Fall 2020
Pre-Season Webinar
Powerlifting
Agenda

- Welcome
- Q&A in Chat and Polls
- Housekeeping
- Sport Rules Updates & Reminders
- Return to Activities overview
- Virtual Sectional and Fall Fest Competition
- Sport Guides for Coaches
  - Practice Planning
  - Skill and Drill activities
  - Event offerings this season
  - Virtual offerings
Coaching Topics

● 1:4 - Coach to Athlete Ratio
  ○ Maintained at all times
  ○ Coaches within 1:4 MUST be Class A Volunteers

● Certified Coaches
  ○ Will be flexible this season, certified coach preferred but not required

● REMINDER - once in-person competitions resume
  ○ Team Sports & Individual Skills
    ■ Must have at least one (1) certified coach per team and at least one (1) certified coach for Individual Skills
  ○ Individual Sports
    ■ There must be at least one (1) certified coach per 25 athletes at training and competition.
Athlete Medicals

● 6-month extension of a current athlete’s 3-year Application for Participation (also known as “medical”) - for expirations dates from March - July 2020.
  ○ Athletes will medicals expiring August 1, 2020 and on MUST have a new form to participate.

● The athlete has not had any major changes in their health status since their last valid Application for Participation was completed.

● **High risk** individual should not return to Special Olympics in-person activities until Phase E
Job Description and Levels of Responsibility

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
V Sys Portal - Training Schools and More
https://vsys.specialolympicspa.org/

- Sport Skills Sign-Up
- Sports Training Application Coach Hours
- Sport Skill Training Interest (Level 1)
- Experienced Coach (Track 2)

- MUST REGISTER FOR TRAINING SCHOOLS ON VSYS.
VSys Portal - STA - Sport Training Application Forms

- **Select** Sports Trainings Application Coaching Hours
- From the available options please select the following;
  - Sport in the “job” drop down
  - Location
  - Date of training
  - Start time of training
  - Duration of training
- **Select** Save to submit the hours for review.
VSys Portal - STA - Reviewing Submitted Hours

- Go to the tab **My Information**
- Select **Sports Trainings Application – Submitted Hours**
- From the available listing review hours submitted
- If hours were submitted incorrectly, select **Delete** to remove those hours from pending.
- Hours with no status are considered approved
Looks like someone needs some clearances & trainings

Class A Requirements

Welcome, Mike! Thank you for signing into VSys Live, Special Olympics Pennsylvania's Online Volunteer Portal.

Local Program: Special Olympics Pennsylvania
Registration Details: Staff Class A adult

What can be found on this site?
- Be a volunteer at an upcoming event
- Sign up for an upcoming Sports Skills Training and request for new Trainings
- Review "My Information" including Trainings and Background Check status and update contact information

The Online Volunteer Portal is a tool for both Class A and Class B Volunteers to either view or complete their volunteer requirements or update contact information.

When navigating this website, if you have any questions / concerns, please email: vsyshelp@specialolympicspa.org.

Class A Volunteer Requirements Checklist: 20% complete

<table>
<thead>
<tr>
<th>Task</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Background Check</td>
<td>Complete</td>
</tr>
<tr>
<td>PA Disclosure Statement</td>
<td>Please upload</td>
</tr>
<tr>
<td>General Orientation Training</td>
<td>Incomplete</td>
</tr>
<tr>
<td>Protective Behaviors Training</td>
<td>Incomplete</td>
</tr>
<tr>
<td>Concussion Awareness Training</td>
<td>Incomplete</td>
</tr>
</tbody>
</table>

Good thing they are easy to locate!
Continuing Education on the website

Volunteer Resources
- Volunteer Center

REQUIRED once every 3 years to maintain certification.

LOTS of options.

<table>
<thead>
<tr>
<th>Monthly Updates</th>
<th>Sports Offered</th>
</tr>
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<tbody>
<tr>
<td>Reorganization Updates</td>
<td>Protective Behaviors, General Orientation &amp; Concussion Training</td>
</tr>
<tr>
<td>Vsys Tips &amp; Info</td>
<td>Request A Skills Training School</td>
</tr>
<tr>
<td>Resources</td>
<td>Coaches Training &amp; Continuing Ed.</td>
</tr>
<tr>
<td>Current Volunteer Background Checks</td>
<td>Continuing Ed. Course Options</td>
</tr>
<tr>
<td>New Volunteer Registration</td>
<td>Leadership Conference</td>
</tr>
</tbody>
</table>
Improving Communication:

Closed Facebook Group for Coaches:
- 100% Optional
- Direct connection to coaches
- Share Competition Information/Reminders
- Share Training/Coaching Tips
- Encourage sharing of best practices between coaches
- Q&A
- Coach Page
Webinar Series:

- Lunch & Learn - will be RECORDED and posted to SOPA website, on toolbar - Volunteer Resources, Trainings
- Entire listing and registrations links can also be found here: https://specialolympicspa.org/lunch-learn-webinar-series
- Several qualify as continuing education, must complete the quiz to be awarded credit

**WE ARE ALWAYS LOOKING FOR TOPICS**

Email Jennifer at jtresp@specialolympicspa.org with any suggestions.

