



THANK YOU



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POWERLIFTING

Pre-Season Webinar

July 31, 2025

Today's Agenda

- Powerlifting
- Pre-Season Reminders
- Training
- Fall Season Competitions
- Questions

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POWERLIFTING

Sport Management Team

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POWERLIFTING SPORT MANAGEMENT TEAM MEMBERS & REGION

Ron Lobb	Technical Director, Powerlifting Phone: 484-542-0432, Email: ronaldlobb@gmail.com
Joe Braca	Head Official and Technical Delegate for Fall Festival
Kylee Craig	Team Washington/Greene, Three Rivers Region
Lee Ditmar	Team Bucks, Greater Philadelphia Region
Corey Henning	Team Allegheny, Three Rivers Region
Glen Pfleeger	Team Northumberland/Snyder, Susquehanna Valley Region
Anne Phillips	Team Lancaster, Capital Area Region
Scott Smedley	Team Delaware, Greater Philadelphia Region
Sheron Smith	Team Adams, Capital Area Region
Erl Persson	Team Northampton, Greater Lehigh Valley Pocono Region
Tom Robinson	SOPA Representative

SOPA Website - Sports Offered Page

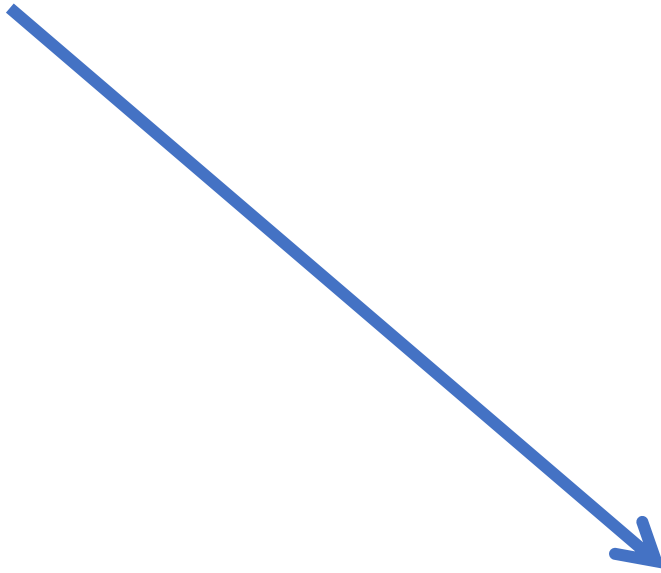
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Links to all the sport pages

[Sports Offered](#)

Video - How to's



Powerlifting

Powerlifting was introduced to Special Olympics in 1983. The training season is usually year round with a culminating event in November at Fall Festival - Villanova University.



2024 Powerlifting Preseason Coaches Meeting

[Meeting Recording](#)

[Meeting Slides](#)

Coaching Resources

- [Powerlifting Resources](#) – rules, coaching guides, fact sheets, etc.
- [Squat Assessment Checklist](#)
- [Pounds to Kg Conversion Chart](#)
- [Powerlifting – Bench Press, Squat and Deadlift](#)



Sports Essentials

Links to all the sport pages
[SOI Sports and Coaching](#)

Sports Essentials Include: Coaching Guides, warm up and cool down activities, and more.

SPORTS & COACHING

Powerlifting

- Coaching Guide 2022 (Online): English
- Coaching Guide 2022 (PDF): English
- FactSheet (PDF)
- Rules (PDF): 2024 • 2022
- Rules Changes (PDF): 2024 • 2022
- Warm-Up (PDF): English • Chinese • French
• Russian • Spanish
- Cool-Down (PDF): English • Chinese •
French • Russian • Spanish
- Warm-Up & Cool-Down Videos

Powerlifting Rules Book

Powerlifting Sport Rules

SOPA will be using the 2024 Rules.

