ROLLER SKATING (SPEED)
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

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

**PHASE A: At-Home:**

- Individual sports will be allowed during the fall 2020 season.
- 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 – Speed -Training

Description
For individual sports in Phase A, athletes will be able to compete in their regular events.

Recommended and substitute equipment:
- Sports equipment: roller skates or sneakers
- Measuring tape: 1 of your feet = 1 foot, tape measure
- Timing device: stopwatch, wrist watch, phone, kitchen timer
- Cones: plastic water bottles, shoes, household items
- 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.
- It is great to have notes on pertinent information for the athletes and coaches.

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**

For all skill levels:

• **Practice the following skills: Skates on and off**
  o **Starts:** (please note this is a new rule for 2020).
    ▪ Standing on the start line have the athletes practice the commands for the start:
      • “In Position” – Skater places one foot behind them (the push foot) with the top of their sneaker on the floor.
      ▪ Athlete puts a slight bend in their legs, and brings the standing leg arm up in front of their chest and the other arm back towards the behind leg (ready to help push forward).
      ▪ Athletes hold this position until the official blows the whistle
  o **Getting Up after a fall**
    ▪ However athletes land on the floor, they will roll their body until they are in a sitting V position.
    ▪ They should bend one leg in, so their skate/sneaker is at their straight legs knee (or close to it).
    ▪ They bend the straight leg knee so it is behind them.
    ▪ Remember to have them practice keeping their hands on their knees so they do not get run over by a passing skater.
    ▪ They should tock their body until they are in a kneeling position.
    ▪ Athletes will place one foot flat on the floor and place both of their hands on top of their knee.
    ▪ They will push down on their knees with their two hands and push up with their other leg until they have both feet flat on the floor and their body is in a low squat.
    ▪ Then the stand up straight.
Level 1, Skill #1 – 30 M Straight Away

- Skills to work on:
  - Start practice with roller skates off. Use the command “In position” then blow the whistle for the athlete to begin each drill.
  - At the starting line do the following skills to the finish line:
    - Walk
    - Speed walk
    - Skip
    - Jog
    - Run
  - Remember to have the athletes swing their arms back and forth as they would when gliding with skates on.

- Now you they are ready to put on skates
  - 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 – 30 M Slalom

- Skills to work on:
  - Start practice with roller skates off
  - Use the command “In position” then blow the whistle for the athlete to begin each drill.
  - At the starting line do the following skills to the finish line:
    - Walk
    - Speed walk
    - Skip
    - Jog
    - Run
  - Remember to have athletes swing their arms back and forth as they would when gliding with skates on.
    - Add 2 cones to the 30 meters straight away
    - Then add 2 more cones
    - The add the final cone
  - Now you they are ready to put on skates.
    - 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 – 50 M ½ lap

- Skills to work on:
  - Start practice with roller skates off.
  - Practice walking back and forth from side to side of the rink, then practice the following skills:
    - Speed walking
- Skipping
- Jogging
- Running

- Athlete stands at the starting line.
  - Use the command “In position” then blow the whistle for the athlete to begin each drill.
  - Place a cone 19.54 M from the start line, walk to the cone and go around the cone and return to the starting line.
  - Repeat with the movement skills from above.
- Add a second cone 14 M to the left of the first cone, athlete stands at the starting line.
  - Athlete walks to the cone and goes around the cone and continues to the second cone and returns to the starting line.
  - Repeat with the movement skills from above.
- Add the finish line, Athlete stands at the starting line.
  - Athlete goes around the second cone then walks to the finish line.
  - Repeat with the movement skills from above.

- Now you are they are ready to put on skates.
  - Perform the skills above on skates.
  - Make sure the athlete practices swinging their arms forward and backwards.

**Level 2, Skill #1, #2 & #3 – 100 M, 200 M, & 300 M**

- Skills to work on:
  - Start practice with skates off.
  - Use the command “In position” then blow the whistle for the athlete to begin each drill.
  - Walk the rink with arms swinging forward and back as you circle the rink.
  - Increase your speed until you are speed walking. Arms swinging forward and back, on foot is on the ground at all times.
  - Now jog half a lap and walk the 2nd half.
  - Jog ¾ of the lap and walk to the finish line.
  - Jog the entire lap.

