



**Special
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Pennsylvania



VOLLEYBALL

Pre-Season Webinar

July 22, 2025

Today's Agenda

- Volleyball
- Pre-Season Reminders
- Tracker
- Athlete Performance Training
- Fall Season Competitions
- New Portal
- Questions

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VOLLEYBALL

Sport Management Team

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[John Klenzing](#)
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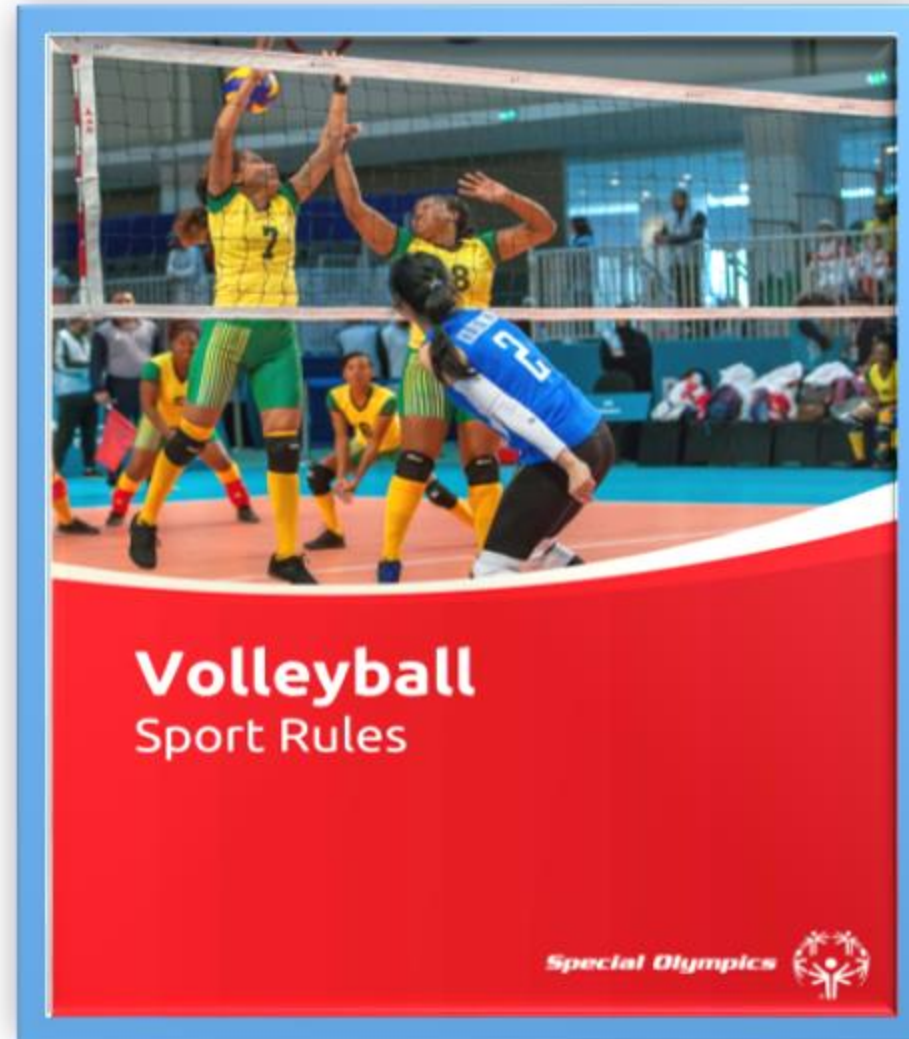


Volleyball Rules Book

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Volleyball Sport Rules



SOPA Website - Sports Offered Page

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

2023 Volleyball Preseason Coaches Meeting

Wednesday, July 19, 2023 @ 07:00 PM

Register in advance for this meeting: [Volleyball Preseason Coaches Meeting](#)

