



SOPA RESOURCES 101

September 2019

Special Olympics
Pennsylvania





Agenda

- SOPA Staff resources
- SOPA website
 - Sports Offered
 - Sport Directors and Sport Management Teams
 - Volunteer Center
 - State and Sectional Games
 - Fit 5
- VSys Portal
 - Clearances, trainings and more
- GMS
 - What it can do, how you can utilize
- Webinars
 - Lunch and Learn, Pre-event, Pre-season

Your Competition Team



- **Michelle Boone: Sr. Sports Director, ext 220**
 - Oversight of statewide Competition, Coach Education, Unified Sports and Unified Champion Schools
- **Bruce Bach: Senior Competition Director, Eastern events, ext 225**
 - Oversight of competition team
- **Mike Ermer: Western Competition Director, ext 243**
 - Invitationals, GMS Support
- **Teresa Amaturio: Central Competition Director, ext 238**
 - SO College
- **Jen Tresp: Training & Unified Sports Director, ext 245**
 - Coach Training/Certification, Unified Sports

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All SOPA emails - first initial, last name@specialolympicspa.org

Example - Michelle Boone

Programming Staff



- **Clare Walsh Miller: Sr VP Programming, ext 235**
 - All things Programming, Misconduct, Insurance and Legal issues
- **Gina Reid (Senior Dir. Local Program Development, Eastern) ext 234, Kristen Lenig (Central, ext 246), Jim Binz (West) ext 242**
 - Field Team
- **Carolyn Kushner: Coor. Volunteer Services, ext 217**
 - Volunteer management, recruitment, recognition and retention
- **Rita Schofield: Constituent Information Manager, ext 232**
 - Everything VSys
- **Beth Boardman: Programming Dept. Coor, ext 221**
 - Volunteer Requirements, Clearances
- **Chelsea Drob: Dir. Programming Projects, ext 233**
 - Healthy Athletes, Fit 5
- **Jordan Schubert: Athlete Leadership Coor., ext 236**
 - Athlete Leadership and Young Athletes



Other Key SOPA Staff



- **Tim Kerrihard: Chief Development Officer, ext 229**
 - Development, Fundraising events, LETR, Campaign
- **Nicole Jones: Sr. Dir, Marketing and Communications, ext 231**
 - Marketing, Brand enforcement, Social media, Website, Crisis Management
- **Susan Wyland: VP Finance and Administration, ext 239**
 - Finances, Reorganization



Webinar Series:



- An **AMAZING** Resource
- Started in January 2018, have been produced monthly since
- Lunch & Learns are all 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, look for asterisk (*): watch video and take the quiz

SOPA website walk-thru



www.SpecialOlympicspa.org

- Sports Offered
 - Sport Directors and Sport Management Teams
- Volunteer Center
- State and Sectional Games
- Fit 5



Competition Calendars



- [2019 Competition Calendar: Important Dates](#)
- [2020 Competition Calendar: Important Dates](#)
 - Bowling Dates: LOI Update to accommodate holidays
 - Fall Fest: Moved forward 1 week to allow all sectionals to be done.
 - Lists SOPA and local program deadlines





Continuing Education on the website



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About Us | Sports & Games | More Than Sports | Events | Get Involved | Support | **Volunteer Resources**

Volunteer Resources

Volunteer Center

Volunteer Center

General Orientation

Protective Behaviors

Training Schools

Forms

REQUIRED once every 3 years to maintain certification.

LOTS of options.