- Now you are they are ready for skates.
  - Use the command “In position” then blow the whistle for the athlete to begin each drill.
  - Practice skating back and forth from end to end of the rink – left foot then right foot, left foot then right foot, etc.
  - Athlete stands at the starting line.
    - Place a cone 64 feet (19.54 M) from the start line, the athlete skates to the cone and goes around the cone and returns to the starting line.
Add a second cone 46 feet (14 M) to the left of the first cone, Athlete stands at the starting line.
   - Athlete skates to the cone and goes around the cone and continues to the second cone and returns to the starting line.

Add the 3rd cone 128 feet (39.09 M) up from the 2nd cone.
   - Athlete skates to cone 1, goes around it to cone 2.
   - Athlete skates around cone 1 and skates to cone 3.
   - And athlete returns to the start line.

Add the 4th cone 46 feet (14 M) to complete the rectangle. Follow directions from above to the finish line.

Roller Skating – Speed - Competition

Recommended and Substitute Equipment

- Sports equipment: roller skates or sneakers
- Measuring tape: 1 of your feet = 1 foot, tape measure
- Timing device: stopwatch, wrist watch, phone, kitchen timer
- Cones: plastic water bottles, shoes, household items
- Marking device: painters tape, chalk, string for start and finish line
- Playing area: backyard, school yard, park, parking lot

Virtual Competition Entry Information

- Athletes are allowed to enter in up to three individual events and will be awarded for results for each individual event.
- Roller Skating will be eligible to compete in both Fall Sectionals and Fall Festival this year.
- Qualifying scores will be due three (3) weeks prior to State level competitions, the coach 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.
- Coaches will record and submit the athlete’s numerical score in the chosen event(s)
  - Level 1
    - 30 M Straight Away
    - 30 M Slalom
    - 50 M ½ Lap
  - Level 2
    - 100 M
    - 200 M
    - 300 M
- There is a data collection form at the end of this guide that will help to compile the information during your practice.
- The Qualifying Score will be submitted to the Sport and Competition Coordinator/Regional Sport Director for submission.
**Phase A Competition**

- Athletes will be divisioned according to their entry scores.
- Deadline for final scores will be the Monday prior to the event; final scores should be sent to your Sport and Competition Coordinator/Regional Sport Director. These will then be submitted to the appropriate SOPA Competition Director to produce the final results for each event.
- For consistency, the same playing surface **must** be used for divisioning and competition.
- Coaches will record and submit the athlete’s numerical score in the chosen event(s)
  - Level 1
    - 30 M Straight Away
    - 30 M Slalom
    - 50 M ½ Lap
  - Level 2
    - 100 M
    - 200 M
    - 300 M
Roller Skating – Speed – Level 1, Individual Skills for Virtual Competition

Level 1, Skill #1 – 30 M Straight Away

Equipment: Timing device, Marking device for a start and finish line, 2 cones

Course Measuring

- Designate a starting line and mark with a marking device.
- Measure 98 feet from the starting line to the finish line.
- Use cones to mark the finish line and separate by 16 feet.

Description: With skates

- Athlete stands with one foot behind the starting line and the other foot slightly behind their body (this is the push foot).
- On the whistle the athlete pushes forward off the start line with the back lag and skates forward for 30 M (98 feet).
- Athlete must cross the finish line between the 2 cones.

Description: Without skates

- Athlete stands with one foot behind the starting line and the other foot slightly behind their body (this is the push foot).
- On the whistle the athlete pushes forward off the start line with the back lag and runs forward for 30 M.
- Athlete must cross the finish line between the 2 cones.

Score

- The assistant gives the command – “In Position” then says “GO”.
- Time begins when the assistant says “GO”.
- Time ends when the athlete’s first full skate/sneaker crosses the finish line.
- The athletes will get two attempts.
- 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 two attempts.
Level 1, Skill #2 – 30 M Slalom

Equipment: Timing device, Marking device for start and finish line, 7 Cones

Course Measuring

- Designate a starting line and mark with a marking device.
- Measure 98 feet from the starting line to the finish line.
- Use cones to mark the finish line and separate by 16 feet.
- Set up 5 cones for slalom.
- The first cone is set 16 feet from the starting line.
- Continue setting up cones 16 feet apart towards the finish line.