2024 Rule changes & New Rules:

- Some uniform changes (sections 4.11, 4.12, 4.14, 4.17)
- Sections 6.9, 8.4.4, and 10.1.9 – info & reworded rules for handling problems that were no fault of the lifter

Causes for disqualification in Bench Press Section

- 5.6.3 During the set-up on the bench, the athlete is not allowed to place his/her feet on the bench.
- 5.6.7 Failure to lower the underside of both elbow joints level with or below the top surface of each respective shoulder joint.

2022 Rule change: use of updated IPF Weight Class Formula (<https://goodlift.info/public/gl-calc/gl-calc.html>) replaces the Wilkes Formula. We are planning to use new competition software this year, replacing Next Lifter.

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Powerlifting
Sport Rules

Special Olympics 

Training Reminders

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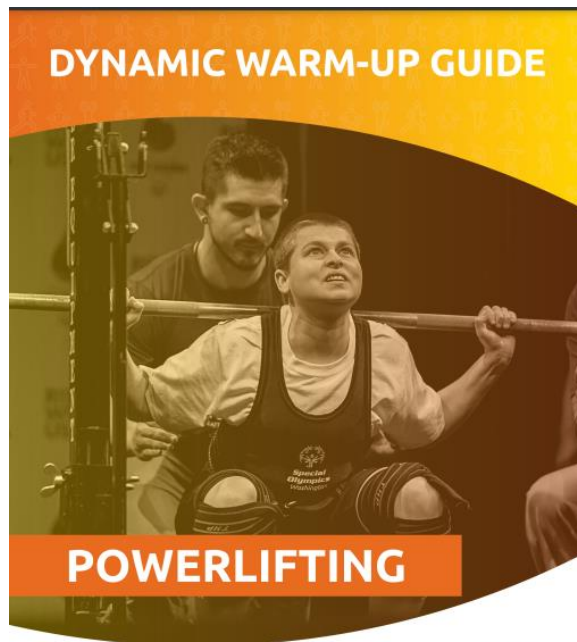
- Minimum age to compete is 14
- Ages 8 to 13
 - Teach proper form first – Then work on strength
- Use the proper commands in your training
 - Bench – "Bench", "Press", "Rack"
 - Dead Lift - "Down"
 - Squat – "Squat", "Rack"

Warm-ups and Cool Downs

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Warm-Up Guide



Cool Down Guide



Events Offered

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Three lifting events:

- Squat
- Bench Press
- Deadlift

Combination events:

- 2-lift combo (bench press & Deadlift)
- 3-lift combo (squat, bench press & Deadlift)
 - Note that combination events are totals of the results from the lifts; not separate lifting events.



Lifts

Each event has three attempted lifts.

- The standard is that all lifts are using kg weights.
- Weights must increase between lifts or may stay the same if the lift was unsuccessful.
- Minimum weight is bar with no collars - usually 20 kg; minimum weight for deadlift is 25 kg.
- Athletes have one minute after bar is loaded to start their lift.
- Coaches have one minute to submit the next lift weight after the athlete completes their first and second lift.

Attire Rules Section 4.11

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The non-supportive lifting suit must conform to the following specifications:

- The suit shall be one-piece and form fitting without any looseness when worn.
- The suit must be constructed entirely of fabric or synthetic textile material, such that no support is given to the lifter by the suit in the execution of any lift.
- The suit's material shall be of a single thickness, other than a second thickness of material of up to 12cm x 24cm allowed in the area of the crotch.
- There must be legs to the suit, extending a minimum of 3cm and a maximum of 25cm, from the top of the crotch down the inside of the leg, as measured when worn by the lifter in a standing position.



Attire (continued)

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A t-shirt must be worn under the lifting suit by all lifters in the Squat and Bench Press and the Deadlift.

- The t-shirt must conform to the following specifications:
 - The shirt must be constructed entirely of fabric or a synthetic textile and shall not consist, in whole or part, of any rubberized or similar stretch material, nor have any reinforced seams or pockets, buttons, zippers, other than a round neck collar.
 - The t-shirt must have sleeves.
 - Those sleeves must terminate below the lifters' deltoid and must not extend onto or below the lifter's elbow.
 - The sleeves may not be pushed or rolled up onto the deltoid when the lifter is competing.
- T-shirts may be plain or multicolored and have form fitting sleeves

Additional Attire

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Socks – Must cover shins but may not touch knee sleeves.

