ROLLER SKATING (ARTISTIC) At-Home Guidelines for Training & Competition
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Coaches Guide to Training and Competition during Return to Activities

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Coaches Guide to Training and Competition during Return to Activities: Phase A

As we head into Return to Activities the following requirements will be in place for a program to begin training:

**PHASE A: At-Home:**
- For Roller Skating-Artistic, only Level 1 and Level 2 skills are permitted.
- All athletes and Unified Partners with active SOPA medicals are eligible to participate in at-home training.
- No in-person competitions will be permitted during the fall 2020 season.
- All State competitions will be done virtually – including Fall Sectionals and Fall Festival.

**Coach Responsibilities:**
- Verify with Local Program leaders that all athletes have current medicals.
- You as a coach must be an active Class A volunteer.
- Conduct weekly training sessions to engage athletes, discuss health and fitness and prepare athletes for competition.
- Engage athletes virtually (see appendix).
- Engage athletes who do not have access to technology (see appendix).
- Provide each athlete with needed equipment if they do not have access to their own.
- Instruct athletes on how to prepare their competition site to participate in virtual competition.
- Adhere to deadlines for competition information.

**Requirements for Phase A:**
To conduct at-home training and competition, Local Programs must adhere to the following:
- Prepare appropriate resources for safe at-home activities.
- Prepare participants for participation in at-home training and virtual competitions.
- Share resources digitally and when necessary, mailings to activate participants virtually.
- At-home participants with COVID-19 symptoms must refrain from participating in activities and consult with a healthcare professional for further evaluation.
- Ensure that athletes and coaches abide by the Honor Code (appendix).
- At-home athletes are required to work virtually with a Class A coach.
- Ensure athletes have the necessary equipment to conduct at-home training and competition safely.
- Ensure athletes have assistance in recording scores and preparing competition area.
- Adhere to deadlines for competition information.
Roller Skating – Artistic – Training

Description
Athletes will train under the guidelines of SOPA’s Return to Activities Policy. In Phase A, athletes will be able to compete in Level 1 (Entry) or 2 (Advanced) Skill Competitions.

Recommended and Substitute Equipment:
- Sports equipment: roller skates, sneakers
- Timing device: stopwatch, wrist watch, phone, kitchen timer
- Cones: plastic water bottles
- Marking device: painters tape, chalk, string
- Playing area: backyard, school yard, park, parking lot

Sample Training Plan

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>5-10 Min</td>
<td>Warmup/Stretch</td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Skill Recap and Follow up</td>
<td>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.</td>
</tr>
<tr>
<td>10 Min</td>
<td>Fitness Work</td>
<td>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.</td>
</tr>
<tr>
<td>10 Min</td>
<td>Nutrition Recap</td>
<td>Discuss the athlete’s nutrition over the time between meetings. Fit 5 is a great turnkey program that can give coaches and athletes nutritional guides.</td>
</tr>
<tr>
<td>10 Min</td>
<td>Drill to Work on Prior to Next Meeting</td>
<td>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.</td>
</tr>
<tr>
<td>10 Min</td>
<td>Cool Down</td>
<td></td>
</tr>
</tbody>
</table>

Business
I like to keep notes on the upcoming training and competition schedule here.

Recommended Warmups
- Warmup lap
- Hip circles
- Arm circles
- Jumping jacks
• High Knees
• Butt kicks
• Moving lunges

Recommended Cool Downs
• Reach for the sky
• Side stretches
• V Sits
• Modified hurdles

Additional Drill Examples
• Plyometric drills
  o Wall sits
  o Air squats
  o Burpees
  o Jump rope
  o Plank

Phase A Training Drills

Level 1, Skill #1 - Cross in Fronts
• Skills to work on:
  o Athletes can start training with roller skates off.
  o 2 feet together – step the right crossing in front of the left foot.
  o Athletes will move their left foot to meet their right foot.
  o Make sure the athlete is standing with arms open wide.
  o Once the athlete is comfortable with the cross in front have the athlete practice continues cross in fronts.

• Now they are ready to put on skates.
  o Follow the same steps as above until the athlete can perform the skill with their body standing up with arms open wide.