Coaching Resources

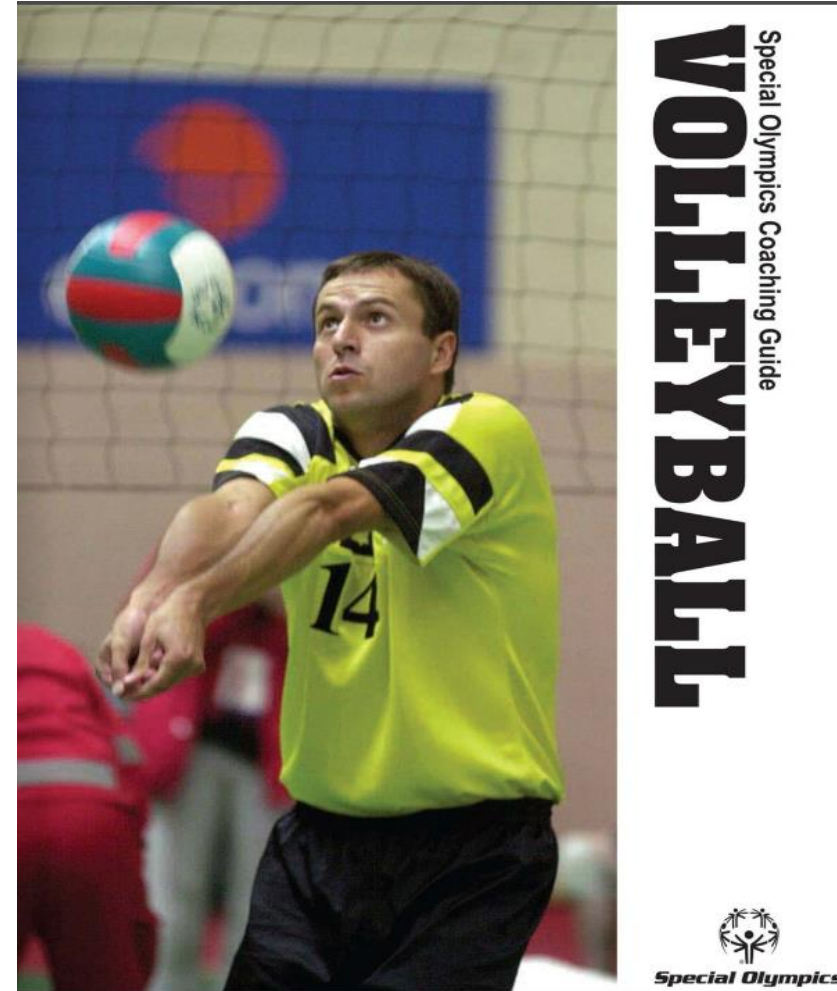
- [Volleyball Team Competency Rating Form](#)
- [Volleyball Resources](#) – rules, coaching guides, fact sheets, etc.
- [Everybody Plays](#)
- [Volleyball – Game 1 & 2 Scoresheet](#)
- [Volleyball – Prelims Scoresheet](#)
- [Volleyball – Starting Lineup Sheet](#)
- [Volleyball – Team Lineup Card](#)
- [Volleyball – Individual Skills Finals](#)
- [Volleyball Individual Skills Card](#)

Coaching Guide

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[Volleyball Coaching Guide](#)



