



FIT 5 PROCESS

1. Go to the Special Olympics Pennsylvania homepage, hover over the “More Than Sports” tab and then click “Health Programs.”
2. Scroll down to “Fit 5.”
3. Click the hyperlink “Fit 5 – Coach Sign Up.”
4. You will be taken to a Google Sheet to fill out the information about your upcoming season. Information requested:
 - a. Local Program
 - b. First and Last Name of Coach
 - c. Email Address of Coach
 - d. # of Athletes. Do NOT count duplicates!
 - e. # of Coaches (Maximum # is 5). Do NOT count duplicates!
 - f. Name of Sport
 - g. Start (Month) of Training Season. NEED to have at least 8 weeks of training!
 - h. End (Month) of Training Season. NEED to have at least 8 weeks of training!
 - i. Answer YES if offered previously AND need NEW materials for athletes and/or coaches.
5. Once month before the start of training season you will be emailed by emayewski@specialolympicspa.org about the online training. You will only be able to access the online training through the Online Volunteer Portal IF you have taken your other Class A required trainings (General Orientation, Concussion Training and Protective Behaviors).
6. After you take the online training, you will be mailed the Fit 5 materials for both athletes and coaches.
7. You will be emailed by emayewski@specialolympicspa.org 3 times throughout the season as a reminder to complete Personal Best Tracking.
8. At the end of training season, you will be expected to submit the Personal Best Tracking via email to emayewski@specialolympicspa.org. It will only be accepted electronically!
9. Following submission of Personal Best Tracking, you will be eligible for the Bronze Level specifically the Fit 5 component of the Coaches Training and Progression Plan.

FOR MORE INFORMATION CONTACT:

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