Level 2, Skill #2 - Cross in Back
• Skills to work on:
  o Athletes can start practice with roller skates off.
  o 2 feet together – step the right crossing in front of the left foot.
  o Athletes will move their left foot to meet their right foot.
  o Make sure the athlete is standing upright with arms open wide.
  o Once the athlete is comfortable with the cross in front have the athlete practice continues cross in fronts.

• Now they are ready to put on skates.
  o Follow the same steps as above until the athlete can perform the skill with their body standing upright with arms open wide.
Level 1, Skill #3 - Three forward alternating strokes

- Skills to work on:
  - Athletes can start practice with roller skates off.
  - From a standing position athletes step forward with the left foot once steady.
  - Then athletes step forward with the right foot to meet the left foot hold until steady.
  - Next step forward with the right foot.
  - Then step forward with the left foot to meet the right foot.
  - Follow the same steps as above until the athlete can perform the skill with their body standing upright with arms open wide

- Now they are ready for skates
  - Repeat the steps from above

Level 2, Skill #1 - Shoot-the-Duck (one-legged sitting glide)

- Skills to work on:
  - Athletes can start practice with skates off.
  - Have athlete squat with two feet and return to standing position.
  - Once comfortable – have the athlete squat.
  - While in the squatted position have the athlete slide one leg forward (heel on floor) and hold for a 3 second count and bring the leg back to squatting position.
  - Repeat and once the athlete is comfortable increase the seconds they are holding the leg forward.
  - Repeat this skill but instead of the heel on the ground lift the leg 2 – 3 inches off the ground.

- Now they are ready for skates
  - Repeat the steps from above

Level 2, Skill #2 – Forward Arabesque

- Skills to work on:
  - Athletes can start practice with skates off.
  - Bend the body forward with arms open wide.
  - Hold this position for 3-5 seconds and return to the starting position.
  - As the athlete becomes comfortable with this position – increase the time they hold in this position.
  - Standing upright, arms to the side lift the back leg and hold for 3-5 seconds.
  - As the athlete becomes comfortable with this position – increase the time they hold in this position.
Now combine these two positions – Bend waist and arms first, lift leg second hold for 2-3 seconds and return to starting position.

As the athlete becomes comfortable with this position – increase the time they hold this position.

- Now they are ready for skates
  - Follow the same steps as above

**Level 2, Skill #3 - Two-foot jump from forward to backward with T-Stop**

- Skills to work on:
  - Athletes can start practice with skates off.
  - Two feet together, practice small jumps -
    - Start facing forward, body up right and arms open wide.
    - Jump until you’re backwards.
  - Continue practicing this half turn jump until the athlete can do so without breaking form.
  - Now have them practice from the back position to the front.
  - Continue jumping from the backward position to the front until the athlete can do so without breaking form.
  - Now put the jumps together -
    - Facing front jump ½ turn so they are facing backwards.
    - From the backwards jump 1/2 turn until they are facing forward.
  - Next - Perform the jump then take 2 full glides and perform a T-Stop.

- Now they are ready for the skates
  - Follow the same steps as above

**Roller Skating – Artistic - Competition**

**Recommended and Substitute Equipment**

- Sports equipment: roller skates, sneakers
- Cones: plastic water bottles, shoes, household items
- Marking device: painters tape, chalk, string
- Timing device: stopwatch, wrist watch, phone, kitchen timer
- Playing area: backyard, school yard, park, parking lot
- Assistant for conducting competition: household member, family member, caregiver

**Virtual Competition Entry Information**

- Athletes may enter up to three individual events.
- Awards will be given for results in each event.
- Roller Skating will be eligible to compete in both Fall Sectionals and Fall Festival this year.
- Qualifying scores will be due two (2) weeks prior to sectionals and three (3) weeks prior to State level competitions.
- Athletes will submit scores to coaches.
- Coaches will record a qualifying score for each athlete in their chosen event(s).
- These scores will be used for divisioning and must follow the SOPA Honor Code.
  - Level 1
    - Cross in Fronts
    - Cross in Back
    - Three forward alternating strokes
  - Level 2
    - Shoot-the-Duck (one-legged sitting glide)
    - Forward Arabesque
    - Two-foot jump from forward to backward with T-stop
- There is a data collection form at the end of this guide that will help to compile the information during your training.
- The coach will submit the Qualifying Score to the Sport and Competition Coordinator/Regional Sport Director.