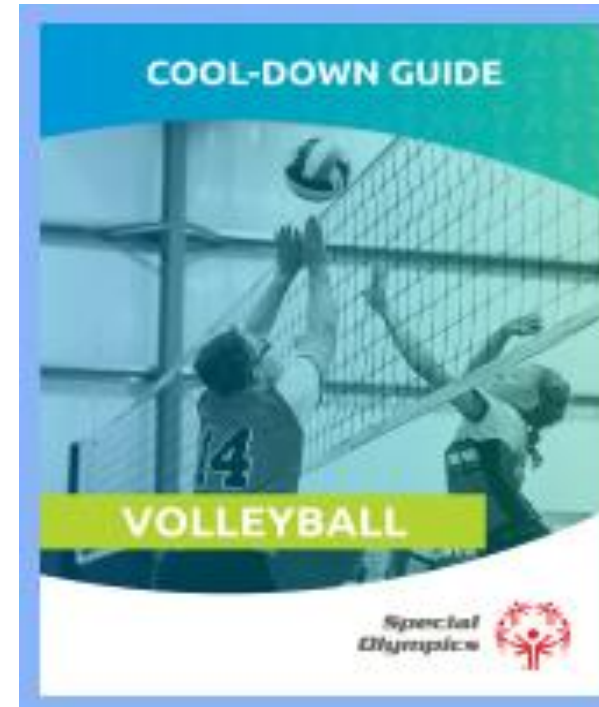
Warm-ups and Cool Downs

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[Warm-Up and Cool-Down Videos](#)

[Cool Down Guide](#)



Attire

- Jersey
 - Numbered 1-99
 - Numbers on back and chest
- Shorts – must match jersey
- Socks – should match the uniform
- Sneakers
- Knee Pads - Recommended
- Arm sleeves – If worn, NO padding
 - Color – must match uniform or they can be either black or white.
- No Gloves may be worn.

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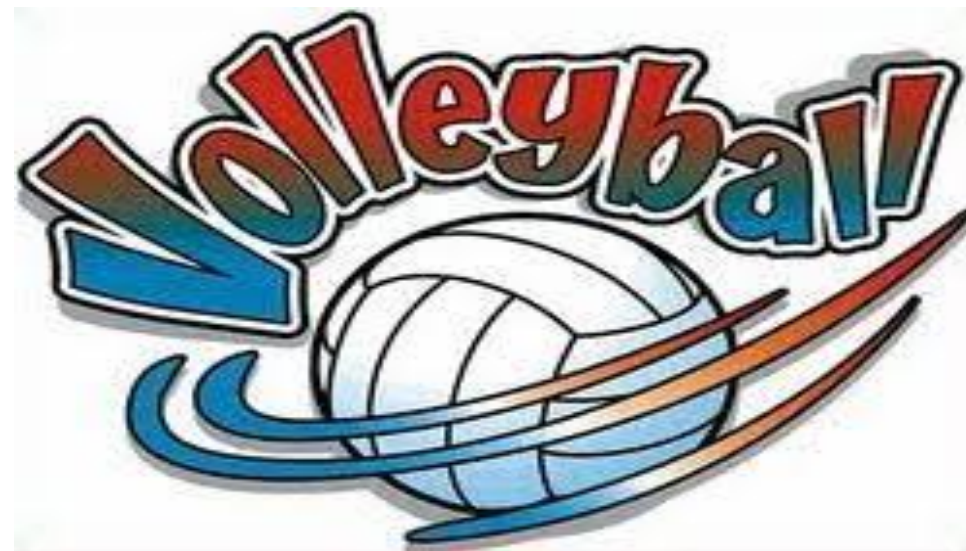


Events Offered

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- Individual Skills
- Unified Sports Player Development
- Team



Individual Skills

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- Overhead Passing
- Serving
 - **NO modified serve line is used**
- Passing (Forearm Passing)

- Athletes must be dressed like your team members
- Individual skills athlete may not sit on the team bench.



Volleyball Reminders

(For Player Development & Traditional)

1. **Height of the Net** - Male and Mixed Gender competition: 2.43 meters (7 ft, 11 5/8 in)
2. **Service Line** - The service line may be moved closer to the net, but no closer than 4.5 meters (14 ft, 9 in).
3. **Time outs** - Each team may call two per set (game)
4. **Rally Scoring method** which means that each time a ball is put in play a point is awarded.
5. **A match** can consist of 3 sets (games). Best of 3 wins the match.
6. **Modified Serve** – Testing will be done at Sectionals. Athletes will not be retested at Fall Festival. Only those who were not tested at Sectional will be permitted to be tested at Fall Festival.



