

At-Home Training and Competition

SOPA Return to Activities: Phase A



Agenda

- Introduction
- Why your role is important
- At-Home Training
- Social Platforms
- What's working around PA
- Fall Competitions
- Future Opportunities



Why athlete engagement is more important NOW than ever

SONA conducted a COVID-19 Athlete Impact survey; 2,800 athletes across the USA completed the survey.

Athletes who *access Special Olympics resources* and *stay in contact with Special Olympics*, may be more likely to take preventive measures against COVID-19 and *feel more confident* in their ability to protect themselves.

Key Findings: *(conducted in spring 2020)*

- **76% of SONA athletes who responded had been in contact with someone from S.O. and reported that the support they were provided helped reduce their sense of isolation and correlated to higher COVID-19 prevention measures.**
- 20% of athletes reported not wearing masks, and 27% were not following all 3 prevention methods (masks, practicing distancing and handwashing).
- Perhaps the most striking findings were with respect to a lack of basic necessities. Since the pandemic began, 13% of athletes reported experiencing food insecurity (not having enough food), 10% reported experiencing housing insecurity (not having a safe place to live), and 22% of athletes reported not having access to education or remote learning.

Special Olympics plays a critical and positive role in the lives of our athletes as they navigate this pandemic.

Globally, athletes who had contact with Special Olympics were 20% less likely to feel isolated than those who had no contact with Special Olympics.

55% of athletes used Special Olympics resources during the pandemic (at-home exercise, COVID-19 prevention tips, and virtual games were most common)

Of athletes who practiced all three prevention methods in the North America region, 87% had utilized Special Olympics resources (13% had not).

**What does
“Virtual” mean?**

AND

**How can we conduct
at-home training?**

What does Virtual mean?

- “Virtual” is a way to communicate when we are not able to be together in-person.
- It can include webinars, conference calls, phone calls, text messages, social media, etc.
- To provide clarity we will refer to training as either **In-Person** or **At-Home**, with Virtual Competitions.

Training Options for the Fall Season

- **In-Person**
 - Athletes will train in-person at a training site with a coach, following all Return to Activities protocols
 - All score entry submissions will be made by the coach
- **At-Home (Focus of this presentation)**
 - Athletes will train from home weekly, **MUST** work with a coach
 - All score entry submissions will be made by the coach
 - Athletes will be provided with equipment

Ratios, CLASS A & Athlete Requirements

- **Ratios:**

- There will be no enforcement of ratios for **AT-HOME** training for the fall season
- Coaches should ensure that the number of athletes they are working with is manageable

- **Coaching:**

- Due to the impact of COVID-19, we will not require coaches to be certified for the Fall Season
- Coaches **MUST BE CLASS A** volunteers
- Continue to work with your typical coaching team
 - Divide tasks and work together
 - Practice Planning
 - Managing scores and information
 - Connecting with athletes

- **Athlete Requirements:**

- Similar to in-person training, athletes must have current SOPA athlete application (medical) on file with the local program

What can at-home training look like?

5 Min	Warmup/Stretch	
10 Min	Skill Recap and Follow up	Prior to first training have meetings with the athletes to discuss a drill to work on. See how their development in that skill has come along.
10 Min	Fitness Work	Fitness Drills may include the Additional Drill examples in the Skills Guide. This can also be a good time to do a pushup challenge or something of that nature with your athlete.
10 Min	Health Education - Nutrition, Hydration, Wellness, etc.	Take time each meeting to discuss nutrition/hydration goals for the week. Fit 5 is a great turnkey program that can provide coaches and athletes with health education tools.
10-15 Min	Skill development, Drill to Work on Prior to Next Meeting	Identify drills that the athlete can do on their own in the time before the next meeting to improve their skills in anticipation of the upcoming competition.
5 Min	Game/Fun Activity	
5 Min	Cool Down	