**Phase A Competition**

- Athletes will be divisioned according to their Qualifying Scores.
- Coaches will submit final scores to the Local Program Sport and Competition Coordinator/Regional Sport Director by the established deadline.
- Final scores are due to the appropriate SOPA Competition Director by the Monday prior to the event.
- In adherence with Honor Code, the same playing surface must be used for divisioning and competition.
Roller Skating – Artistic – Level 1, Individual Skills for Virtual Competition

Level 1, Skill #1 - Cross in Fronts

- **Equipment:** Timing device

- **Description:** At playing area with skates on (athlete may start with either the left leg or right leg)
  
  - Athletes may choose if they would like to perform crosses right over left or left over right. Directions are written in right over left.
  - From standing position athletes cross their right foot in front of their left foot.
  - Then they move their left foot to meet their right foot.
  - Body should remain upright – no bending at the waist – arms open wide.
  - Continue front crosses – how many can they do in 30 seconds.

- **Description:** Without skates
  
  - Athletes may choose if they would like to perform crosses right over left or left over right. Directions are written in right over left.
  - From the standing position the athletes cross their right foot in front of their left foot.
  - Then move their left foot to meet their right foot.
  - Body should remain upright – no bending at the waist – arms open wide.
  - Continue front crosses – how many can they do in 30 seconds.

- **Score:**
  
  - The athletes will get three non-consecutive attempts.
  - When counting cross in fronts – do not count cross in front if the athlete does not have their arms wide open and body upright.
  - Record the number of clean front crosses the athlete makes in 30 seconds.
  - The final score will be the highest amount of repetitions of the three attempts.
Level 1, Skill #2 - Cross in Back

- **Equipment**: Timing device

- **Description**: With skates (athlete may start with either the left leg or right leg)
  - From standing position athletes cross their right foot in back of their left foot.
  - Then they move their left foot to meet their right foot. Body should remain upright – no bending at the waist – arms open wide.
  - Continue back crosses – how many can they do in 30 seconds.

- **Description**: Without skates
  - From standing position the athletes cross their right foot in back of their left foot.
  - Then they move their left foot to meet their right foot. Body should remain upright – no bending at the waist – arms open wide.
  - Continue front crosses – how many can they do in 30 seconds.

- **Score**:
  - The athletes will get three non-consecutive attempts.
  - When counting cross in fronts – do not count cross in front if the athlete does not have their arms wide open and body upright.
  - Record the number of clean back crosses the athlete makes in 30 seconds.
  - The final score will be the highest amount of repetitions of the three attempts.
Level 1, Skill #3 - Three forward alternating strokes

- **Equipment**: Timing device
- **Description: With skates**
  - Athlete takes 4 opening steps.
  - Glide forward with the left foot.
  - Then glide forward with the right foot to meet the left foot.
  - Next glide forward with the right foot.
  - Then glide forward with the left foot to meet the right foot.
  - This counts as one repetition.
  - This skill is complete when the athlete performs 3 repetitions.

- **Description: Without skates**
  - From a standing position the athlete steps forward with the left foot.
  - Then step forward with the right foot to meet the left foot.
  - Next step forward with the right foot.
  - Then step forward with the left foot to meet the right foot.
  - This counts as one repetition.
  - This skill is complete when the athlete performs 3 repetitions.

- **Score**:
  - Assistant starts the timer when the athlete takes their first step forward.
  - Assistant stops timer when the 3 repetitions are complete.
  - The athletes will get three non-consecutive attempts to perform the 3 repetitions.
  - The time recorded for the athlete result. (Time recorded as MM:SS.00)
  - The final score will be the athlete’s fastest time of the three attempts.
Roller Skating - Artistic - Level 2, Individual Skills for Virtual Competition

Level 2, Skill #1 - Shoot-the-Duck (one-legged sitting glide)

- **Equipment**: Timing device

- **Description**: With skates
  - Athlete takes 4 opening steps.
  - Perform a 2 foot squat.
  - Once in a squatting position extend one leg forward.
  - Forward legs skate must be 3-4 inches off the ground.
  - Arms should be over extended in front of the athlete over the extended leg and can be holding the leg up at the knee.

