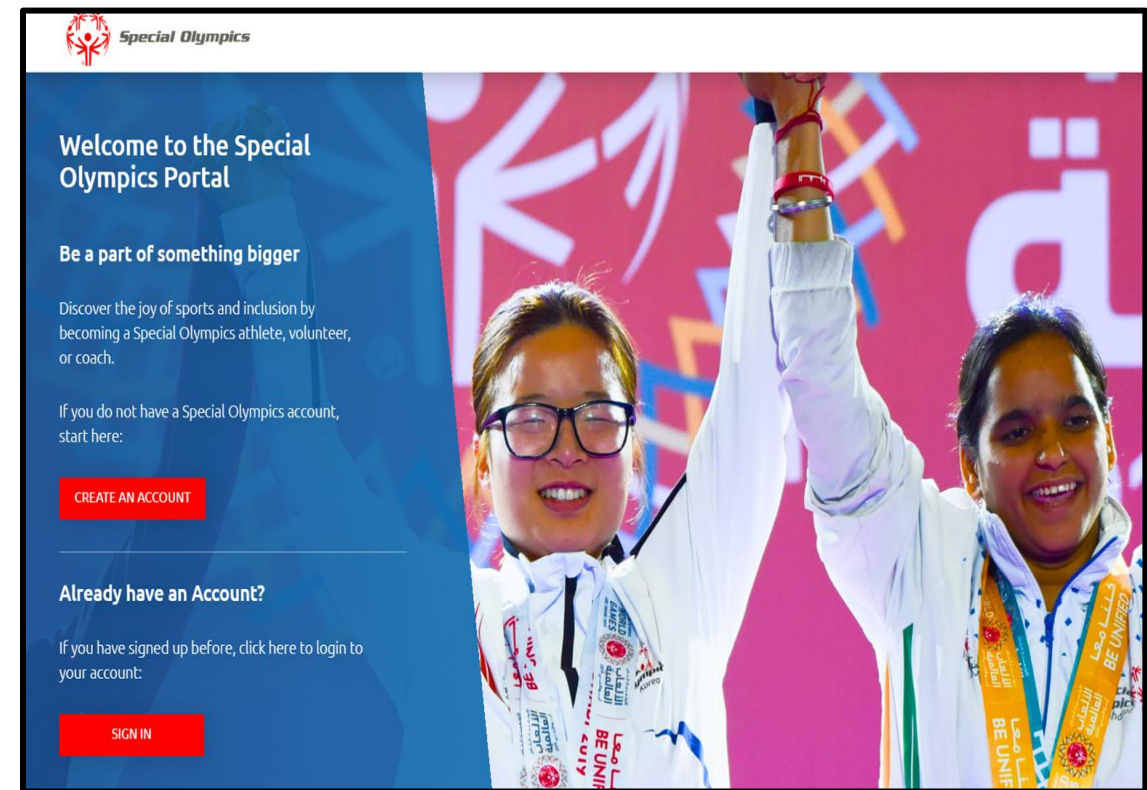


- **Volunteer Guidebook:** Access detailed information on sports seasons, competitions, regions, and contacts at: specialolympicspa.org/images/2023/registration/special-olympics-pennsylvania-volunteer-guidebook-5.2.23.pdf
 - **Monthly Info Sessions:** Learn about volunteering with Special Olympics Pennsylvania staff. These online sessions are held on the **fourth Wednesday of each month from 6:30 - 7:30 PM**. No pressure, no commitment!
 - **Zoom Link:** <https://us02web.zoom.us/j/81791877620#success>
 - **Or join by phone:** Dial +1 309 205 3325 (Meeting ID: 817 9187 7620)
- Upcoming Dates:**
- July 23rd
 - August 27th
 - September 24th
 - October 22nd
 - November 26th
- No registration needed, just join!

Special Olympics Pennsylvania Portal: Volunteer Registration

- **Access the Portal:** Log in at portals.specialolympics.org to check & update your eligibility.
- **Need Help Claiming Your Profile?**
 - Contact us at:
portalsupport@specialolympicspa.org
- **New Volunteers:**
 - After registering, click "**Select your Volunteer Role**" to select your desired role (e.g., coach, Unified Partner).