MELISSA BRANDT

Columbia/Montour - LDR/W coach

Platforms to Engage Athletes

OPTIONS FOR TWO-WAY VIDEO CHAT

	PLATFORM	COST	PARTICIPANTS ALLOWED	TIME LIMIT	OPTION TO RECORD	# OF PEOPLE ON GRID VIEW	BREAKOUT ROOMS	JOIN WITHOUT ACCOUNT	SETUP
	ZOOM	FREE (BASIC PLAN)	100	40 MIN. (UNLESS AND EDU ACCOUNT)	YES	UP TO 49	YES	YES	LINK
	SKYPE	FREE (UP TO 100 HR/MONTH)	50	4 HRS.	YES	UP TO 25	NO	YES	LINK 1 LINK 2
	FACEBOOK MESSENGER	FREE	50	NO LIMIT	YES	UP TO 8	YES	NO	LINK 1 LINK 2
	MICROSOFT TEAMS	FREE (BASIC PLAN)	20	NO LIMIT	FOR A FEE	UP TO 9	NO	YES	LINK 1 LINK 2

Zoom
Skype
Facebook Messenger
Microsoft Teams

PROS

Popular. Many already use
Good mobile platform
Easy to use. Many on Facebook
Many using for work

CONS

Poor security: must use passwords
Desktop version not as strong
Facebook account required
Not as easy if not familiar w/Microsoft

Engaging Athletes in a Virtual Setting

- Schedule your trainings
- Establish team support
- Celebrate every little thing, be creative and have fun with it
- Focus on the skills
- Make fitness a part of every session
- Set the example
- Be coachable



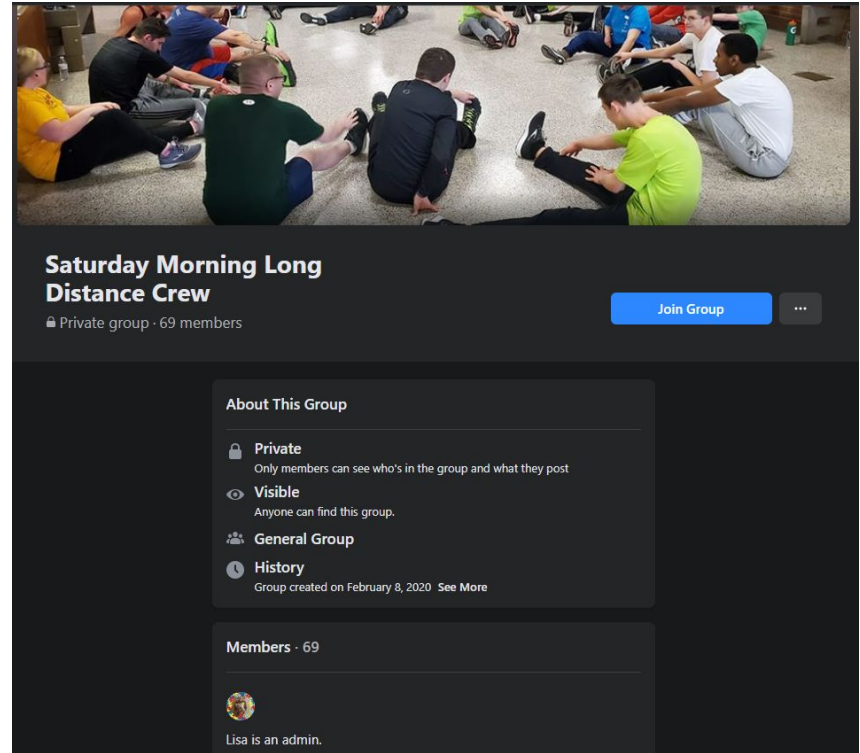
Saturday Morning Long Distance Crew



FACEBOOK



<https://www.facebook.com/groups/1011725815875643>



ZOOM



Engaging Athletes without Computers or Internet

Athletes without Cell Phones

- Mail Resources
- Home Phone Calls
- Socially Distance Visits

Athletes with Cell phones

- Cell Phone Calls
- Conference Calls
- Social Media
- Text Messaging



Virtual Competition

What is Virtual Competition?