Bench Coaching

- A coach is permitted to get up from the bench and move around if the coach is not affecting the progress of the game.
- **Coaching from behind the end line or the sideline opposite the bench is NOT PERMITTED!**
- A coach is permitted to assist the athlete to move in position for substitutions.
- A coach is permitted to make a request for substitution.
- This request will be recognized by the referee even if the player has not yet entered the substitution zone.

Everybody Plays

- Everyone on the roster must play in each game and prelims



Everybody Plays

Article 1.03F of the Special Olympics General Rules States:

- *Special Olympics celebrates and strives to promote the spirit of sportsmanship and a love of participation in sports for its own sake. To that end, Special Olympics aims to provide every athlete with an opportunity to participate in training and competition events which challenge that athlete to his or her fullest potential, regardless of the athlete's level of ability. Special Olympics therefore requires that Special Olympics Games and Tournaments offer sports and events which are appropriate for athletes of all levels of ability, and in the case of team sports, provide every athlete with an opportunity to play in every game.*
- Special Olympics Pennsylvania supports Article 1.03F as the guiding principle for participation of athletes registered as members of a team for competition at any SOPA Sectional or State Competition. As such, each athlete on a team roster must be given an opportunity to play in every game for which their team is scheduled. Special Olympics Pennsylvania will not dictate the amount of time that each athlete must play during a game, but the goal is to provide a meaningful competition experience for every athlete on every team.
- The only exceptions to this requirement will be in cases of illness or injury, where an athlete is not physically able to play, or behavioral issues, where a coach chooses not to play an athlete in order to address inappropriate behaviors. In situations where an athlete will not be playing due to illness or injury or behavior issues, the athlete shall not dress in their competition uniform for the game and if appropriate supervision is available, will not be seated on the bench with the team for that game.
- If the illness or injury or the behavior issue is such that an incident report or misconduct report is completed this report should be provided to the programs HOD who should then forward to the Program Manager and if appropriate, a representative of the Games Organizing Committee (GOC) or a SOPA staff person. The coach should also be prepared to provide an explanation to the GOC or SOPA staff, if requested, as to the reason why an athlete is not dressed and playing in a particular game. As a reminder, athletes who do not participate in preliminary games may not participate in pool play or medal round games.

At Events:

- Teams must complete lineup cards, with numbers & names
- Bottom of the card – those who are not playing and why
- Scorekeeper will check the players as they enter the game
- Code of conduct will be filed on the coach if all players are not played

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Player Development Team Members

- **Team Min and Max**

- Minimum: 5 athletes and 2 Unified partner/coach (***We highly recommend 3***)
 - If a UP gets injured or isn't able to attend an event the team would need to play 1 person short – the UP would not be replaced with an athlete. (*5 people on the court*)
- Maximum: 6 athletes and 4 Unified Partner Coach

- **Starting line-up**

- 4 Athletes
- 2 Unified Partner/Coach



Role of Unified Partner/Coach

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A Unified partner **MAY NOT** do the following:

- Serve
- Block
- If the ball goes over the net, it is a side-out
- Favor one athlete

Unified partners **CAN**:

- Set, Bump
- Provide continual on-court instruction to their athlete teammates with verbal, visual, and physical cues. These include where to position themselves on the court, how to execute a skill, and overall game tactics

Partner/Coach will wear the opposite color jersey from the athletes.

This will allow the official to know who is who to make the correct calls.

Role of a Unified Partner/Coach

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Most Important Rule:

A Unified Partner/Coach may only hit the ball over the net if it has been touched by an athlete first.





Role of the Coach

- Recruit Coaches, Partners & Identify Athletes
- Organize practices
- Manage SOPA required paperwork
- Teach the athletes the skills
- Tactical understanding of the game
- Teach the partners how to coach the athletes on the court
- Assess the athletes on how they learn – visually, verbally or physical cues



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Player Development

For more information on Unified
Sports Player Development contact:

Michelle Boone

Traditional Volleyball Roster Size

- Minimum 6
- Maximum 10



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Rotation

- Rotation takes place when a team receiving the ball earns a point.
- The players rotate clockwise and attempts to maintain the serve.
- The receiving team does not rotate until they regain the serve.
- When creating your starting line-up sheet, always prepare two!
- The first is if you are serving
 - Make sure of the # your first server is in box I
- Be sure to make up Line-up cards for Sets 1 & 2