Briefs - standard commercial “athletic supporter” or briefs of any mixture of cotton, nylon, or polyester. Women may wear a commercial sports bra.

Sneakers/Lifting Boots – no hiking boots.

Belt – See regulations on page 12 and 13 of Rules Book.

Knee Sleeves - being cylinders of neoprene, may be worn only on the knees, sleeves cannot be worn or used on any part of the body other than the knees.

Wraps - Wrist wraps shall not exceed 1m in length and 8cm in width. Standard Commercial sweat bands are legal. For more information see page 14 of Rules Book.

Medical Tape – 2 layers around the thumb is allowed.

Divisioning

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- Divisioning is how athletes are grouped to be awarded.
- The divisioning process is defined in the Powerlifting Sports Rules Section 3, and in Special Olympics Rules, Article 1:
 1. Athletes placed in divisions by gender, weight class, age and ability.
 2. Divisions within the same weight class, gender and age should be based on opening attempts, which should be based on a previous competition.
 3. If fewer than three athletes in a division, athletes are combined by age groups and/or weight classes to create divisions with 3 to 8 participants.
 4. The IPF factor is applied to divisions with more than one weight class.



Safety Spotters

Three spotters are required for lifts:

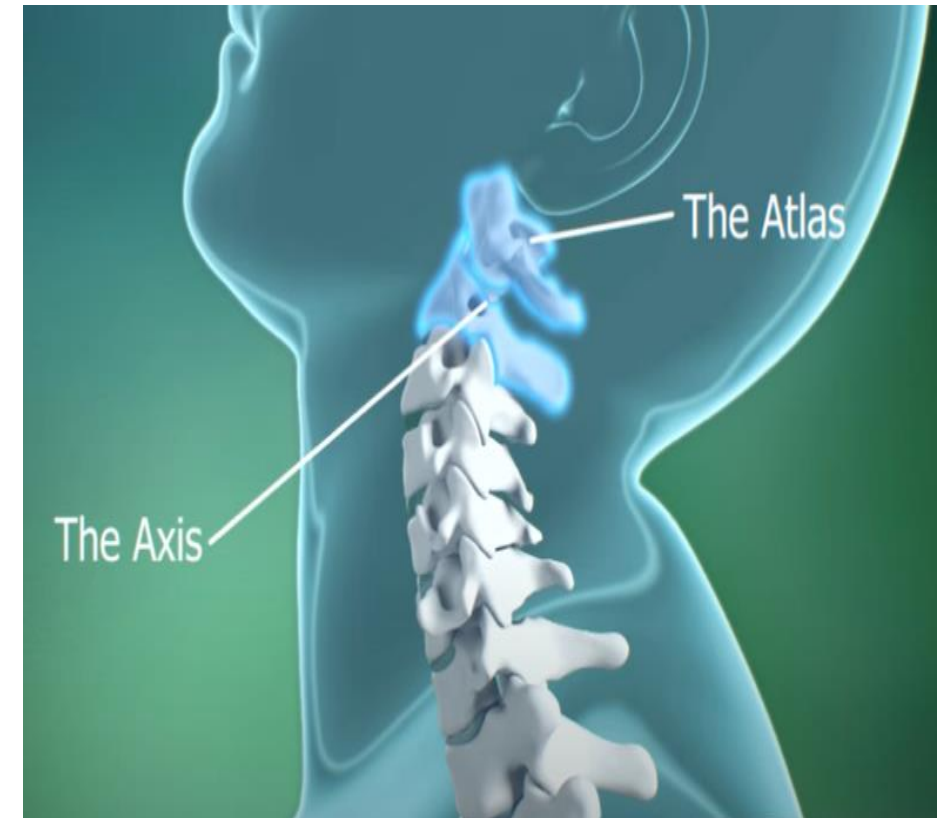
- one in back, responsible only for the lifter
- two on either side responsible only for the weights



Atlantoaxial Instability (AAI)

An athlete with Down syndrome who has been diagnosed with Atlantoaxial Instability may not participate in the **squat lift** in powerlifting. For additional information and the procedure for waiver of this restriction, please refer to [General Rules Article 2, Section 2.02H](#).