Continuing Ed. Course Options

Monthly Updates	Sports Offered
Reorganization Updates	Protective Behaviors, General Orientation & Concussion Training
Vsys Tips & Info	Request A Skills Training School
Resources	Coaches Training & Continuing Ed.
Current Volunteer Background Checks	Continuing Ed. Course Options
New Volunteer Registration	Leadership Conference

Volunteer Portal



- **Monthly Update**

- Posted to SOPA website and sent to program leaders

- **All Things Training emails**

- Managers and Training Coordinators
- Sent regularly when there is ample information to be shared

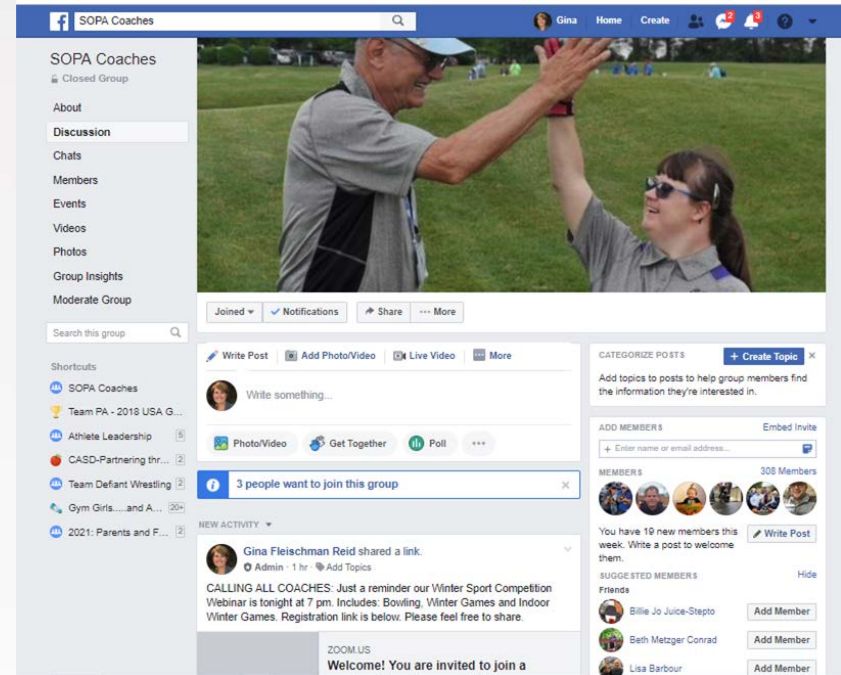


Improving Communication:



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](#)



➔ Which SOPA local program do you coach for?

➔ What sport/sports do you coach?

Coach Training & Progression Plan



The **Bronze Level** provides the next level of training. This includes the course **Coaching Special Olympics Athletes** and implementing **Fit 5** during athlete training sessions.



The **Silver Level** will build upon the Bronze level and include the **Principals of Coaching and Coaching Unified Sports®** courses as well as athlete goal setting and year round training.



The **Gold Level** will build upon the Silver level and the coach will **learn advanced tactics** for their sport of choice and work with their athletes on tracking and achieving their personal best performance goals .

Fit 5



- **Goals of Fit 5:**
- **EXERCISE 5 days a week.**
 - Endurance, Strength, Flexibility and Balance.
 - Exercise is fun!
 - Reach your Fit 5 Exercise Goal.
- **EAT 5 total fruits and vegetables per day.**
 - Healthy Weight.
 - Healthy Foods.
 - Building a Healthy Plate.
 - Perfect Proportions.
 - Healthy Meals / Snacks.
 - Reach your Fit 5 Nutrition Goal.
- **DRINK 5 water bottles per day.**
 - Hydration.
 - Dehydration.
 - Healthy Beverage Choices.
 - Reach your Fit 5 Hydration Goal.

Fit 5 - Get Started...



Sign-up:

- Special Olympics website, More Than Sports, Health Resources - <https://specialolympicspa.org/health-programs>
- Lots of information including [Fit 5 Sign-up](#) form
- Once you sign-up you will be contacted by Chelsea Drob 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



Who gets what?

As a coach...

- Coaches Guide (A)
- Coaches Appendix (B)
- Fitness Cards (C)

As an athlete...

