



## *Abel and Ready for Anything*

*Jacki Abel, Butler County Athlete Representative and Global Messenger*



My name is Jacki Abel and I'm from Butler County. 17 years ago, someone came to my house and told me about a sports organization where athletes of all ages and abilities could participate in a variety of sports throughout the year. I was so amazed with how many sports Butler County's Special Olympics program has to offer, I wanted to try as many as I could. In the last 17 years, I've competed in basketball, soccer, volleyball, tennis and floor hockey. Out of all of those sports, I'd have to say basketball is my favorite because it was the first one I played and I've always enjoyed the teamwork aspect of it.

While I'm proud of all my sports accomplishments, if I had to pick one that I was especially proud of, I'd have to say it was my first gold medal in basketball at the 2010

Summer Games. Not only was it my first gold medal, it was also the first gold medal a basketball team from Butler had won at Summer Games in many years. What made that moment even more special was having my mom as my coach creating an unforgettable family moment.

Outside of sports, I've taken trainings and made the most of the opportunities to set a positive example for my peers and raise greater awareness of Special Olympics within my community. In 2012, I got trained as a Global Messenger where I learned how to tell my Special Olympics story to several different audiences. Shortly after that, I also got trained as an Athlete Representative where I learned about the structure of my Local Program and how to address issues that may arise during and outside of sports training and competition. Some of my favorite moments as an Athlete Leader were getting to share my Special Olympics story with former wrestler, Kurt Angle and former Pirates Manager, Clint Hurdle. However, my absolute favorite, which I'd say is my favorite non-sports Special Olympics memory, was being able to teach introductory Global Messenger training. It felt great getting to share my knowledge and skills with the next class of Global Messengers. What I enjoyed even more about that experience was making even more friends. Like every other Global Messenger, I'd love for the opportunity to speak in front of a large crowd, like at Summer Games, Indoor Winter Games or Fall Festival. I plan to keep working to better myself as a public speaker so that one day, this can happen!

In the last 17 years, I've developed a lot more confidence in myself and have come out of my shell. I look forward to continuing to work hard so that I can accomplish my next set of goals inside and outside of competition!

*Jacki Abel is an Athlete Representative and Global Messenger from Butler County and has been participating in Special Olympics for 17 years. Jacki is also a proud 2013 graduate of Butler County Community College with an associate's degree in hospitality management.*

## *More Than a Game*

### *Donald Haffelfinger, Delaware County Athlete Representative and Global Messenger*



My name is Donald Haffelfinger and I'm from Delaware County. I've been participating in Special Olympics for over 25 years! The first year I started participating, my soccer team got selected to compete at the 1995 World Games in Connecticut where we wound up winning the gold medal. You could say it was beginners luck, however, four years later, my team got to World Games again as we got to go to North Carolina. Even though we didn't win gold there, it was just as great an experience getting to meet athletes from around the world. While I got to experience a lot of early success in soccer, I've also won several medals and ribbons in basketball, roller skating, track, floor hockey, tennis and swimming.

With all the success I had in sports, I quickly found out that there were even more opportunities for me to excel in Special Olympics beyond the playing field. In 2000, I found out that there was an opportunity to get trained in public speaking and give back to the organization that has given me so much.

Shortly after I became a Global Messenger, I attended other Athlete Leadership trainings where I got to serve on the Management Team and Athlete Leadership Team. My Athlete Leadership experience has not only allowed me the opportunity to share my stories with other people, but it has allowed Delaware County to raise more money, recruit more athletes and volunteers. I had the honor of representing Delaware County at the very first Athlete Congress in 2012 where we voted on how we could increase the quality and quantity of Athlete Leadership opportunities at the State Level, as well as have athletes serving in meaningful roles both on staff and the Board of Directors. During that Athlete Congress, we elected one of our peers to become the first athlete selected seat on the Board of Directors, which has evolved to also become the Chair of the Regional Input Council following the 2014 Athlete Congress.