Atlantoaxial instability (AAI) is characterized by excessive movement at the junction between the atlas (C1) and axis (C2) as a result of either a bony or a ligamentous abnormality.





Squat Assessments

Due to the degree of danger, and safety of the athlete competing in the squat event, all athletes must pass this assessment checklist to demonstrate their proficiency in the squat lift.

Athletes must demonstrate proficiency in the lift utilizing all the mechanics on this assessment checklist in order to compete in the Squat lift at Sectional and State Competitions.

Link: [Powerlifting Squat Assessment](#)

Special Olympics PA Powerlifting Squat Assessment Checklist



Athlete Name _____ Delegation: _____

Background Because of the degree of danger, and safety of the athlete competing in the squat event, all athletes must pass this assessment checklist to demonstrate and then further compete in the squat lift in Special Olympics Pennsylvania sanctioned powerlifting meets (sectional events and Fall Festival). Assessments will be done at sectionals and at Fall Festival for anyone not in attendance at sectionals. Athletes must demonstrate proficiency in the lift utilizing all of the mechanics on this assessment checklist

Preparation Phase

1. Athlete approaches the bar, grasps the bar with an overhand grip wider than the shoulders with a closed grip.
2. Athlete ducks under the bar centering the bar on the midline of their back.
3. The bar is positioned on the athletes at the mass of the back no more than 1.5 inches below the top of the shoulders with the hands positioned as close to the shoulders as your chest and shoulder flexibility will allow. In some cases (i.e. Down syndrome athletes) where the assessor feels as though there is an undue amount of stress on the shoulders capsule, this may be cause for temporary disqualification.
4. The athlete uses the hands to press the bar against the back, and not to support the weight.
5. Elbows pulled back and lifted up.
6. Head is straight up and you should be able to make direct streamline eye contact with the assessor.
7. Chest is out.
8. Feet are flat spaced slightly wider than the shoulders.
9. Toes turned out 15-30 degrees out from center.
10. Athlete can isometrically contract stomach in this position (tighten abs).
11. Before the descent, knees should be locked in position.

Descent Phase

1. Athlete descends with buttocks back as to simulate sitting on a bench
2. Athletes head does not drop
3. Athletes should be able to continue to make streamline eye contact through the entire squat descent motion. The body must not forward lean. Excessive forward lean is considered that which is 30 degrees or more.
4. The descent is slow and controlled. There is no double bouncing.
5. The knees do not move beyond the toes during the descent
6. The athlete can achieve the full depth of the squat. This means that the hip flexor joint is lower than the knee joint. Be careful on how you judge those with big quadriceps muscle mass as this may be deceiving. You are looking for the hip joint itself to be lower than the knee joint.
7. The weight should stay born over the midline of the body supported more from the heel than the toes.

Ascent Phase

1. After achieving the full squat depth position, the athlete starts the acceleration phase from the bottom of the lift using the quadriceps extension first.
2. There is no double bouncing to recover and ascend with the bar.
3. The athlete's abdominal muscles will be firm against the belt during the ascent of the lift.
4. The athlete does not hold breath during the ascent of the lift.
5. Feet stay flat on the floor during the entire lift and do not change position.
6. Athletes come to a full lockout position with knees fully locked, hips not rounded, back straight and making full streamline eye contact with the assessor judge.