All of our competition for the Fall Season will be done virtually, which means we will not be coming together in person at DeSales, Slippery Rock, Juniata or Villanova.

Fall Sectionals will be October 3rd/Fall Festival will be November 6-8

- All events will include: Opening Ceremonies, Competition Highlights, Awards Ceremonies, Healthy Athletes, Olympic Village activities and Victory Dance
- You can view the events on FaceBook or YouTube
- A schedule will be provided for each event, so you know when to tune in
- We need lots of content from you and the athletes to make these events successful, so please continue to send pictures and videos upon request

Honor Code

Coach Honor Code

Athlete Honor Code



For sports where different competition venues impacts performance (i.e. long distance running course or golf course): The same competition venue must be used in all competitions.



How does it work: Registration

We are trying to keep the registration process as close to normal as we can.

- VSys Rosters will still be utilized to populate program rosters
- The Google Registration Sheets will be utilized to collect the data from the programs
- **NEW*** The final scores will also be submitted via Google Sheets. Formatting of these Sheets are still in development.

Sectional Deadlines

- VSys Roster Due - September 14th
- Registration Due - September 17th
- Final Scores Due - September 28th

How does it work: Scoring

Scoring:

- Events will be conducted by the athletes at-home, they will provide scores to their coach
- At-home training/competition will include allowances for modifications
- **Qualifying scores** will be submitted by coaches to their Sport and Competition Director and then sent to the SOPA Competition Team for Divisioning
- **Final scores** will be submitted by coaches to their Sport and Competition Director and then sent to the SOPA Competition Team for award placement
- Honor Code MUST be followed - final scores will not always be as good as or better than entry scores
- Official Special Olympics medals will be awarded for Fall Sectionals/Fall Fest

How does it work: Divisioning

Divisioning:

- In-Person and At-Home Divisions to ensure scores are compared appropriately
- Standard divisioning process: ability, age, gender
- For Sectionals: Athletes will be divisioned against others in their section of the state (West/ East /Central)
- Fall Fest divisioning will be statewide

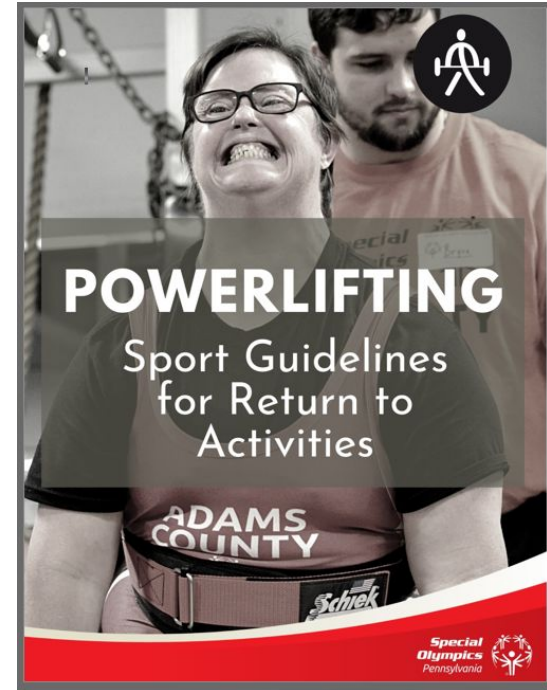
How does it work- Sports Offered

- Team sports (Flag Football, Volleyball, Soccer)
 - Level 1 or Level 2 Individual Skills
- Roller Skating Artistic
 - Level 1 or Level 2 Individual Skills
- Powerlifting
 - Level 1 or Level 2 Individual Skills

- LDR/W - no significant changes
- Roller Skating Speed - no significant changes
- Bocce - Modified Game