Description: With skates

- Athlete stands with one foot behind the starting line and the other foot slightly behind their body (this is the push foot).
- On the whistle the athlete pushes forward with the back leg.
- Athlete must skate in and out of the cones. Cones are 5 M (16 feet) apart.
- Athlete must cross the finish line between the 2 cones.

Description: Without skates

- Athlete stands with one foot behind the starting line and the other foot slightly behind their body (this is the push foot).
- On the “GO” command the athlete pushes forward with the back leg.
- Athlete must run in and out of the cones. Cones are 5 M (16 feet) apart.
- Athlete must cross the finish line between the 2 cones.

Score

- The assistant gives the command – “In Position” then says “GO”.
- Time begins when the assistant says “GO”.
- Time ends when the athlete’s first full skate crosses the finish line.
- The athletes will get two attempts.
- 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 two attempts.
Level 1, Skill #3 – 50 M ½ lap

**Equipment:** Timing device, 4 cones

**Course Measuring**
- Outline course with cones.
- Straight away equals 98 feet.
- Turn equals 46 feet.
- Designate a starting line and finish line and mark with a marking device at half way point.

**Description: With skates**
- Athlete starts on the start line.
- Official gives the command – “In Position” then blows their whistle.
- Athlete skates 1/2 lap around the rink.
- Athlete skates through the finish line.

**Description: Without skates**
- Athlete starts on the start line.
- Official gives the command – “In Position” then blows their whistle.
- Athlete runs 1/2 lap around the rink.
- Athlete runs through the finish line.

**Score**
- The official gives the command – “In Position” then blows their whistle.
- Time begins when the whistle is blown.
- Time ends when the athlete’s first full skate crosses the finish line.
- The athletes will get two attempts.
- 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 two attempts.
Roller Skating – Speed – Level 2, Individual Skills for Virtual Competition

Level 2, Skill #1 – 328 feet (100 M); Level 2, Skill #2 – (200 M); Level 2, Skill #3 – (300 M)

Equipment: Timing device, 4 cones

Course Measuring
- Set up skating area of 39.09 M (131 feet) for the straight away X 14 M (45 feet on turn).
- Set up cones at each of the four corners.
- Mark start and finish like with marking device.

Description: With skates
- Athlete starts on the start line.
- Assistant gives the command – “In Position” then says “GO”.
- Athlete skates 1 lap around for the 100 M, 2 laps for the 200 M & 3 laps for the 300 M.
- Athlete skates through the finish line.

Description: Without skates
- Athlete starts on the start line.
- The assistance gives the command – “In Position” then says “GO”.
- Athlete runs 1 lap around for the 100 M, 2 laps for the 200 M & 3 laps for the 300 M.
- Athlete runs through the finish line.

Score
- The assistant gives the command – “In Position” then says “GO”.
- Time begins when the assistant says “GO”.
- Time ends when the athlete’s first full skate crosses the finish line.
- The time is recorded for the athlete result. (Time recorded as MM:SS.00)
- The final score will be the athlete’s time for one lap for the 100 M, 2 laps for the 200 M & 3 laps for the 300 M.
<table>
<thead>
<tr>
<th>AREA/COUNTY</th>
<th>ATHLETE NAME</th>
<th>30 M Straight Away</th>
<th>30 M Slalom</th>
<th>50 M (1/2 Lap)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Record time MM:SS.00</td>
<td>Record time MM:SS.00</td>
<td>Record time MM:SS.00 (circle fastest of 2)</td>
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<tr>
<td></td>
<td></td>
<td>(circle fastest of 2)</td>
<td>(circle fastest of 2)</td>
<td>(circle fastest of 2)</td>
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</tbody>
</table>