In 2015, I found out that my soccer team would be shadowed by a Villanova student throughout the season from the first practice until the end of Fall Festival. He made a documentary to show other Villanova students what we had to go through the entire season and that we trained as hard as any other college or professional athlete to compete at our very best. The film also gave a glimpse into the personal lives of me and my teammates to show how people with intellectual disabilities can be productive members to society outside of Special Olympics. A year later, the film was presented at a banquet at Villanova and even though we didn't win gold that year, it was special to re-live the entire season and see the great relationships each athlete and coach had with each other. While soccer was my favorite sport, it did slowly start taking a toll on my body.

Following Fall Fest in 2017, I was debating if I wanted to continue playing soccer again the following year. In March, 2018, I was asked to speak at an inclusion event at the Havertown YMCA. My friend Jordan Schubert, Special Olympics Pennsylvania's Manager of Athlete Leadership & Young Athletes, asked me if I was free one day to speak at that event. Not only was I free, I was also looking for speaking opportunities that would allow me to complete my Global Messenger II practicum and graduate later that year, so I said yes right away.

After I confirmed, I was connected with a woman named Katie Koch. If her last name sounds familiar, you may remember her husband, Steve, who used to serve as the Eastern Competition Director. Even after Steve left SOPA, he's still very active with the organization as the Director of Student Involvement with Villanova as he helps SOPA oversee the Fall Festival committee.

During the event, I told Katie that I was still deciding if I wanted to play soccer that year, however, I still wanted to be involved with the event in some capacity. She then told me about the committee and that they're always looking for athletes to be a part of it and encouraged me to talk with Steve. After talking with Steve, he invited me to a meeting to allow me to decide if this was something I wanted to do. After talking with the students and being a part of their discussions, I decided that this is something I wanted to do when school started back up in the Fall. My first year, I got to help plan Opening Ceremonies and this past year, I was a part of picking the menu. For next year, I'm hoping to be involved with Special Events or Entertainment. Additionally, I was also asked to lead a focus group call with roughly a half dozen to a dozen athletes that competed at last year's event to find out how we can make a great Opening Ceremonies even better!

In addition to myself, we had four other athletes serve on the committee, a good mixture of individuals that compete and volunteer at the event. Organizing a sporting event with over 1,000 athletes competing is a hard enough task. However, having a few individuals that currently or previously competed that event and others gives the committee a perspective that they may not have been familiar with and allows for even more inclusive leadership at the highest levels of Special Olympics.

*Donald Haffelfinger is an Athlete Representative and Global Messenger from Delaware County and has been participating in Special Olympics for more than 25 years. Donald was inducted into the Special Olympics Pennsylvania Hall of Fame in 2006, received a degree in communications as a part of the Athlete Leadership University Class of 2018 and is looking to earn one in governance.*

## *A Little Bit Goes a Long Way*

*Maribeth Sauder, Lancaster County Athlete*



Hi, my name is Maribeth Sauder and I'm from Lancaster County. You may remember a few years ago, I submitted a story for SOAR. I've been a Rhythmic gymnastics athlete since 2003. In the first story I submitted, I talked a little bit about how it felt to get selected to compete at the very first USA Games in 2006. As great an experience as that was, I was also proud to share my experience fighting for both myself and my fellow athletes to keep Lancaster County's gymnastics program alive after we lost our coach. After a lot of hard work, Prestige Gymnastics heard about our struggles and offered to help us.

The last couple of years, in addition to doing gymnastics, I have done some fundraising as well as getting donations from local businesses. The reason each athlete gets to participate in Special Olympics for free is because of the generous donations from individuals and corporations.

Some examples of financial and in kind (giving items/services at no charge) I have helped get have been food donations for the gymnastics team end of season picnic, check donations from some local businesses, getting businesses to donate t-shirts to the gymnastics team, ice cream socials, a restaurant fundraiser and have set up a Go Fund Me page and Facebook fundraisers, with the money raised going to Lancaster County. I have also helped to get T shirts donated for the gymnastics team. I am working with Tony Watts, a member of Lancaster County's Management Team, for future fundraisers and events.