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Special Olympics Pennsylvania Portal: Athlete Registration

Athlete Registration: New System & Process

- **New System:** Streamlined process for athletes.
- **Resources:** Find written & video guides on the [**"Become an Athlete" webpage.**](#)
- **Requirements:**
 - **Short Health History & Release Form** (initial screening).
 - If concerns arise, a more detailed **Medical Form** (with doctor input) may be required.

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Not Sure How to Begin? Choose Your Path.

To make the registration process as smooth as possible, select the option that best describes your situation:

I'm an Athlete Ready to Register Myself	I'm a Caregiver Registering an Athlete (Existing Volunteer with a Portal Account)	I'm a Caregiver Registering an Athlete (Not a Volunteer)	I'm a Coach/Athlete Registration Volunteer Support
<p>⌵</p> <p>If you have your own email address and want to manage your registration, visit the Portal to click "Create an Account."</p> <p>For your role, select "I am an athlete."</p> <p>Visit the Portal</p> <p>Step-by-Step Instructions</p> <p>Watch a Tutorial</p>	<p>⌵</p> <p>This option is best for you if:</p> <ul style="list-style-type: none">• You are already a registered volunteer with Special Olympics Pennsylvania.• You want to register an athlete through your existing volunteer account. <p>You do not need to create a new account. Please log into your volunteer account, and select the "Access Parent/Guardian Zone" to begin registering your athlete(s).</p> <p>Visit the Portal</p> <p>Step-by-Step Instructions</p> <p>Watch a Tutorial</p>	<p>⌵</p> <p>This option is best for you if:</p> <ul style="list-style-type: none">• You are the parent/caregiver of an athlete.• You are not currently registered as a volunteer. <p>Visit the Portal to click "Create an Account." For your role, select "Parent/Guardian/Family." You'll be asked to complete your own registration before entering your athlete's information.</p> <p>Visit the Portal</p> <p>Step-by-Step Instructions</p> <p>Watch a Tutorial</p>	<p>⌵</p> <p>If you're a coach or Athlete Registration Volunteer Support, register athletes through your Portal account only if they cannot register themselves or via a caregiver.</p> <p>On your Portal account, select "Contact Zone" and click on "My Participants."</p> <p>Visit the Portal</p> <p>Step-by-Step Instructions</p> <p>Watch a Tutorial</p>

Special Olympics Pennsylvania Portal: Coach Zone



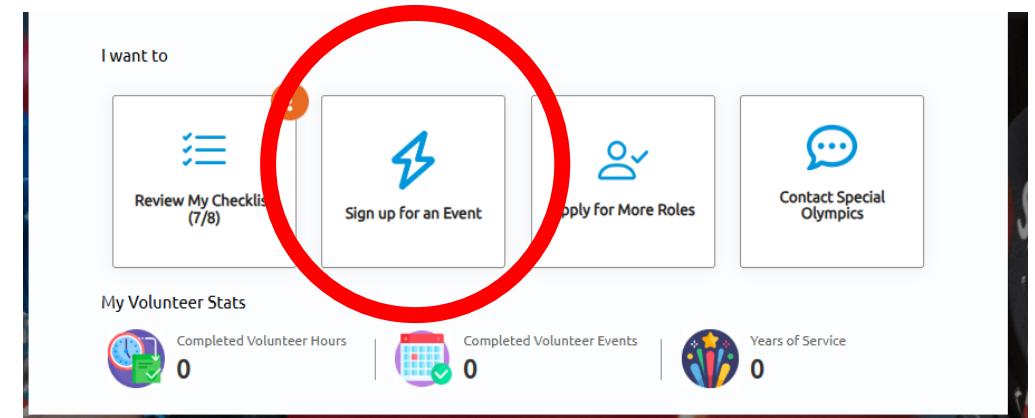
- **Coach Zone: Your Team Management Hub** 
- **Access:** Available to Head Coaches (and some key volunteers).
- **Features:**
 - View team member **eligibility status**.
 - Access **athlete Health History forms**.
- **Optional Resource:** You are **not required** to use it.
 - We still provide **eligibility trackers** and a "**Hot Sheet**" for Health History.
- **Athlete Registration:** Coaches should **only register an athlete as a last resort**.
 - Help athletes and caregivers navigate the process themselves.
- **Access Forthcoming:** If you're a Head Coach and don't have access yet, it's coming soon!
- **Video Guide:** A video will be forthcoming; in the meantime here is a step by step walkthrough with screenshots: [Step by Step Guide](#)