- **Description**: Without skates
  - From a standing position perform a 2 foot squat.
  - Once in a squatting position extend one leg forward.
  - Forward legs skate must be 3-4 inches off the ground.
  - Arms should be over extended in front of you over the extended leg.

- **Score**:
  - Assistant starts timer when the athlete is in the squat position with the leg fully extended.
  - Assistant stops timing when the athlete's leg is no longer fully extended, the athlete falls out of the position or they stand up.
  - The athletes will get three attempts.
  - The time is recorded for the athlete result. (Time recorded as MM:SS.00)
  - The final score will be the athlete's longest time of the three attempts.
Level 2, Skill #2 – Forward Arabesque

- **Equipment:** Timing device

- **Description: With skates**
  - Athlete takes 4 opening steps.
  - Bending forward at the waist with the arms spread to the side.
  - Athlete lifts their leg backwards as high as possible and hold. Their extended leg should be even with their upper body.

- **Description: Without skates**
  - From a standing position bend forward at the waist with the arms spread to the side.
  - Athlete lifts their leg backwards as high as possible and hold. Their extended leg should be even with their upper body.

- **Score:**
  - Assistant starts timer when the athlete is bent forward, arm to the side and one leg is lifted backwards.
  - Assistant stops timing when the athlete’s extended leg breaks the plane.
  - The athletes will get three attempts.
  - The time is recorded for the athlete result. (Time recorded as MM:SS.00).
  - The final score will be the athlete’s longest time of the three attempts.
Level 2, Skill #3 - Two-foot jump from forward to backward with T-stop

- **Equipment:** Timing device
- **Description: With skates**
  - Athlete takes 4 opening steps.
  - The athlete performs a two-foot ½ turn jump ends facing backwards.
  - Then a two-foot ½ turn jump and ends up facing forward.
  - Pushing off with one foot performs a T-stop.
- **Description: Without skates**
  - Standing with 2 feet together, the athlete performs a two-foot ½ turn jump ends facing backwards.
  - Then a two-foot ½ turn jump and ends up facing forward.
  - Pushing off with one foot performs a T-stop.
- **Score:**
  - Assistant starts the timer when the athlete begins the 4 opening steps.
  - Assistant stops the timer when the athlete competes the T-Stop.
  - The athletes will get three attempts.
  - The time is recorded for the athlete result. (Time recorded as MM:SS.00).
  - The final score will be the athlete’s longest time of the three attempts.
## RS ARTISTIC - LEVEL 1 - VIRTUAL COMPETITIONS

At-Home data collection form

<table>
<thead>
<tr>
<th>AREA/COUNTY:</th>
<th>DATE:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ATHLETE NAME:</strong></td>
<td><strong>Date:</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cross in Front</th>
<th>Cross in Back</th>
<th>3 forward alternating strokes</th>
</tr>
</thead>
<tbody>
<tr>
<td># of in 30 sec (circle best of 3 attempts)</td>
<td># of in 30 sec (circle best of 3 attempts)</td>
<td>Record time MM.SS.00 (circle fastest of 3)</td>
</tr>
</tbody>
</table>

- **Fall Sectional - 1st score**
- Date completed:

- **Fall Sectional - Final score**
- Date completed:

- **Fall Fest - 1st score**
- Date completed:

- **Fall Fest - Final score**
- Date completed:

### TRAINING RECORD:

<table>
<thead>
<tr>
<th>Date:</th>
<th>Cross in Front</th>
<th>Cross in Back</th>
<th>3 forward alternating strokes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td></td>
<td></td>
<td></td>
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<td>Week 2</td>
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<td>Week 3</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Week 10</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
## RS ARTISTIC - LEVEL 2 - VIRTUAL COMPETITIONS
### At-Home data collection form

<table>
<thead>
<tr>
<th>AREA/COUNTY:</th>
<th>DATE:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ATHLETE NAME:</strong></td>
<td><strong>Inline, Quad, No skates</strong></td>
</tr>
<tr>
<td>Fall Sectional - 1st score</td>
<td></td>
</tr>
<tr>
<td>Date completed:</td>
<td></td>
</tr>
<tr>
<td>Fall Sectional - Final score</td>
<td></td>
</tr>
<tr>
<td>Date completed:</td>
<td></td>
</tr>
<tr>
<td>Fall Fest - 1st score</td>
<td></td>
</tr>
<tr>
<td>Date completed:</td>
<td></td>
</tr>
<tr>
<td>Fall Fest - Final score</td>
<td></td>
</tr>
<tr>
<td>Date completed:</td>
<td></td>
</tr>
</tbody>
</table>