Sport Specific Guidance

- Can be found on [SOPA Website](#)
- PHASE A: At-Home Guidance Links:
- [Bocce](#)
- [Flag Football](#)
- [LDR/W](#)
- [Powerlifting](#)
- [Roller Skating - Artistic](#)
- [Roller Skating - Speed](#)
- [Soccer](#)
- [Volleyball](#)



How does it work: Equipment

Equipment needed to participate:

Flag Football: 1 Football, tape measure, timer

Soccer: 1 Soccer ball, tape measure, timer

Volleyball: 1 Volleyball

Bocce: 1 Bocce ball, tape measure

Equipment Process:

- Inventory County Supplies
 - If not training in-person, what supplies do you have that can be utilized?
 - Do you have a supply budget that can be utilized to purchase equipment?
- Google Request Form
 - SOPA can lend out equipment
 - If you are in need of sports equipment in order to give your athletes a meaningful competition experience, please complete this google form:
 - [At-Home Training Equipment Request Form](#)



Sport Adaptations

Flag Football

Level 1

- Throwing for Distance
- Agility and Speed Handoff
- Long Snap

Level 2

- Control and Pass
- Throwing for Accuracy
- Advanced Agility and Speed Handoff

Soccer

Level 1

- 10M Dribble
- Shooting
- Side Kick

Level 2

- 12M Slalom Dribble
- Advanced Shooting
- Control and Pass

Volleyball

Level 1

- Overhead Set
- Underhand Serve
- Bump

Level 2

- Bump Set
- Overhand Serve
- Over the Net Set

Skills events will be divisoned and awarded by event, not by level. So athletes will have a chance to earn three awards in the level in which they compete.

However, athletes cannot compete across levels.

Roller Skating- Artistic

Level 1 Individual Skills-Entry

- Cross in Fronts
- Cross in Back
- Three forward alternating strokes

Level 2 Individual Skills-Advanced

- Shoot-the-Duck
- Forward Arabesque
- Two-foot jump from forward to backward with T-stop

Roller Skating- Speed

Level 1 Individual Skills-Entry

- 30M Straight Away
- 30 M Slalom
- 50 M 1/2 lap

Level 2 Individual Skills-Advanced

- 100 M
- 200 M
- 300 M

Bocce

Events Offered:

- **Singles**

- Athlete will play 3 games
- Each game has 4 frames
- 1 frame = one ball rolled and measured 4 times

- **Doubles**

- Each athlete will play 3 games
- They will each complete 2 frames per game. Athlete A's 2 frames + Athlete B's 2 frames = 4 frames or 1 game

- **Unified Doubles**

- Athlete and Partner will each play 3 games
- They will each complete 2 frames per game. Athlete's 2 frames + Unified Partner's 2 frames = 4 frames or 1 game

Modified Game

- Individual will roll one bocce ball towards an object similar to a pallina placed 30 feet from the foul line
- They will measure the distance of the bocce to the pallina
- Action will be conducted 4 times to equal one frame
- Each game will be a total of 4 frames



Bocce

ATHLETE:				
		GAME 1	GAME 2	GAME 3
FRAME 1	Ball 1			
	Ball 2			
	Ball 3			
	Ball 4			
FRAME 2	Ball 1			
	Ball 2			
	Ball 3			
	Ball 4			
FRAME 3	Ball 1			
	Ball 2			
	Ball 3			
	Ball 4			
FRAME 4	Ball 1			
	Ball 2			
	Ball 3			
	Ball 4			

Comparing Scores:

- Divisions of 3-4 will be created
- Athletes will be scheduled to compete within their division
- Scores will be compared in round-robin format against those in their division
- In the same fashion as in person competition, points are awarded to the individual or team whose balls are closer to the pallina than the closest ball of the opposing team, which will be determined by the measurements submitted