Special Olympics Pennsylvania Portal: Register for Coach Training Schools

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- From Portal home screen - Sign up for event – Training School Registration
 - Saturday, August 2; 9:00 to 11:30AM
 - Tuesday, August 19; 6:00 to 8:15PM
- Please contact your Regional Sports Direction ASAP if you need a training scheduled in your Region
- Certified Coaches Required:
 - 1 per team
 - 1 per 25 individuals



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 Tracker, please contact your RSD. The Trackers will be locked for editing until August 9th. After that time you are able to populate attendance and 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.

Tracker (Tab 1) - Instruction Tab

Training Site Info and Data

ROSTER STATUS	ACTIVE	Team Name			Training Site			Sport	SOFTBALL
Traditional/Unified		Training Site Lead Name			Email			Cell Phone	
Meets 4:1 Ratio	YES		# Athletes	1	# Unified Partners (Class A)	10		# General Volunteer	0
			# Coaches (Class A)	17	# Chaperone/Training Site Volunteers (Class A)	4		# 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.

CERTIFIED COACH: (Column B) - You will find 4 drop down options within this column. Please select one of the following drop down options for all coaches at your training site/team(s). YES, NO, Not Sure, or No, not certified but would like to be. This will help us to gauge the need and interest in hosting local Coaches Sport Certification Trainings within your sport. **As a reminder there must be 1 certified coach per team or per 25 athletes for individual sports.**

ELIGIBILITY: (Column K) will indicate Eligibility for participation as an athlete, unified, 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 L** and are **INELIGIBLE** to participate until required missing or expired item(s) are up to date. Your Regional Administrative Manager (RAM) will update Eligibility every Monday until the Seasonal Eligibility deadline.
- * **YELLOW** - indicates that the a participants has a Required item(s) that will expiring during the current season. These Required item(s) (**listed in Column L**) **MUST** be renewed in advance of expiration date in order to remain eligible to participate as an athlete, unified partner, coach or supervise athletes within 1:4
- * **ORANGE** - this person is considered a General Volunteer (Class B) and **CANNOT** supervise athletes within 1:4
- * **GREEN** - This indicates the participant has met all Requirements and is eligible to participate as an athlete, unified partner, assistant coach or head coach.

LOI DATA: (Columns M and N) will collect interest so that Team Leaders(formely known as Managers) can complete the Letter of Intent data for Local, Invitationals, Regionals, Sectionals and State Games events. If athletes are interested in going to events it should be indicated with an "X" by the deadline listed. **After this time people cannot be added.**

ATTENDANCE At the completion of your season you will need to complete **Column P**, noting if the athlete/Unified Partner has participated in 8 or more weeks of training. This is required by Special Olympics International as part of our

Tracker (Tab 1)- 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 - Black/Red
Event Interest - Yellow
Attendance – Blue

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

WAITING LIST	Coaches Certification	WAITING LIST (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					AGE EXEMPTION REQUEST FORM	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 Softball Championship
		PARTICIPANT TYPE	FIRST NAME	LAST NAME	GENDER	DOB	AGE	EMAIL	PHONE #					
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.													
		Athlete	Patrick	Bonilla-Garcia	Male	2/20/2008	17	drbrj@gmail.com	215-802-8338		Eligible - Can Participate			
		Athlete	John	Brzezicki	Male	2/4/2007	18	brzez@comcast.net	267-772-1843		Eligible - Can Participate			

Specific Column instructions can be found in first 2 rows

K	L	M	N	P	Q	R	S	T	U	V	W	X	Y	Z
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 Softball Championship	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										
	REQUIRED Missing or Expired Items	DEADLINE: (Mark with X)	DEADLINE: (Mark with X)	Athlete Trained for 8 weeks	10/	10/	10/							
Eligible - Can Participate														
Eligible - Can Participate														
Eligible - Can Participate														

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

Tracker (Tab 2) - Athlete/Volunteer Tab: Eligibility

- The ELIGIBILITY tab on each of your attendance trackers will be updated regularly from May 15-August 23 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 **Fall season is August 23rd**
- Athletes and Volunteer CANNOT participate in trainings if they have not met all eligibility requirements - it is **YOUR** responsibility to track this.