- Athlete Guide (D)
- Fitness Cards (C)



Personal Best Tracking



- Goal to focus on goal setting, improving times and performance awareness
 - Personal best scores can be entered in the registration paperwork for all of our sectional and state level competitions
 - Personal best performances should only be recorded at competition, practice performances are not considered for Personal Best records
 - The personal best score in most cases will NOT be the same as the entry score for a competition
 - Entry score should reflect the athlete's current best score or an average of scores from practice or competition during the current training season

Goal Setting and Tracking

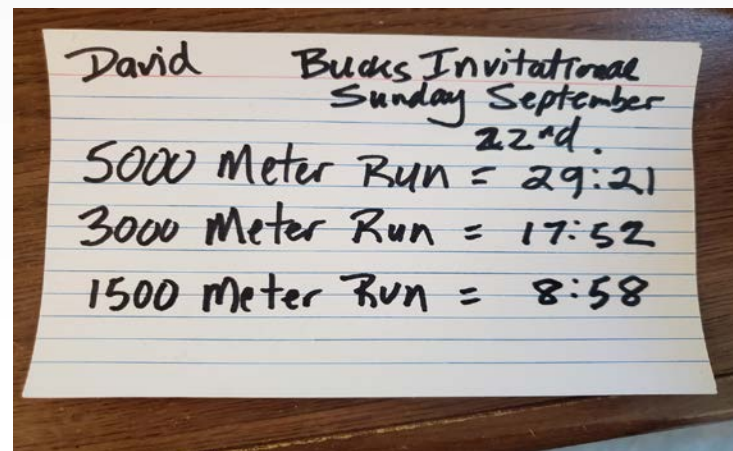


Why are goals important?

- Goals keep focused and allows measures of success.
- Allowing athletes to be part of the goal setting process will lead to a sense of ownership and accountability.
- Communicate often and as a coach LISTEN to your athletes
- Give consistent feedback and then LISTEN
- Have the hard conversations and come up with new goals together
- Celebrate all the successes, big or small

How to track results and manage goals

- First practice: announce and explain goal setting
- Subsequent practices: talk and collaborate on goals.
- Allow for alternatives - for example an athlete may choose to not to compete and has a goal to lose weight.
- Record results of practices
- Provide feedback so athlete understands their progress
- Give athlete 3x5 card with goal numbers, explain again what the numbers mean



Google Registration



- Successful Statewide Rollout
- Great feedback/recommendations
- Moving forward, event registration will be accepted only in google format
 - Traditional forms are available on the SOPA website and can be used to collect data
- Importance of current and accurate roster information
- Impact of deadlines on the registration process
- FAQ's: [Google Registration FAQ's](#)





Team Assessment

- Copies of the Team Individual Assessment forms - 1 per athlete
- Athletes should be scored during a **game-like** situation (invitational, scrimmage)
- **One** coach assess all athletes
- **Consistent, Consistent, Consistent**
- No athlete should have all 8's
- Do not be generous! Scores of 2, 3 and 4 are appropriate
- [Team Assessments: Volleyball and Soccer](#)





VSys Portal - “Training Schools, Webinars and More”



<https://vsys.specialolympicspa.org/>

The screenshot shows the VSys Portal website. The navigation bar is blue and contains the following items: Home, Event Sign-Up, Class A Required Trainings (with a dropdown arrow), Training Schools, Webinars & More (highlighted with a yellow circle and a dropdown arrow), My Information (with a dropdown arrow), Update Password (with a dropdown arrow), and Sign Out. A dropdown menu is open under 'Training Schools, Webinars & More', listing three options: Sport Skills Training Sign-Up (with a person icon), Sports Skills Training Interest (Track 1), and Special Olympics Pennsylvania Track 2 - Experience Coach. On the left side of the page, there is the Special Olympics Pennsylvania logo and the text 'Special Olympics Pennsylvania'. Below the logo, there is a welcome message: 'Welcome, Mike! Thank you for signing into VSys Live, Special Olympics Pennsylvania's Online Volunteer Portal.' Below the welcome message, there are two lines of text: 'Local Program: Special Olympics Pennsylvania' and 'Registration Details: Staff Class A adult'.