Powerlifting

Level 1 Individual Skills-Entry

- Chair Push-Ups
- Wall Sits
- Roman Holds



Level 2 Individual Skills-Advanced

- Push-Ups
- Mountain Climbers
- Burpees



LDR/W

- No Changes to events
- To measure distances you can use:
 - Local trail that is marked, GPS device, car, usual training course (or one that you are familiar with and know the distance), track
- Adaptations:
 - Treadmill

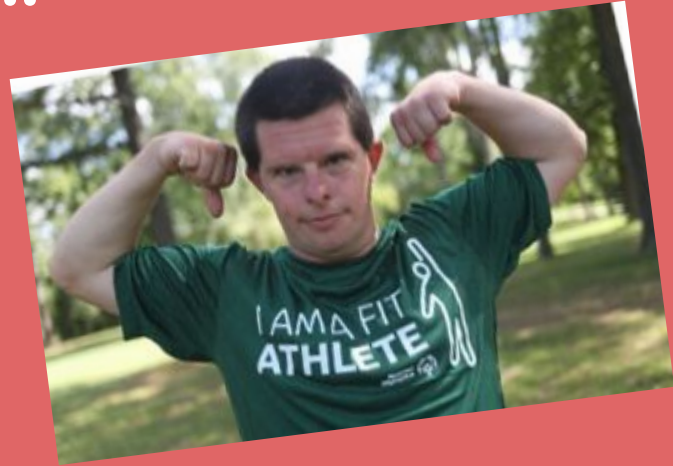


Communication is KEY!

- We are here to help - please do not hesitate to reach out with questions
- It is our intent to provide as much content and support for coaches as possible over the next few months, this will allow us to effectively communicate with you!
- We would like to collect information, aside from event registration, on who is participating in at-home training.
- Local program Managers and Sport and Competition Coors will receive an email from their Field Director with a link to their form
- [At-Home Training Coach Roster - Fall 2020](#)

Turning Fitness into a Sport...

Fitness Heptathlon



**Coming later
this fall**

Basics of the Heptathlon

- Goal is to provide fitness training to ALL athletes
- Open to all athletes and UP's even **if they are taking part in another sport, at-home or in-person**
- This program can be conducted through either at-home or in-person training
- Participants can compete as an individual, as part of a **doubles, Unified doubles, 4 person team or 4 person Unified team**
- Divisioning will be based on **age, gender, and percentage of improvement**
- Training **2x's a week** plus **sectional and state competition**
- Participants pick seven (7) events from the Heptathlon event menu for competition

Heptathlon Event Menu

10 Yd Run/Walk/Roll	Seated Lateral Bends	Burpees	Ball Taps
Roman Holds	5-10-5	Modified Chair Sit-ups	Wheelchair Push-Ups
Plank	Standing Long Jump	Line Jumps Sides to Side	Power Punches
Seated Jumping Jacks	Assisted Sit to Stand	Squat	Jumping Jacks

Training & Resources

Turnkey program, all materials/trainings will be provided.

- Step-by-step Training Guides for coaches developed by SOPA for weekly training
- Heptathlon Event Guide from SONA
 - Printable one-pager for events
- Videos demonstrating event procedures
- Coach Training Webinar offered by SOPA

Incentives for Participation

- Opportunity to engage all athletes regardless of health status
- Encourage fitness during this time
- Engage new Unified Partners/donors with Unified Teams
- Engage existing volunteers in a meaningful way
- Competitive competition with SOPA medals
- Little to no equipment required

Fitness Strides - National Distance Challenge

Let's Get Moving PA

- 8-10 week national challenge coming in October that is open to everyone!
- Each individual or team chooses their challenge distance.
- Data will be collected via your favorite tracking device or paper and uploaded into Strava (a free app).
- National leader board will be available online to track progress.
- Challenge other teams, counties, regions or states.
- Specific details will be shared from SONA in September

Levels of Challenge Available

1. 25 miles
2. 50 miles
3. 100 miles
4. 150 miles
5. 150+ miles



Questions