I am grateful for all my family and friends that have supported me in my efforts. The thing I've learned most is that no challenge is too difficult to overcome as long as you are willing to work for it and have faith in yourself.

*Maribeth Sauder is an athlete from Lancaster County and has been participating in Special Olympics for 17 years. Maribeth was a member of Team PA during the first USA Games in 2006 in Iowa. Maribeth is also very proud of her volunteer work with the American Heart Association, American Cancer Society and Cystic Fibrosis Foundation raising money for each organization as well.*

## *Making a Stressful Job Fun*

Jordan Schubert, Manager of Athlete Leadership & Young Athletes



One story I never get tired of telling is my experience at Opening Ceremonies during my very first Summer Games in 2013. If you were there, you may remember how cold and rainy it was that night. Even though at that point I had been participating in Special Olympics for a while, I had never sat through an Opening Ceremony as extravagant as this.

For a good majority of Opening Ceremonies, I wasn't really paying attention. I was more or less goofing around with my teammates. However, for whatever reason, I started paying attention when someone came to the podium that caught my eye. It wasn't

someone I knew, but something inside told me I should probably listen. That individual was a fellow athlete named Michael Silvis, a Global Messenger. Listening to Mike talk about everything he enjoyed about Special Olympics really stood out to me, especially since this was my first time competing at a state level event in Pennsylvania after almost two years off. Four months after Summer Games when I first started working for SOPA, I was looking through hundreds of Athlete Leaders that had been trained over a 25 year period. Besides from Loretta Claiborne, when I went through all those names, Mike stood out the most because of the inspiring words he shared with thousands of people in just two minutes. Since that moment, Mike has gone above and beyond as an Athlete Leader and has also become one of my closest friends.

One of the responsibilities I was given when I started working full time after graduating from college was selecting Global Messengers to speak at all sectional and state events, as well as other high level speaking engagements around the state. If you're a Global Messenger, you've probably heard me say this anywhere between one and a million times, selecting someone to speak for a very high level event is both my favorite and the most difficult part of my job.

Every Global Messenger has skills unique to them that come in handy; however, those skills highly depend on the type of audience in order to be effective. Getting to speak at one of our state events, as either a co-emcee or keynote speaker, is one of the most prestigious honors a Global Messenger can receive. When you look at all four of our state events, the size of the audience can range anywhere between 500-3,000 individuals that include athletes, coaches, families, staff, event volunteers, VIPs and more. An audience is most engaged when the speakers are speaking to them, not speaking at them. Anyone can read what's in a script, however it takes a very special skill to make those words jump off the paper and into the audience.

Starting in 2017, after hearing mixed feedback from other staff, athletes and volunteers on the Global Messenger selections I've made the previous two years, I decided to take another step to help better decide the best candidate to co-emcee for state events by holding auditions. By no means am I revealing something top secret, however, the reason I don't openly advertise this is because unfortunately, I'm going to have to tell at least one Global Messenger that they were not picked. The first time I did auditions for Summer Games that year, not only was it difficult to pick between two really great Global Messengers, I also had to pick between two individuals that I considered to be really close friends too. While this doesn't make my decision any easier, I recently started giving other speaking opportunities at events to the other candidates I auditioned if they would be appropriate.

To help me better decide who to pick, I use the script from the previous year. Even though scripts change from year to year, the format of the ceremony is generally consistent at each event. To make a stressful job fun, I put a lot of energy into making the audition as close to the actual ceremony as possible, which means those auditioning have the pleasure of listening to me hum the National Anthem, give the invocation, speak as other people (I'm not that good at impersonations, but I know how to replicate other people's speech patterns) and make siren and motor cycle noises for the part where the torch comes in. Originally, these auditions started over the phone, however late last year, I decided to take it a step further and do it by video chat. That way, I can look at a candidate and see how often they look up from the script and how their body language depicts the way an audience would receive them.