### TRAINING RECORD:

<table>
<thead>
<tr>
<th>Date:</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
<th>Week 9</th>
<th>Week 10</th>
</tr>
</thead>
</table>
Athlete Honor Code

All Special Olympics athletes want to compete fairly and know everyone is following the same rules. This is always important, but even more so now that many athletes are not competing in-person. For athletes who decide to participate virtually at-home, Special Olympics Pennsylvania (SOPA) has created the following Honor Code.

The Honor Code is a tool to let all athletes understand how to fairly compete virtually in Special Olympics Pennsylvania (SOPA). Fair and meaningful opportunities are the most important parts of SOPA competitions. Athletes and coaches must follow this Honor Code to make sure everyone can have a fair and meaningful experience in virtual competitions.

SOPA demonstrates a spirit of mutual trust and honesty. As an athlete I promise:

- I will only use one attempt to record my competition score, which is the same as when I compete in-person. Using more than one attempt to try and submit a better score is illegal and violates the rules of virtual competition.
- I will follow the competition rules for my sport.
- I will use the same course, field, court, and equipment for all parts of the virtual competitions.
- I will give my exact recorded time, distance, or score to my coach.
- I will follow all virtual competition rules provided by Special Olympics Pennsylvania.
- I will meet all deadlines to turn in my scores.
- I will give my best effort in training to try to achieve my best competition performance.

This Honor Code and the SOPA Code of Conduct outline how an athlete should train and compete in a virtual setting.

The “Virtual Competition Review Committee” will make sure athletes and coaches follow the rules of the Honor Code. The committee will consist of SOPA Staff and members of Local Programs, and will not tolerate any violation of the Honor Code.
The purpose of this Honor Code is to communicate the meaning and importance of athletic integrity to all members of the Special Olympics Pennsylvania (SOPA) community and to articulate and support the interest of the athletes and coaches in maintaining the highest standards of conduct in virtual competition.

SOPA embodies a spirit of mutual trust and honesty. As a coach I promise to:

- Give athletes one attempt to record their competition score as is done in-person. 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 my 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 and all competitions.

- Follow all virtual competition guidelines and standards provided by Special Olympics Pennsylvania.

- Meet all deadlines for submission of scores.

- Ensure the athletes I coach have the proper equipment and practice facilities which provide them with the best opportunities to succeed.

This Honor Code summarizes the expected standards of conduct in virtual athletic competitions. The Honor Code is an addendum to the existing SOPA Code of Conduct to ensure equality in competition during any time in person competitions cannot be offered.

The Honor Board is the organizational body charged with enforcement of the Honor Code. The Honor Board will consist of state level Competition Staff and select members of Local Programs, and will not tolerate any violation of the Honor Code.
"HOW TO"
ENGAGE ATHLETES IN A VIRTUAL SETTING

This is a moment of high anxiety, grief, and trauma for many of our athletes. As a coach, you have the opportunity to support your athletes through this difficult time through your support and love for our athletes. Below are guidelines and suggestions for ways to interact and engage our athletes over your preferred video conferencing tool.

Schedule out your meetings
- Just like your in person training, plan out the virtual training with your athletes. There is a sample Phase A plan in the Sport Specific Guidebooks, please adapt that sample to fit your needs.
- Acknowledge each athlete when they log on, address them by name and make sure they know you are glad to see them.
- Ask questions that acknowledge the situation, while also providing a sense of hope and something to look forward to.

Establish team support
- Set normal expectations for each of the virtual training: no phones or other devices that could distract the athlete or group, when someone is talking be are actively listening, develop responses from the group to positively support their teammates.
- When an athlete says something positive or encouraging to a teammate, pause to highlight that behavior.

Celebrate every little thing
- Just like when you are in person, you want your athletes cheering each other on.
- When meeting remotely, try to include activities that engage the athletes and set them up for success (garbage can basketball, soccer dribbling, pushups, etc.).
- Many of our athletes are dealing with challenges away from Special Olympics. Discuss those challenges at your meetings and be proud of how they are working through those challenges.