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

Tracker (Tab 2) - Athlete/Volunteer Tab: LOI

Interest in Attending Local/ Invitational	Interested in Attending SOPA Softball Championship	At end of the season H Attendance tracking is Please list practice date	
DEADLINE: (Mark with X)	DEADLINE: (Mark with X)	Athlete Trained for 8 weeks	10/

- 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

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

Tracker (Tab 2) - Athlete/Volunteer Tab: 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 & Registration

INSTRUCTIONS: STEP 1: Complete Yellow Box - Event Roster for each event by selecting role for each individual. STEP 2: Complete Blue boxes - Event Registration - Team Players only enter team level & team name. <i>Individual Skills</i> - Select skills level and enter total score.			PARTICIPANT TYPE EXPLAINED <u>Athlete:</u> Must have a valid SO Medical Form to participate in training & competition <u>Unified Partner:</u> (Class A) <u>Coach:</u> (Class A) <u>Chaperone/Training Site Vol:</u> (Class A) <u>General Volunteer:</u> (Class B)				EVENT ROSTER		EVENT REGISTRATION				RSD'S INTERNAL USE	
							Local or Invitational DEADLINE:	SOPA SOFTBALL CHAMPIONSHIP DEADLINE:	SOFTBALL - TEAM Select Type of team for each athlete & coach <u>TEAM NAME:</u> Each Team should have a unique name that begins with the County/School (i.e. Berks Lions, Delco Cats) EVENT REGISTRATION DEADLINE: XX/XX/XX	SOFTBALL INDIVIDUAL SKILLS Select Skill Level & Update all scores by EVENT REGISTRATION DEADLINE: XX/XX/XX	COACH CERTIFIED IN THIS SPORT?			
Participant Type: Athlete, Unified Partner, Head Coach, Assistant Coach, General Volunteer	FIRST NAME	LAST NAME	T-SHIRT SIZE	GENDER	DOB	AGE	Attending Local Event - MARK Role	Attending SG - MARK Role	Team Athletes & Coaches Select level	Team Name	Individual Skills Select Level	Individual Skills Total Score		
Athlete	Patrick	Bonilla-Garcia	Adult XL	Male	2/20/2008	17								
Athlete	John	Brzezicki	Youth Large	Male	2/4/2007	18								
Athlete	Danley	Mason	Adult XL	Female	9/18/2008	28								

Event Commitment and Role

Event – Sport specific Registration

Tracker (Tab 3) - SPORT Roster Tab: Event Commitment

EVENT ROSTER	
Local or Invitational DEADLINE:	SOPA SOFTBALL CHAMPIONSHIP DEADLINE:
Attending Local Event - MARK Role	Attending SG - MARK Role
<div> <div>Athlete</div> <div>Unified Partner</div> <div>Head Coach</div> <div>Assistant Coach</div> <div>Athlete Coach</div> <div>HOD</div> <div>Asst HOD</div> <div>1:1</div> <div>Chaperone/Training Site Volunteer</div> <div>Delegation Volunteer</div> <div>General Volunteer (not in 1:4)</div> <div>Young Athlete Chaperone</div> </div>	

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

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

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 (Tab 3)- SPORT Roster Tab: Event Registration

[illegible]

Tracker (Last tab) - APT Data Collection Form

A	C	D	E	G	H	I	J	K	L	M	N	O	P	Q	R	S			
						Key						6 Minute Run/Walk Key				BMI Key			
						Blood Pressure Key Normal Elevated High Blood Pressure (Hypertension) Stage 1 High Blood Pressure (Hypertension) Stage 2 Hypertensive Crisis				Very Good Good Average Advancing				Developing 1 Developing 2 Developing 3 Developing 4				Underweight Healthy Overweight 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									
										n/a									

- We HIGHLY encourage you to add Athlete Performance Training to your practice routine.
- This is a great way to help the athlete set personal Health and Fitness goals and improve their sport performance.
- Repeating the program allows athletes to see improvements season to season for those who have previously participated and helps maintain health and fitness habits.