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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

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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>

- Or join by phone:** Dial +1 309 205 3325 (Meeting ID: 817 9187 7620)

Upcoming Dates:

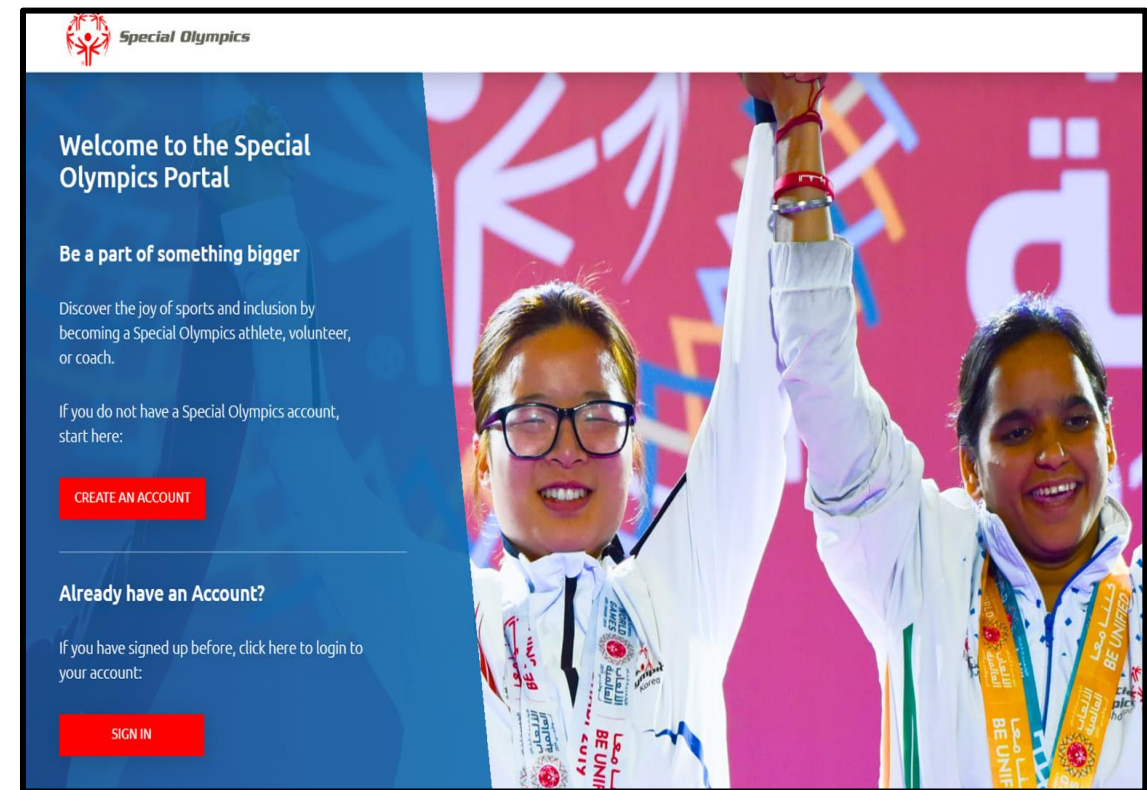
- August 27th
- September 24th
- October 22nd
- November 26th

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 by email 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

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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.