<table>
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<tr>
<th>Date:</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
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<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
<th>Week 9</th>
<th>Week 10</th>
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</thead>
<tbody>
<tr>
<td>Fall Sectional - 1st score</td>
<td>Date completed:</td>
<td>Date completed:</td>
<td>Date completed:</td>
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<td>Date completed:</td>
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<td>Date completed:</td>
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<tr>
<td>Fall Sectional - Final score</td>
<td>Date completed:</td>
<td>Date completed:</td>
<td>Date completed:</td>
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<td>Date completed:</td>
</tr>
<tr>
<td>Fall Fest - 1st score</td>
<td>Date completed:</td>
<td>Date completed:</td>
<td>Date completed:</td>
<td>Date completed:</td>
<td>Date completed:</td>
<td>Date completed:</td>
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<td>Date completed:</td>
</tr>
</tbody>
</table>

RS SPEED - LEVEL 1 - VIRTUAL COMPETITIONS
At-Home data collection form

- Inline,
- Quad,
- No skates

Record time MM:SS.00
(circle fastest of 2)
## RS SPEED - LEVEL 2 - VIRTUAL COMPETITIONS

**At-Home data collection form**

<table>
<thead>
<tr>
<th>AREA/COUNTY:</th>
<th>Inline, Quad, No skates</th>
<th>100 Meter (1 lap)</th>
<th>200 Meter (2 laps)</th>
<th>300 Meter (3 laps)</th>
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</thead>
<tbody>
<tr>
<td><strong>ATHLETE NAME:</strong></td>
<td></td>
<td>Record time MM.SS.00</td>
<td>Record time MM.SS.00</td>
<td>Record time MM.SS.00</td>
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<td>Fall Sectional - 1st score</td>
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<tr>
<td>Date completed:</td>
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<td>Fall Sectional - Final score</td>
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<tr>
<td>Fall Fest - Final score</td>
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<tr>
<td>Date completed:</td>
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</tr>
<tr>
<td><strong>TRAINING RECORD:</strong></td>
<td></td>
<td>100 Meter (1 lap)</td>
<td>200 Meter (2 laps)</td>
<td>300 Meter (3 laps)</td>
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<td>Date:</td>
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<td>Record time MM.SS.00</td>
<td>Record time MM.SS.00</td>
<td>Record time MM.SS.00</td>
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<td>Week 4</td>
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<td>Date:</td>
<td>Week 9</td>
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<tr>
<td>Date:</td>
<td>Week 10</td>
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</tbody>
</table>
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.
## Options for Two-Way Video Chat

<table>
<thead>
<tr>
<th>Platform</th>
<th>Cost</th>
<th>Participants Allowed</th>
<th>Time Limit</th>
<th>Option to Record</th>
<th># of People on Grid View</th>
<th>Breakout Rooms</th>
<th>Join Without Account</th>
<th>Setup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zoom</td>
<td>Free (Basic Plan)</td>
<td>100</td>
<td>40 Min. (unless EDU account)</td>
<td>YES</td>
<td>Up to 49</td>
<td>YES</td>
<td>YES</td>
<td>[Link]</td>
</tr>
<tr>
<td>Skype</td>
<td>Free (Up to 100 HR/Month)</td>
<td>50</td>
<td>4 Hrs.</td>
<td>YES</td>
<td>Up to 25</td>
<td>NO</td>
<td>YES</td>
<td>[Link 1 Link 2]</td>
</tr>
<tr>
<td>Facebook Messenger</td>
<td>Free</td>
<td>50</td>
<td>No Limit</td>
<td>YES</td>
<td>Up to 8</td>
<td>YES</td>
<td>NO</td>
<td>[Link 1 Link 2]</td>
</tr>
<tr>
<td>Microsoft Teams</td>
<td>Free (Basic Plan)</td>
<td>20</td>
<td>No Limit</td>
<td>For a Fee</td>
<td>Up to 9</td>
<td>NO</td>
<td>YES</td>
<td>[Link 1 Link 2]</td>
</tr>
</tbody>
</table>

### Pros
- **Zoom**: Popular. Many already use. Good mobile platform. Easy to use. Many on Facebook. Many using for work.
- **Skype**:
- **Facebook Messenger**: Free
- **Microsoft Teams**: Free

### Cons
- **Zoom**: Poor security: must use passwords. Desktop version not as strong. Facebook account required. Not as easy if not familiar with Microsoft.
- **Skype**:
- **Facebook Messenger**:
- **Microsoft Teams**: For a Fee
“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
ENGAGE ATHLETES WITHOUT COMPUTER/INTERNET

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