- **Sport Skills Sign-Up**
- **Sport Skill Training Interest (Level 1)**
- **Special Olympics PA - Track 2 - Experienced Coach**



VSys Portal - My Information Tab

- 1. My Calendar** - Once you register for a Training School, it will be removed from your Training School options and now appear on your calendar.
* If you want to make sure your registration went through - Check out your calendar!
- 1. Completed Trainings** - This tab lists all your trainings, expirations dates.



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

Want to

- [Upload](#)
- [Complete](#)
- [Complete](#)
- [Complete](#)
- [Complete](#)

The Online Volunteer Portal is a tool for both Class A and Class B Volunteers to either view or complete their volunteer requirements or When navigating this website, if you have any questions / concerns, please email: vsyshelp@specialolympicspa.org.

Class A Volunteer Requirements Checklist: 20% complete

Task	Status
Background Check	Complete
PA Disclosure Statement	Please upload
General Orientation Training	Incomplete
Protective Behaviors Training	Incomplete
Concussion Awareness Training	Incomplete



Looks like someone needs some clearances & trainings

Good thing they are easy to locate!

Training Schools
Event Sign-Up

Class A Required Trainings ▾

Fit 5

General Orientation

Heads Up Concussion in Youth Sports

Protective Behaviors



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Welcome, Mike! Thank you for signing into VSys Live, Special Olym

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Registration Details: Staff Class A adult



Games Management Software (GMS)



- This software was developed specifically for Special Olympics events.
- The unique nature of our competitions does not fall in the purview of other competition management software. GMS is a great tool to help make your events more manageable!





What can GMS do?

- Data Management
 - Linked with the VSys database
 - Check status of athletes and volunteers
- Event Data
 - Housed in the athlete and volunteer profiles
 - Quick and accurate divisioning
 - Can carry from year to year
- Reports
 - Heat sheets
 - Credentials
 - Results
 - Census info
- Corrupt VSys Data!
 - CAUTION! Since the databases are linked, make sure you are not changing any info for athletes and volunteers!

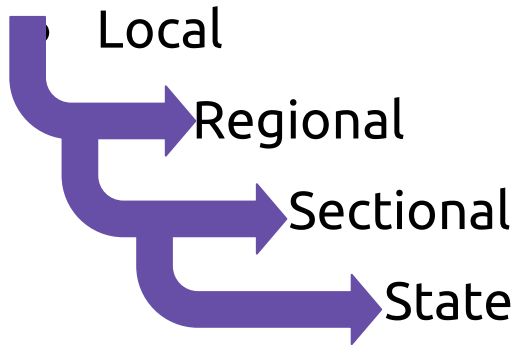


Reorg and Competition



Goal: More competition opportunities for more athletes

How do we do that?



WORK IN PROGRESS



Advancement:

- The importance of qualifiers
- Accurate training numbers
- Quality registration data

What do YOU think?

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REMINDERS/ WEBINARS

Special Olympics
Pennsylvania



Strategic Plan goals



- **1:4 - Coach to Athlete Ratio**
 - Maintained at all times - to/at/from - a competition
 - Coaches within 1:4 MUST be Class A Volunteers
- **Minimum of 1 certified coach per sport/team**
- **By the end of 2020**
 - **TEAMS:**
 - **must have at least one (1) certified coach per team**
 - **INDIVIDUAL/SKILLS:** there will be at least one (1) certified coach per 25 athletes for skills and individual sports.
 - **MUST have certified coach in skills for State events starting in Jan 2021**



Webinars



- **Pre-event**

- Will do webinar prior to all Sectionals and State Games
- Sectionals will be pre-recorded and sent to programs
- State Games will be done in evenings for live participation, recorded and sent to programs
- All will contain important information and changes to events

- **Pre-season**

- Sport and Competition Coordinator pre-season webinar
 - key information for local program leaders to share with coaches for upcoming season
- Sport Specific pre-season webinar
 - New Fall 2019, will continue to add a few sports per season
 - Will include SOPA Housekeeping reminders, important info and updates for that sport





Questions?



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