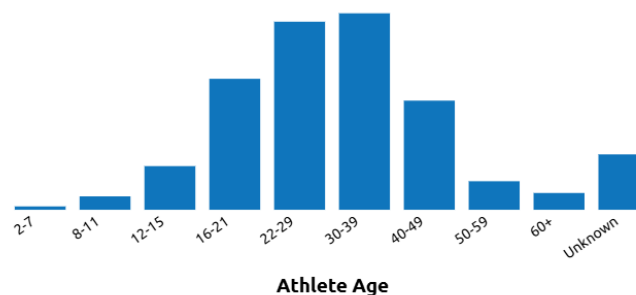
Athlete Performance Training

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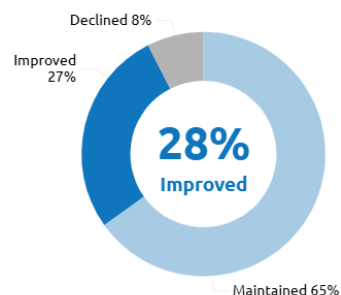


SOPA's Athlete Performance Training (APT) program has served nearly 600 athletes since Fall 2022!

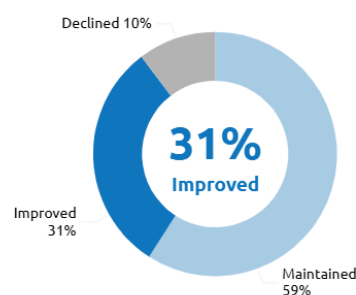
A majority of high-risk athletes maintained or improved their health status!



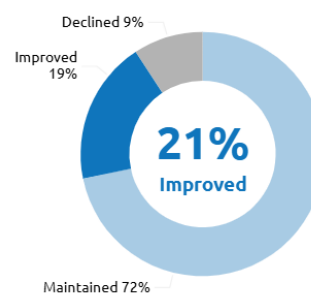
6-Minute Test



Blood Pressure



BMI



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

You can also visit:
<https://specialolympicspa.org/apt>



THREE-PEAT!! Manheim Township is your 2025 Unified Track & Field State Champion!

IT'S A THREE-PEAT!!! 🏆🏆🏆 Manheim Township School District wins back-to-back-to-back PIAA Unified Track & Field State Championships, becoming...

[READ MORE ...](#)

Calvin Trisolini



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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>

Build Training Plans



- SOI Coaching Guide:
 - Great resources for developing training plan, goal setting with athletes, warm-up drills, etc.
- Prepare prior to practice, share with Assistant Coaches and determine who will run each aspect of practice

Athlete as a Coach

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Athlete as a Coach: Empowering Our Athletes 🌟

Program Overview:

- Athletes can become certified coaches.
- Requires Coaches Training School attendance & practicum.

Getting Started:

- **Approval Needed:** Regional Sport Director approval required (with head coach feedback).
- **Request Form:** Access here: https://drive.google.com/file/d/1WZC14Ssl1IsilbBO_93WDmsaQq9-wmK3/view?usp=sharing
- **Registration:** RSDs register approved athletes (and support person) for training schools.
- *Note: Athletes should NOT self-register or create new volunteer profiles.*

Important Considerations:

- **Competing vs. Coaching:** Can coach one sport, compete in another (same season).
- **Playing during Training/Competition:** Yes, for demonstration in training; No, for competition.
- **Chaperone Role:** Not permitted; no background checks needed.
- **Ratio:** Part of the **4:2 ratio** (expected to manage themselves independently).
- **Required Trainings:** Complete General Orientation, Protective Behaviors, and Concussion trainings in online portal profile.
- *Assistance with portal profile:* portalsupport@specialolympicspa.org

Questions?