Focus on the skills
- Training the athletes through this virtual experience will take some creativity. In your meetings, adjust your camera so the athletes can watch you model a skill or drill. You can also have the athletes lead a skill or drill during training as well.
- Keep up their (and your) fitness. Lead your athletes through some basic exercises that they can do at home. You can set goals to reach from meeting to meeting, like 10 pushups without stopping, so the athletes can work toward that goal outside of your meeting time.
Set the example
- Be a role model for how you want your athletes to interact. Be mindful that social cues can be read differently on a virtual platform.
- Do the activities with them. Don’t be afraid to fail in front of your athletes. It is great to show your athletes that it is ok to struggle as long as you are improving.
- Talk to your athletes about how you manage your time. Be honest about how these times can be challenging, it’s ok to feel flat, lethargic, and unmotivated from time to time - but focus on the time you have together to be high energy and productive.

Be Coachable
- Talk to other coaches about what they are doing to engage their athletes.
- The best coaches are the best thieves, use other people’s ideas to engage the team.
- Learn about other platforms that you can interact with your athletes on. See what they are using, research those platforms, and use them if you believe it is an appropriate format.
<table>
<thead>
<tr>
<th>PLATFORM</th>
<th>COST</th>
<th>TIME LIMIT</th>
<th>PARTICIPANTS ALLOWED</th>
<th>SETUP</th>
</tr>
</thead>
<tbody>
<tr>
<td>ZOOM</td>
<td>FREE (BASIC PLAN)</td>
<td>40 MIN. (UNLESS AND EDU ACCOUNT)</td>
<td>UP TO 49</td>
<td>LINK1</td>
</tr>
<tr>
<td>SKYPE</td>
<td>FREE (UP TO 100 HR/MONTH)</td>
<td>4 HRS.</td>
<td>UP TO 25</td>
<td>LINK2</td>
</tr>
<tr>
<td>FACEBOOK MESSANGER</td>
<td>FREE</td>
<td>NO LIMIT</td>
<td>For A Fee</td>
<td>LINK1</td>
</tr>
<tr>
<td>MICROSOFT TEAMS</td>
<td>FREE (BASIC PLAN)</td>
<td>NO LIMIT</td>
<td>NO</td>
<td>LINK2</td>
</tr>
</tbody>
</table>

**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 with Microsoft

- **Zoom**
- **Skype**
- **Facebook Messenger**
- **Microsoft Teams**

**FREE (UP TO 100 HR/MONTH)**
“HOW TO”
ENGAGE ATHLETES WITHOUT COMPUTER/INTERNET

We understand that not all athletes have access to a computer or internet, therefore we created this guidance to support coaches in engaging their athletes.

ATHLETES WITHOUT CELL PHONES

Mail Printed Resources
- Create training plans that can be printed and mailed
- Print and mail competition instructions from Sports Specific Guidance
- Work with assistant coaches and Unified partners to print and mail

Home Phone calls
- Contact athletes as often as you can
- Communicate instructions and weekly expectations to athletes

Socially Distant Visits
- Work with assistant coaches and Unified partners to print and deliver to athletes
- Work with athletes and caregivers to have a central packet pick-up location
- Ensure all are utilizing proper PPE and following social distance guidelines (minimal of 6”) when delivering
- No materials should be re-shared or exchanged

ATHLETES WITH CELL PHONES

Cell Phone Calls
- Call athletes with weekly practice plan and expectations
- Be cognizant of athletes phone plans so they do not incur additional charges
- Utilize assistant coaches and Unified partners to make phone calls
- Use conference call function on cell phone to connect multiple athletes on one call

Conference Calls
- Utilize a free conference call line so athletes can call in during training session
  - FreeConferenceCall.com
  - Google Meet
  - Zoom
Social Media Platforms
- Use social media platforms like WhatsApp, Facebook or Google
- WhatsApp uses less data than Facebook or Google
- Create a Closed Facebook Group for your team

Text Messaging
- Use SMS to send training plans
- Use plain text instead of attachments when emailing. Plain text is easier to access and requires less data (therefore, less money), so consolidating content into the email body using plain text rather than attaching a .pdf is preferable