As I mentioned, these auditions are by no means secret and I've had Global Messengers ask me about auditioning. I'm not going to say asking me for an audition will help or hurt one's chances. It certainly makes me think about their skills and experiences as a speaker. One thing that also helps me is if they or their Mentor can send me a video or audio clip of one of their speeches. That being said, if I don't pick someone to audition to co-emcee at a state event, I don't want anyone else to think it's because I don't think they're a great speaker. What it does mean is I'd like them to continue seeking high level speaking opportunities through their Local Program and if they're able to, send me recordings of those speeches.

I don't conduct auditions for the keynote speaker at state events because I don't believe it would be fair to ever ask a Global Messenger to spend a lot of time writing and practicing a speech that's their own words that they may not even use. For that role, I still like to go with my instincts. While I may suggest topics to bring up, I let each individual Global Messenger and their Mentor decide on their own what the speech should be about. I certainly will offer them the opportunity to let me read or listen to their speech in advance if they want my feedback, however, I always enjoy seeing them speak and hearing those words for the first time while at the event, especially when I'm there just as a competing athlete.

Every Global Messenger should want to pursue these kinds of opportunities. With that being said though, as hard as it is to get selected to compete at USA or World Games, it's almost twice as difficult to get selected to speak at a state level event. For those of you that currently are or wish to become a Global Messenger, remember that there's more to this role than energizing a large crowd at a major event. As a Global Messenger, your primary role is to serve as an ambassador for Special Olympics Pennsylvania within your community and set a positive example for your peers. There are only 4 opportunities for Global Messengers to be selected to speak at a state level event. For the other 350+ days of the year that you aren't competing at a state event, there are more than 350 days for you to work with your Local Program to find out how you can share your story and create more awareness for Special Olympics.

You probably already know this, however if not, starting this year, Bethlehem, Lehigh, Northampton, Carbon, Schuylkill, Monroe and Berks have joined together to form the first of 9 regional structures as Region 5. I'd like to challenge each Region 5 program to send at least one athlete that hasn't gone through any training previously to one of our Athlete Leadership University sessions in 2020. A big reason for the whole re-organization was to recruit more external support and the best way to accomplish that is to have more Athlete Leaders being the main speakers and doers of moving the organization in the right direction. We are a sports organization of the athletes, led by the athletes for the athletes.

*Jordan Schubert is the Manager of Athlete Leadership & Young Athletes for Special Olympics Pennsylvania and has been participating in Special Olympics for 16 years. Jordan is also a proud graduate of West Chester University.*

## 2019 Fall Festival Input Survey Results

### 327 Surveys Completed

#### Survey breakdown by Sport:

- Bocce-62
- LDR/LDW-73
- Powerlifting-45
- Roller Skating Artistic-2
- Roller Skating Speed-5
- Soccer 5 v 5-23
- Soccer 7 v 7-41
- Soccer Skills-5
- Volleyball-65
- Volleyball Skills-6

#### First Time vs. Returning Athlete:

- First Time-67
- Returning-260

#### Grades:

- **Event experience compared to previous years:**
  - 79% Better + 15% Same ÷ 2= 87% (B)
    - 16 athletes answered "Needs Improvement"
      - All competition was done Friday, had nothing to do Saturday and Sunday (powerlifting).
      - Food was too cold.
      - Have snacks at movie.
      - Had to wait two hours to check into our hotel rooms.
      - Seating was too steep at Opening Ceremonies.
      - Fields were too muddy (soccer 7 v 7)
      - Don't like going to Agnes Irwin (Volleyball)
- **Overall quality of competition:**
  - 87% Excellent + 12% Average ÷ 2= 93% (A)
    - 6 athletes answered "Poor"
      - Divisioning for soccer 5 v 5 was not appropriate.
      - Athletes entered pavilion through side doors, which interfered with competition (bocce).
      - Advanced level volleyball teams should be at Jake Nevin.
- **Quality of food and beverages:**
  - 76% Excellent + 20% Average ÷ 2= 86% (B)
    - 14 athletes answered "Poor"
      - Rubbery sausage, roast beef was tough and stiff.
      - Chicken patty was not fully cooked.
      - More gluten free and vegetarian options.
      - Have salads as a main meal.
      - Broccoli tasted like soap.
      - Ran out of food Friday night.
- **Opening Ceremonies:**
  - 91% Excellent + 7% Average ÷ 2= 95% (A)
    - 7 athletes answered "Poor"
      - Too Long, shouldn't be more than 45 minutes.
      - Many delegations could not see.
      - Have the cheerleaders and dance team.

