



TEAM TRAINER

Individuals with intellectual disabilities are often less physically active and are at greater risk for chronic health conditions than the general population. Special Olympics Pennsylvania strives to reduce disparities in health status and increase access to community health and wellness resources for individuals with intellectual disabilities.

Team Trainer uses students from colleges and universities to promote social inclusion through physical fitness and sport.

Team Trainer is a program that will pair students with sports teams. The students will help coaches implement "Fit 5." Fit 5 takes place during practice and promotes physical activity, nutrition, and hydration. It can improve the athlete's health and fitness to make them the best they can be.

The student's role will be to help conduct "Personal Best Tracking." Personal Best Tracking is a tool that will show athletes where they are at that point in time and tracks their improvement throughout the training season. Personal Best Tracking is conducted three times throughout the season, at the start, middle, and end of training season.

TEAM TRAINER RESPONSIBILITIES:

- Meet with Coach(es) prior to start.
- Travel and be present to at 3 trainings throughout the season.
- Work with Coach(es) to conduct Personal Best Tracking at the start, middle, and end of training season.
- Submit Personal Best Tracking to the Director of Programming Projects via email.

TEAM TRAINER OUTCOMES:

- Trainers improve their skills and abilities working with a diverse population.
- Trainers develop mutually rewarding relationships.
- Trainers are able to apply their skills and knowledge outside of their typical clinical setting.

FOR MORE INFORMATION CONTACT:

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