SET 1 LINE-UP SHEET			LIBERO Nº
TEAM			
IV	III	II	
V	VI	I	
			SERVICE
			COACH SIGNATURE

 USA Volleyball

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 Sign-up	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 WILL BE EMAILED TOMORROW**

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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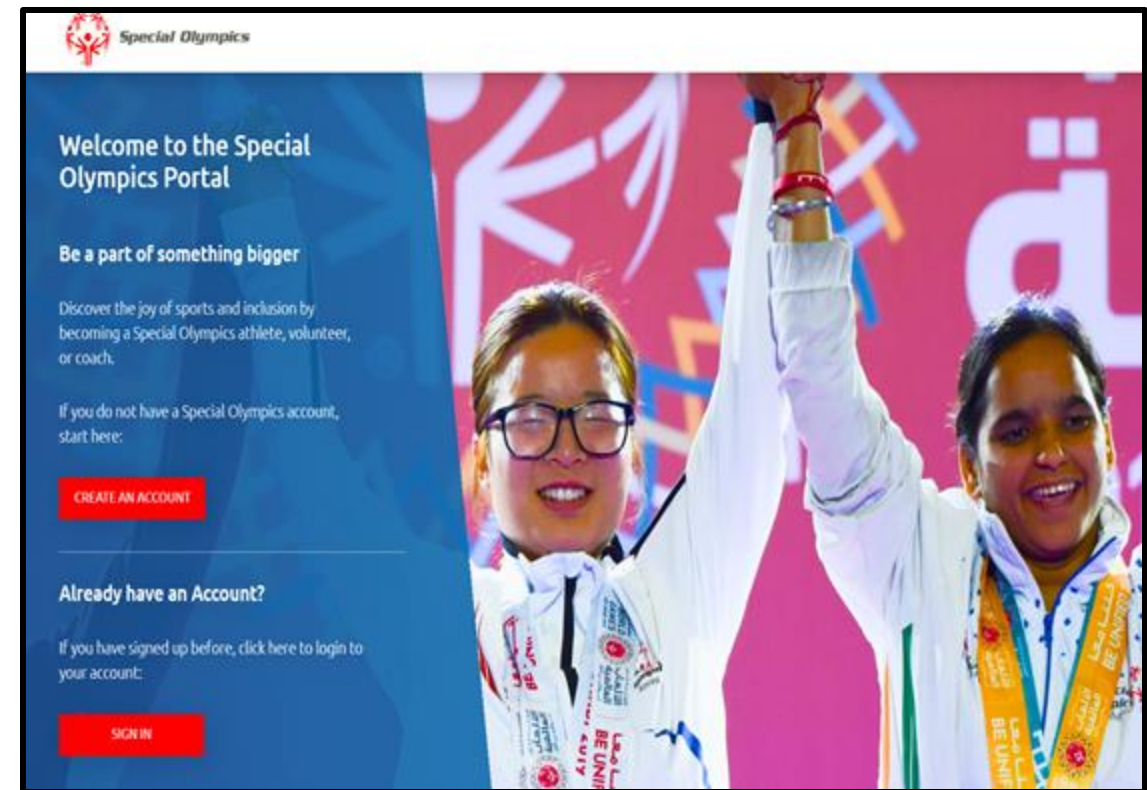


- **Volunteer Guidebook:** Access detailed information on sports seasons, competitions, regions, and contacts at: specialolympicspa.org/images/2023/registration/special-olympics-pennsylvania-volunteer-guidebook-5.2.23.pdf
 - **Monthly Info Sessions:** Learn about volunteering with Special Olympics Pennsylvania 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.