- **Olympic Village:**
  - 88% Excellent + 10% Average ÷ 2 = 93% (A)
    - 3 athletes answered "Poor"
      - More space to walk.
      - Not enough activities.

**Overall Grade:**

- **91% (A-)**

**Additional Comments:**

- Opening Ceremonies was amazing!
- Glad to have competition Friday (powerlifting).
- Enjoyed basketball game at Opening Ceremonies.
- People that run the venues should not have ties with local programs competing (volleyball).
- Everyone was really enthusiastic.
- Have water available at all competition venues.
- More fruit at meals.
- Have Healthy Habits at more places.
- Better instructions for spectators parking.
- Have Villanova host Summer Games and Penn State host Fall Fest.
- Give off campus athletes a way to feel like they're at Villanova.
- Have co-ed basketball event during Opening Ceremonies.
- Better medical support at Soccer 5 v 5.
- Loved having the Eagles at Opening Ceremonies.
- Have more athletes involved in Opening Ceremonies.
- ROTC wasn't there to give out medals on Friday (LDR/LDW).
- Bocce athletes did not have a lot of downtime.

*Thanks to all the athletes that completed Athlete Input Surveys and attended the Athlete Input Council at the 2019 Fall Festival! Athlete Input Councils take place at each State Competition and Athlete Input Surveys are also conducted at each State Competition as well as each Spring and Fall Sectional. For all Sectional and State Competitions, if you have any additional ideas, questions or concerns you would like to share, please contact Senior Competition Director, Bruce Bach at [bbach@specialolympicspa.org](mailto:bbach@specialolympicspa.org).*

## 2018 Athlete Congress Priority Update

*This recaps everything that happened before, during and after the 2018 Athlete Congress. All feedback came from the 34 Athlete Representatives that were in attendance. If you were not at the 2018 Athlete Congress, but have questions or comments, please contact Manager of Athlete Leadership & Young Athletes, Jordan Schubert, at [jschubert@specialolympicspa.org](mailto:jschubert@specialolympicspa.org).*

### **Timeline:**

- May to July 2018: Athlete Congress Priority Survey was published asking athletes to vote on which Goal and Strategy of the Strategic Plan could be improved upon before the end of 2020.
- July, 2018: Goal 1, Strategy A, “Improving Sports Quality” was selected as the Athlete Congress Priority.
- August, 2018: Athlete Representatives provided feedback on 6 questions, all of which were agreed to be shared with the appropriate SOPA staff.
- March to September 2019: Feedback from all 6 questions were addressed by the appropriate SOPA staff.

### **Questions, Feedback and Responses**

1. What are your SOPA and non-SOPA coaches doing to make you the best athlete you can be?
  - a. 37 individual comments were made for this question separating in the following categories:
    - i. Helpful (7)
    - ii. Goal Setting (4)
    - iii. Quality practice with skill building outside of training (12)
    - iv. Feedback and provides opportunities to succeed (7)
    - v. Encourages (4)
    - vi. Misc. (3)
2. How do your coaches push you and your fellow athletes to your physical limits during practice?
  - a. 32 individual comments were made for the following categories:
    - i. 1:1 Support (3)
    - ii. Encouragement (8)
    - iii. More/Above and Beyond (8)
    - iv. Physical Activity (6)
    - v. Knowledge (1)
    - vi. Feedback (3)
    - vii. Misc. (3)

In response to question 1 & 2, the Athlete-Centered Coaching Guide developed by Special Olympics North America has been utilized during SOPA’s Coaches Training Schools since spring, 2018. The Athlete-Centered Coaching Guide used to instruct coaches during training schools and addresses: goal setting, providing feedback and encouragement.