**Upcoming Webinars**

**August 26th** - Virtual Fitness - Phase A  
[Register Here]

**September 9th** - Uniform Logo’s & Requirements  
[Register Here]

**October 14th** - Unified Fitness  
[Register Here]
Coach Training & Progression Plan

Certified Coach
- Class A volunteer with at least 1 sport certification

Bronze
- Adds: Fit 5 activation, personal best performance goals, Coach Special Olympics Athletes course (currently being offered virtually)

Silver
- Adds: Athlete goal setting, training minimum of 10 weeks, Principles of Coaches course, Coaching Unified Sports (will both be offered virtually by SOPA in fall/winter)

Gold
- Adds: advanced sport skills course, training at least twice a week for minimum of 10 weeks, develop year-round training/wellness plan for athletes
Fit 5 - Get Started...

Sign-up:
● Special Olympics website, More Than Sports, Health Resources - [https://specialolympicspa.org/health-programs](https://specialolympicspa.org/health-programs)
● Lots of information including [Fit 5 Sign-up](https://specialolympicspa.org/health-programs) form
● Once you sign-up you will be contacted by SOPA Staff with more information

Implement:
● Spend 5-10 minutes before/during/after practice to review materials.
● Turn-key program all materials and educational resources will be provided
USA/World Games

2021/2022 World Winter Games
- January 22-28, 2022; Kazan, Russia
- 8 SOPA athletes will attend

2022 USA Games
- June 5-11; Orlando, FL
- Shifted qualifier for these games to Fall Festival 2021
- Coach applications will be available this fall
- Pre-selection questionnaires will be distributed this fall
  - must complete to be eligible for selection

2023 World Games
- June 16-25; Berlin, Germany
- More info to come!
Rule Updates:
NEW - 2020 SOI RULES
Technical Director

Ron Lobb

Powerlifting Technical Director

Sport specific questions can be directed to Ron at:

ronaldloobb@gmail.com
Rule Updates

No Rule Updates
Return to Activities
# The Phases

<table>
<thead>
<tr>
<th>Pennsylvania: Yellow &amp; Red</th>
<th>Pennsylvania: Green</th>
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</thead>
<tbody>
<tr>
<td>SOI: Phase 0 (Stay at Home)</td>
<td>SOI: Phase 1 (≤ 10)</td>
</tr>
<tr>
<td>SOPA: Phase A (Stay at Home)</td>
<td>SOPA: Phase B (≤ 10)</td>
</tr>
<tr>
<td>SOPA: Phase C (≤ 25)</td>
<td>SOPA: Phase D (≤ 50)</td>
</tr>
<tr>
<td>SOPA: Phase E (≤ 150)</td>
<td></td>
</tr>
</tbody>
</table>

- **SOI:** Susceptible Occupancy Index
- **SOPA:** Susceptible Population Assessment

= not available for the Fall season
Return to Activity Resources

- Video trainings and all resources available on SOPA website
- Return to Activities - Condensed Coach Edition
- SOPA Phases
  - Phase A - Virtual Training/Competition
  - Phases B/C - In-person training/virtual competition
- Code of Conduct and Risk Assessment Form
- Training in a Safe Environment
- High Risk Individuals
  - not eligible to compete in-person until Phase E
  - includes all participants - volunteers, athletes, Unified partners, etc.

Contact Chelsea Hammell, SOPA’s COVID-19 Coordinator, with additional questions: chammell@specialolympicsps.org
Important Highlights

- Participation is OPTIONAL
- Attendance limits for each phase include all participants: athletes, Unified Partners, coaches, volunteers, caregivers, staff, spectators, or others in attendance
- At-home virtual training and competition will always be available for those uncomfortable or unable to return to activities in person
- Risk assessment forms must be completed by all participants prior to participation
Coach Responsibilities

- Educate athletes, partners, and volunteers on the signs and symptoms of COVID-19
- Remind all high risk athletes to train at home
- Ensure that all participants are wearing personal protective equipment
- Ensure that athletes bring their own water/drinks, no shared water jugs/coolers
- Ensure athletes have access to equipment that is not shared with others during practice
- Ensure athletes avoid shaking hands, fist bumps or high fives
Athlete Practice Checklist

Make sure your athletes bring their OWN:

**Required:**
- Face masks
- Water bottle(s)
- Sports Equipment - if they own it, *this can also be provided by coach*
- Towel - *if necessary to the sport*

**Recommended:**
- Hand sanitizer
- Disinfectant wipes
- Sunscreen - if needed
- Bug Spray - if needed
- Granola bar/
  Post-practice snack
- Hair ties/Headband - if needed
Virtual Competitions
Sectionals and Fall Fest

● **Sectionals - Saturday, October 3rd**
  ○ All 3 sectionals will occur on same day, programming may run over two days Oct 3-4
  ○ Entry information due on 9/10
  ○ Results due on 9/28

● **Fall Festival - Friday-Sunday, November 6-8**
  ○ Programming will run over the 3 day timeframe
  ○ Entry information due on 10/15
  ○ Results due on 11/2
Competition

- Coaches will collect and submit preliminary scores 3 weeks prior to competition for divisioning.
- Athletes will be divisioned by ability, age, and gender.
- As per the Honor Code, the same venue must be used for entry and final scores.
- The Monday prior to the competition the coach will submit final competition scores.
- We will ask coaches/athletes to submit pictures/videos of training throughout the season.
Honor Code

- Give athletes one attempt to record their competition score. Providing multiple attempts to try and submit a higher score is illegal and violates the integrity of virtual competition.
- Follow and enforce the competition rules for each sport which includes calling any illegal attempt or violation.
- Have athletes use the same course, field, court, and equipment for divisioning as well as all virtual competitions.
- Submit the exact time, distance, score, or other performance measurement for each athlete for divisioning all competitions.
- Follow all virtual competition guidelines and standards provided by SOPA.
- Meet all deadlines for submission of scores.
- Ensure the athletes have the proper equipment and practice facilities which provide them with the best opportunities to succeed.
Awards

- Place of finish determined by athlete performance in each division.
- Each skill will have its own division.
- GOC’s are working on how awards ceremony will look.
- Official SOPA awards will be given for sectionals and State events
Sport Specific Guide
R2A Sport Specific Guidance - Powerlifting

- Coaches Guide
  - Coach responsibilities
  - Requirements of Phases
  - Practice Plan example

- Training and Competitions
  - Equipment needed
  - Entry and Score Submission
  - Training Drills
  - Individual Skills

- Resources
  - Data collection forms
  - PPE requirements
  - Setting up a safe training environment
  - Signage
  - Honor Code
  - COVID-19 Participant Code of Conduct
Practice Plans!

- Practice Plans are often an overlooked step
- Share with your assistants!
- Keep your practice organized
  - Set specific times and stick to them!
    - Fighting the law of diminishing returns
- Allows you to be prepared for the next drill
  - Assistant coaches/volunteers can setup the next drill!
- Maintains a consistent structure to your practices
  - Building a consistent schedule makes a good flow of practice and the athletes can get into a rhythm
## Phase B & C Practice Plan Example

<table>
<thead>
<tr>
<th>Time</th>
<th>Coach A.</th>
<th>Coach B.</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum of 30 Min Prior</td>
<td>COVID-19 Coordinator arrive for setup &amp; sanitizing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15-20 Min Prior</td>
<td>Athletes arrive in a staggered schedule for COVID screening and stretch by group</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Group 1</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group 2</td>
<td></td>
</tr>
<tr>
<td>5 Min</td>
<td></td>
<td>Warmups</td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Skills 1 Drills</td>
<td>Ladder Agility Drills</td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Skills 2 Drills</td>
<td>Core Strength Drills</td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Skills 3 Drills</td>
<td>Cardio Conditioning Drills</td>
<td></td>
</tr>
<tr>
<td>5 Min</td>
<td></td>
<td>Sanitize Equipment, Water Break, and Switch</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group 2</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group 1</td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Skills 1 Drills</td>
<td>Ladder Agility Drills</td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Skills 2 Drills</td>
<td>Core Strength Drills</td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Skills 3 Drills</td>
<td>Cardio Conditioning Drills</td>
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</tr>
<tr>
<td>5 Min</td>
<td></td>
<td>Cool Down</td>
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<tr>
<td></td>
<td></td>
<td>Sanitize Equipment and Wrap Up</td>
<td></td>
</tr>
<tr>
<td>Business</td>
<td>I like to keep notes on the upcoming practice and competition schedule here.</td>
<td>it is great to have notes on pertinent information for the athletes and coaches.</td>
<td></td>
</tr>
</tbody>
</table>
Virtual Offerings to Come

- **At-home Virtual Sport Specific**
  - Coach provide necessary equipment
  - Specific competition division for at-home training

- **At-home Virtual Fitness Offerings**
  - Virtual Fitness Competition
  - National Distance Challenge
  - Sport Specific Virtual Training and Competition

- More information will be available mid-August
Questions?