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>⌵</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

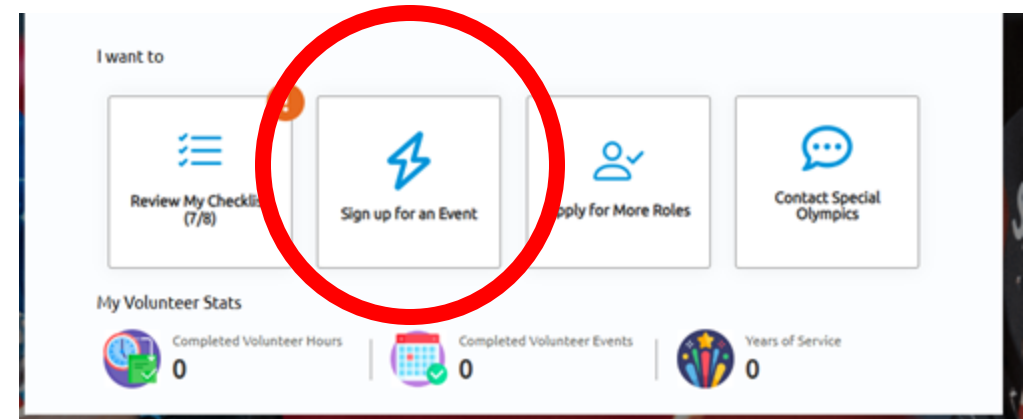


- **Coach Zone: Your Team Management Hub** 📊
- **Access:** Available to Head Coaches (and some key volunteers).
- **Features:**
 - View team member **eligibility status**.
 - Access **athlete Health History forms**.
- **Optional Resource:** You are **not required** to use it.
 - We still provide **eligibility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

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	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 compacity 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		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:		BC - Background Clearances		Interest in Attending Local/Invitational		Interested in Attending SOPA Softball Championship		
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: 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)						GREEN - Eligible to participate and all requirements have been met. YELLOW - Expiring Requirements (See Column J) These item(s) must be renewed		GO - General Orientation PB - Protective Behavior CT - Concussion Training Expired Medical Form		REQUIRED Missing or Expired Items		DEADLINE: (Mark with X)		DEADLINE: (Mark with X)	
		PARTICIPANT TYPE	FIRST NAME	LAST NAME	GENDER	DOB	AGE	EMAIL	PHONE #	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										
		Athlete	Patrick	Bonilla-Garcia	Male	2/20/2008	17	drbrjg@gmail.com	215-802-8336	Eligible - Can Participate										
		Athlete	John	Brzezioki	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/						
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: GREEN - Eligible to participate and all requirements have been met. YELLOW - Expiring Requirements (See Column L) These item(s) must be renewed</p>	<p><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></p>
<p>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 L) ORANGE = General Vol CANNOT supervise athletes within 1:4</p>	<p>REQUIRED Missing or Expired Items</p>
<p>Eligible - Can Participate</p>	<p></p>

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

EVENT ROSTER		
LOCAL/ INVITATIONAL	EASTERN SECTIONAL	FALL FESTIVAL
DEADLINE:	DEADLINE:	DEADLINE:
Attending Local/ Invitational Event - MARK Role	Attending SECTIONAL - MARK Role	Attending FALL FESTIVAL - MARK Role



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

- LOIs will be collected in the same way these always have, this is just a place for you to keep track of who is interested in attending events.
- LOI request will come from your Regional team or Program Leadership