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

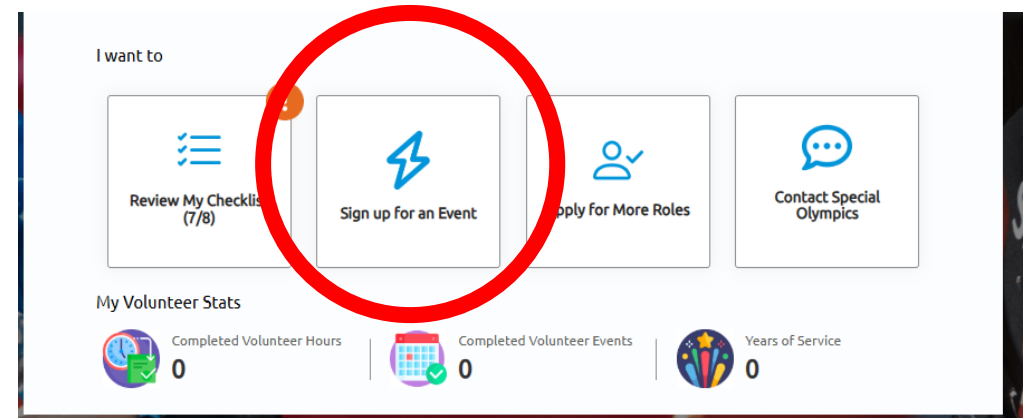


- **Coach Zone: Your Team Management Hub** 
- **Access: Available to Head Coaches (and some key volunteers).**
- **Features:**
 - View team member **eligibility status**.
 - Access **athlete Health History forms**.
- **Optional Resource:** You are **not required** to use it.
 - We still provide **eligibility 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



- From Portal home screen - Sign up for event – Training School Registration
- 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.

APT Tracker

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 SO Softball Championship
					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 #		REQUIRED Missing or Expired Items	DEADLINE:	DEADLINE:	
												(Mark with X)	(Mark with X)	
		Athlete	Patrick	Bonilla-Garcia	Male	2/20/2008	17	drbrjg@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	Team Athletes & Coaches Select level	Team Name		Individual Skills Select Level
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						COACH CERTIFIED IN THIS SPORT?
Athlete	Patrick	Bonilla-Garcia	Adult XL	Male	2/20/2008	17								
Athlete	John	Brzezicki	Youth Large	Male	2/4/2007	18								
Athlete	Donny	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.

Event Registration

[illegible]

Make sure the Weights are updated in this document by:
REGISTRATION DEADLINE:

FALL FESTIVAL (XX/ XX)

Bench - Personal Best	Squat - Starting Weight in KG	Squat - Personal Best	Participating in Combined Event
			Yes

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.

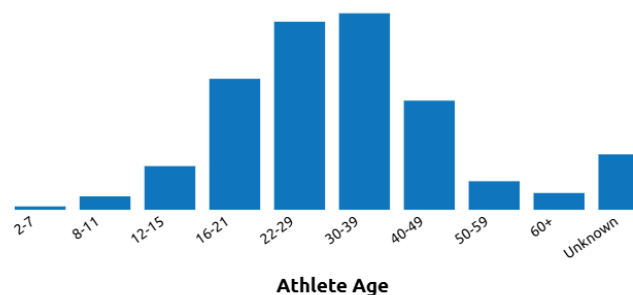
Athlete Performance Training

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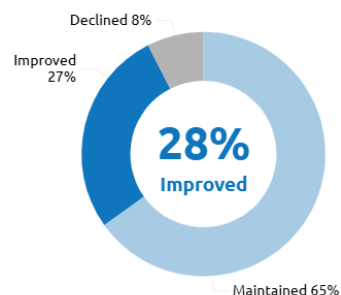


SOPA's Athlete Performance Training (APT) program has served nearly 600 athletes since Fall 2022!

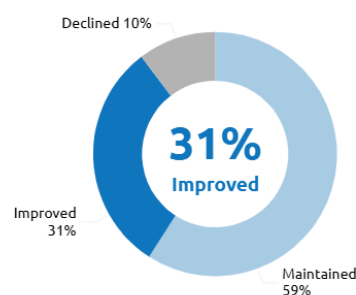
A majority of high-risk athletes maintained or improved their health status!



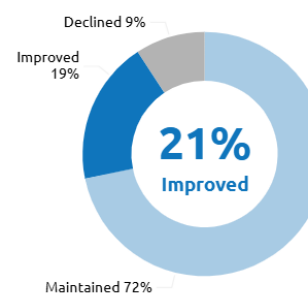
6-Minute Test



Blood Pressure



BMI



If you are looking to participate or learn more, please reach out to [Calvin Trisolini, Research Operations Manager](mailto:Calvin.Trisolini@specialolympicspa.org), 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.

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.

COMPETITIONS



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".