3. How can athletes motivate their coaches to sign up for Fit 5?
  - a. 26 individual comments were made for the following categories:
    - i. Explain Benefits (6)
    - ii. Explaining how to sign up (10)
    - iii. Team Trainer (2)
    - iv. Additional Resources (5)
    - v. Incentives (1)
    - vi. Misc. (2)

In response to question 3:

- Instructions on how to sign up for Fit 5 is now available on SOPA website.
- Health and Fitness Coordinators received a flyer specifically for their coaches on the benefits of Fit 5.

4. How can athletes track individualized goals without using Fit 5?

- a. 22 individual comments were made in the following categories:
- |                                     |                           |
|-------------------------------------|---------------------------|
| i. Track progress via hard copy (8) | iii. Training/Support (8) |
| ii. Technology (4)                  | iv. Misc. (2)             |

In response to question 4:

- Special Olympics International (SOI) is developing an electronic application in 2020.
- SOPA will develop a method to track goals on paper in 2020.

5. How can SOPA best support Health and Fitness Coordinators in offering Health and Fitness Clubs?

- a. 21 individual comments were made in the following categories:
- |   |                       |
|---|-----------------------|
| i. Sharing information to improve communication (7) | iii. Partnerships (7) |
| ii. State Office Support (5)                        | iv. Misc. (2)         |

In response to question 5:

- Health and Fitness Coordinators receive a handout with suggested activities for their Health and Fitness Clubs around for each month of the year.
- Athlete Representatives will also receive the same handout during Athlete Representative II to allow Athlete Leadership Teams to also support Health and Fitness Clubs.
- More emphasis has been placed on Local Programs to select individuals proficient with e-mail and social media when individuals to become potential Health and Fitness Coordinators.
- A resource was developed and shared with Local Programs that do not have a trained Health and Fitness Coordinator. The purpose is to activate individuals locally before attending Athlete Leadership University.

6. Can you name one athlete from your Local Program that would be a good candidate to serve as a Health and Fitness Coordinator?

In response to question 6:

- Athlete Representatives that attended the 2018 Athlete Congress recommended 22 individuals that would be a good candidate as a Health and Fitness Coordinator.
- Out of the 22, 7 Local Programs are currently without a Health and Fitness Coordinator.

## **Important Notices**

Jordan Schubert, Manager of Athlete Leadership & Young Athletes

### **Project UnderStood:**

- The future is voice-first, but not for everyone. Because of their unique speech patterns, voice technology doesn't always understand people with Down syndrome. Project Understood is ensuring the future of voice technology includes people with Down syndrome. The Canadian Down Syndrome Society is working with Google to collect voice samples from the adult Down syndrome community to create a database that can help train Google's technology to better understand people with Down syndrome. The more voice samples we have, the more likely Google will be able to eventually improve speech recognition for everyone.
  - Click [here](#) to learn more!

### **Athlete Leadership University Interest Form:**

- Any athlete looking to be trained as an Athlete Leader should fill out the Athlete Leadership University [Interest Form](#).
  - This is NOT a registration form. It allows me to better know who is interested in completing which courses.
  - Registration to attend Athlete Leadership University requires approval from your Local Program Manager/Director. If you don't know who your Local Program Manager/Director is, click [here](#).