Tracker (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/

YES
NO

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 with event, team name, skill score. Each athlete may only be entered in 1 event. (Team or Ind Skills)			PARTICIPANT TYPE EXPLAINED <u>Athlete:</u> Health History & Release Form must be on file in their portal in order to participate <u>Unified Partner:</u> (Class A) <u>Coach:</u> (Class A) <u>Team Volunteer:</u> (Class A) <u>General Volunteer:</u> (Class B)			EVENT ROSTER			EVENT REGISTRATION			
						LOCAL/ INVITATIONAL DEADLINE:	EASTERN SECTIONAL DEADLINE:	FALL FESTIVAL DEADLINE:	VOLLEYBALL - TEAM Select Type of team for each athlete & coach TEAM NAME: Each Team should have a unique name that begins with the County/School (i.e. Berks Lions, Delco Cats) EVENT REGISTRATION DEADLINE: SECTIONAL (XX / XX) FALL FESTIVAL (XX / XX)		VOLLEYBALL INDIVIDUAL SKILLS Select Skill Level & Update all scores by EVENT REGISTRATION DEADLINE: SECTIONAL (XX / XX) FALL FESTIVAL (XX / XX)	
PARTICIPANT TYPE <i>Athlete, Unified Partner, Coach, Team Volunteer or General Volunteer</i>	FIRST NAME	LAST NAME	GENDER	DOB	AGE	Attending Local/ Invitational Event - MARK Role	Attending SECTIONAL - MARK Role	Attending FALL FESTIVAL - MARK Role	Athletes & Coaches TEAM ONLY Select level	Team Name	Individual Skills Select Level	Individual Skills Total Score

Event Commitment and Role

Event – Sport specific Registration

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

EVENT ROSTER		
LOCAL/ INVITATIONAL	EASTERN SECTIONAL	FALL FESTIVAL
DEADLINE:	DEADLINE:	DEADLINE:
Attending Local/ Invitational Event - MARK Role	Attending SECTIONAL - MARK Role	Attending FALL FESTIVAL - MARK Role
<input type="text"/>	<input type="text"/>	<input type="text"/>
Athlete	<input type="text"/>	<input type="text"/>
Unified Partner	<input type="text"/>	<input type="text"/>
Head Coach	<input type="text"/>	<input type="text"/>
Assistant Coach	<input type="text"/>	<input type="text"/>
Athlete Coach	<input type="text"/>	<input type="text"/>
HOD	<input type="text"/>	<input type="text"/>
Asst HOD	<input type="text"/>	<input type="text"/>
1:1	<input type="text"/>	<input type="text"/>
Delegation Volunteer	<input type="text"/>	<input type="text"/>
Young Athlete Chaperone	<input type="text"/>	<input type="text"/>
Team Volunteer	<input type="text"/>	<input type="text"/>

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

EVENT ROSTER		
LOCAL/ INVITATIONAL	EASTERN SECTIONAL	FALL FESTIVAL
DEADLINE:	DEADLINE:	DEADLINE:
Attending Local/ Invitational Event - MARK Role	Attending SECTIONAL - MARK Role	Attending FALL FESTIVAL - MARK Role
<input type="text"/>	Athlete	<input type="text"/>
<input type="text"/>	Athlete	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>

EVENT ROSTER		
LOCAL/ INVITATIONAL	EASTERN SECTIONAL	FALL FESTIVAL
DEADLINE:	DEADLINE:	DEADLINE:
Attending Local/ Invitational Event - MARK Role	Attending SECTIONAL - MARK Role	Attending FALL FESTIVAL - MARK Role
<input type="text"/>	Athlete	<input type="text"/>
<input type="text"/>	Athlete	<input type="text"/>
<input type="text"/>	Athlete	<input type="text"/>
<input type="text"/>	Athlete	<input type="text"/>
<input type="text"/>	Athlete	<input type="text"/>
<input type="text"/>	Athlete	<input type="text"/>
<input type="text"/>	Athlete	<input type="text"/>

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 4)- Team SPORT Rating Form Tab

- DUE with REGISTRATION

VOLLEYBALL - TEAM RATING FORM

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

DELEGATION:

HEAD COACH:

CELL PHONE:

EMAIL:

TEAM NAME:

TEAM UNIFORM COLORS:

(Use drop down) EVENT TYPE:

(Use drop down) Team Age Group:

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

Make sure to complete top section

Please list all Team Players and their Jersey #'s ---->

START WITH YOUR TOP 5 PLAYERS!

(Your best player in #1, second best player in #2 etc.)