Contact: **Jordan Schubert.** Email: jschubert@specialolympicspa.org. Phone: 610-630-9450 ext. 236

Sportsmanship/ SOPA Code of Conduct

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- The [SOPA Code of Conduct](#) should be reviewed with all athletes and coaches at the beginning of the season.
- It is the Head Coaches job to ensure their coaches, team members and spectators are acting appropriately and managing the situation if someone is not acting in accordance with this Code of Conduct.
- The Regional Teams can support in working with athletes, coaches, families if issues arise.

Sportsmanship/ SOPA Code of Conduct - Teams

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The following should be read by officials to coaches/captains prior to each event

As a Special Olympics athlete and coach I will honor the SOPA Code of Conduct and show good sportsmanship to all athletes, coaches, officials, volunteers, spectators and SOPA staff. I understand that I am responsible for my actions and language at all times during this event. I will respect the decisions of officials and SOPA staff. I will play to my best ability and show good sportsmanship whether we win or lose.

Sportsmanship/SOPA Code of Conduct – PA Announcer

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SOPA Sportsmanship Read to be done over PA system at beginning of the day (following national anthem), before each session and/or several times throughout the day.

Special Olympics Pennsylvania and its constituents promote the highest ideals of good sportsmanship. Actions or language not in alignment with SOPA Code of Conduct or meant to demean participants, coaches, spectators, officials or SOPA staff will not be tolerated. Let today's competition reflect mutual respect. We request everyone's cooperation in supporting participants and officials in a positive manner. Offensive and unsportsmanlike language or conduct from anyone in attendance will not be tolerated and may serve as grounds for removal. Please respect our participants, coaches, officials, volunteers, and game administration with your cooperation to promote a safe, positive game environment. Thank you.

Safety & Preparedness: Key Reminders

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Emergency Action Plans:

- Know your facility's Emergency Action Plan (EAP).
- Familiarize yourself with evacuation routes.

Weather Awareness:

- Monitor local weather conditions (e.g., lightning, extreme heat/cold).
- Understand protocols for moving indoors or rescheduling due to weather.

Health & Hygiene:

- Encourage athletes and volunteers to stay home if sick.
- Promote good hygiene practices (handwashing, covering coughs).

Equipment & Facilities:

- Ensure all equipment is safe and in good working order.
- Report any facility hazards immediately.

Staying Current:

- Regularly review updated sport rules.
- Work with Assistant Coaches on seasonal plans and task assignments.

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.



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COMPETITIONS

Season Competition

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- We want start building out a season that is full of training and competition opportunities.
- We would love to see coaches taking initiative to work with other local SOPA teams to schedule meets
- You could set-up a dual or tri-meet with some local programs
- Don't over complicate it – work with running clubs, high schools, colleges to recruit officials and facility (if needed). Coaches can act as event starter.
- Try to find/create at least 1 additional competition for your team this year – that would be a great start!
- Be sure you are following the SOI/SOPA Rules

Hosting Competitions

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- Expectation of coach
 - Work with Regional Sport Director on planning
 - Secure facility/day-of set-up
 - Solicit teams
 - Communicate with teams attending
 - Work with facility/RSD to secure volunteers

- Expectation of Regional Team
 - Supply equipment (if necessary)
 - Set up GMS if needed
 - Ensure all athletes participating meet eligibility criteria

- Awards are NOT necessary

Fall Sectionals

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Central Fall Sectional:

- Juniata College

September 28



Western Fall Sectional:

- Slippery Rock University

September 28



Eastern Fall Sectional

- DeSales University

October 5



Fall Fest: Nov. 7 - 9

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Villanova University

Important Dates:

- Reg Info: Will be out by 9/12
- LOI: Due 10/03
- Final Allocations: 10/04
- Rosters: Due 10/07
- Google links sent: 10/09
- Registration: Due 10/16
- Scratch/Activation: Due 10/30



World Games 2027



Santiago, Chile

Santiago will welcome more than 6,000 Special Olympics athletes from over 170 nations to compete in 22 Olympic-type sports at Santiago's state-of-the-art competition venues

We don't have information or timelines for this event to date, but Fall Fest 2025 will likely be our qualifying event for these sports.



THANK YOU

A thick, hand-drawn orange line that spans the width of the text above it, positioned below the words "THANK YOU".