### **2020 Athlete Leadership University Sessions:**

- Three Athlete Leadership University Sessions are confirmed to take place in 2020, with a 4<sup>th</sup> to possibly take place later in the year. The confirmed three sessions will be taking place at the Sheetz Operations Center in Claysburg, PA (near Altoona):
  - March 21<sup>st</sup>-22<sup>nd</sup>
    - Athlete Representative II and Global Messenger II
  - June 27<sup>th</sup>-28<sup>th</sup>
    - Athlete Representative I and Global Messenger I
  - October 10<sup>th</sup>-11<sup>th</sup>
    - Healthy Lifestyles and Athletes as Coaches
  - Fall, 2020
    - Athlete Representative I and Global Messenger I
    - Session will take place somewhere in Region 5
- Registration for the March session is available on the [online volunteer portal!](#)
  - Contact [vsyshelp@specialolympicspa.org](mailto:vsyshelp@specialolympicspa.org) if struggling to login.

### **Athlete Leadership University Practicum Report Forms**

- All Athlete Leadership University Practicum Report Forms can now be filled in online!
  - [Global Messenger I](#)
  - [Global Messenger II](#)
  - [Athlete Representative I](#)
  - [Athlete Representative II](#)
  - [Healthy Lifestyles](#)
    - Athletes as Coaches does not have an online report form since it requires a signature of Head Coach or Training Coordinator.
    - Any report forms submitted by athletes that have not completed a course will not be counted (i.e. Health and Fitness Coordinators that haven't completed Healthy Lifestyles)

### **New Graduation Eligibility Deadline:**

- Starting in 2020, all Athlete Leaders must have their practicum completed by June 15<sup>th</sup> in order to be eligible for that year's graduation ceremony.
  - The deadline may be extended under the following circumstances:
    - There are fewer than 10 Athlete Leaders eligible
    - If June 15<sup>th</sup> is on a weekend, then the deadline will be the Monday after.
    - An Athlete Leader that's already been declared eligible in one course completes their practicum in another.
- Any Athlete Leader that's one report form shy of becoming eligible will receive a reminder around April 15<sup>th</sup>.
- Any Athlete Leader that completes their practicum after the deadline will become eligible to walk at the following year's graduation ceremony.

### **New Health and Fitness Coordinator Resource:**

- All athletes that wish to become a Health and Fitness Coordinator now have the opportunity to learn how to offer Health and Fitness Clubs locally before attending Athlete Leadership University.
  - Training can be found in the [online volunteer portal](#) under the "Training Schools, Webinars and More" tab.
  - Training consists of a short video and quiz.
    - Once completed, you will receive an e-mail with instructions on what to do next as a Health and Fitness Coordinator.
    - If struggling to login, contact [vsyshelp@specialolympicspa.org](mailto:vsyshelp@specialolympicspa.org).

### **Athlete Leadership Team Reminder:**

All Athlete Leadership Teams (ALTs) are required to submit their minutes to me following each meeting. Minutes can be sent via:

- E-mail: [jschubert@specialolympicspa.org](mailto:jschubert@specialolympicspa.org)  
OR
- Mail: Attn: Jordan Schubert, 2570 Blvd. of the Generals Suite 124, Norristown, PA 19403  
OR
- Fax: Attn : Jordan Schubert, 610-630-9456

**Athlete Leadership Facebook Group:**

Are you on Facebook and want to communicate more with your fellow athletes? Send a friend request to Jelsea Schrob to be added to SOPA's Athlete Leadership Facebook group. This group is a great way to interact with athletes, as well as receive the most up to date Athlete Leadership information. If you're not on Facebook, creating an account is quick, easy and free!

**Email Address Update:** I would like to be able to reach as many athletes as possible. If you haven't received any emails from me, or your email address has changed in the last year, please email me at [j Schubert@specialolympicspa.org](mailto:j Schubert@specialolympicspa.org).

**Share Your Story:** If you would like to share a story on Outdoor/Indoor Winter Games or any other recent Special Olympics experience, please e-mail me at [j Schubert@specialolympicspa.org](mailto:j Schubert@specialolympicspa.org) by March 31<sup>st</sup> for a chance to have your story shared in Winter, 2020 Edition of SOAR.