	Players First & Last Name	A - Athlete UP - Partner	Jersey #		Players First & Last Name	A - Athlete UP - Partner	Jersey #		ALTERNATES	A - Athlete UP - Partner	Jersey #
									ALT 1		
									ALT 2		
									ALT 3		
									ALT 4		
									ALT 5		

TEAM RATING FORM COMPLETION DEADLINE:

CFS -
WFS -
EFS -

Please note sections below that will ask a series of sport-specific competency questions for each player on the team. The objective is for the evaluator to provide a point value rating for each of the players on the team based upon the listed competency. For some competencies, a player may not exactly meet the competency and/or be rated in between two competencies; therefore, please indicate the competency rating that would most closely be aligned to the player. **You MUST enter your player's First and Last Name Initials in the boxes below the point value that most closely matches their skill competency.** DO NOT USE X's

Team Level

Level 1 - Novice

Level 2 - Intermediate

Level 3 - Advanced

Player Competency Point Values

1

2

3

4

5

Serving

Difficulty contacting ball/controlling ball direction; has to serve underhand legally to get ball over net

Legally serves underhand to consistently get ball over net; better ball control direction; may attempt overhand serve

Frequently serves legally underhand with ball control/direction; capable of overhand serve with some ball control/contact

Consistently serves overhand over the net with ball control/some direction; some speed on serve

Consistently serves overhand with ball control and into designated areas of the court; can vary speed of serve

Passing/Setting

Difficulty completing a forearm pass to a teammate; often unable to control direction of pass; rarely sets

Only completes passes that come directly to him/her; infrequently controls direction of pass; attempts to set teammates

Frequently completes passes received in general area of his/her position with moderate control; occasionally sets teammates and understands rotations

Chooses best pass (overhead/set/forearm) for the situation; regularly completes passes with good directional control; good understanding of rotations

Completes passes accurately with excellent control/direction; capable of controlling offense with passing/setting; thorough understanding of rotations

petency - Serving, Passing, Hitting

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.
- 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.

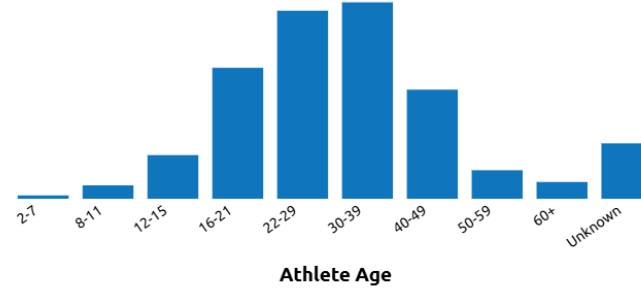


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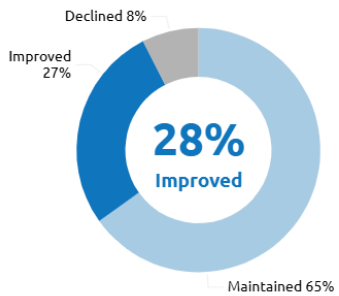
SOPA's Athlete Performance Training (APT) program has served nearly 600 athletes since Fall 2022!

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

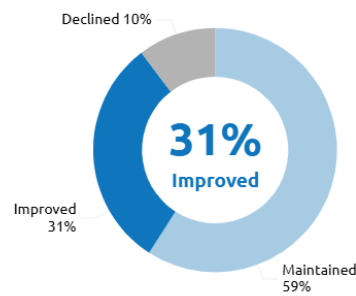


If you are looking to participate or learn more, please reach out to [Calvin Trisolini, Research Operations Manager](#), 610-630-9450 ext. 221.

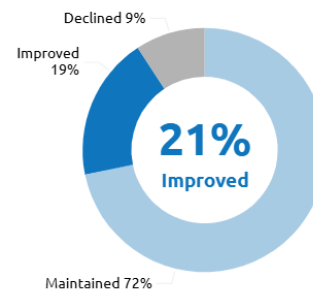
6-Minute Test



Blood Pressure



BMI



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



DONATE NOW!



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

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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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

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.



FALL SEASON COMPETITIONS

Fall Sectionals

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



THANK YOU

