Local Program Competition Call
Spring 2020
2020 Competition Dates:

● **2020 Competition Calendar: Important Dates**

● **Spring Sectionals:**
  ○ West - Carnegie Mellon University: April 25
  ○ Central - St. Francis University: April 26
  ○ East - Kutztown University: May 2

● **Summer Games**
  ○ Penn State University: June 11-13
Spring Competition Updates:

- **Golf and Tennis are NOW Qualifiers**
  - MUST attend Sectional event to be considered for Summer Games
  - Advancement slots per Sectional will be dependent on total number of slots at Summer Games and % of interest in advancing from each Sectional

- **Personal Best Tracking:** Goal to focus on goal setting, improving times and performance awareness
  - Data collection on registration paperwork
  - Education
    - developing resources to help train and track this information

- **Competition Forms:**
  - Athlete age - specifically for Team Forms
  - Personal Best
  - Make sure you are using forms that are sent with registration - NOT old forms
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
2020 Allocations

- **ESS Allocations** and Summer Games are posted
- Fall Allocations will be posted by the end of next week.
- Allocations can be found on the SOPA Website, State Games tab
  - [SOPA State Events Page](#)
- As always, please remember that you can request additional allocations through the LOI process.
- Previous Lunch & Learn about the allocation process. This riveting presentation can be found here: [Allocation L&L](#)
2020 Allocations Dates

2020 Due Dates:

WINTER TRAINING NUMBERS- Due March 27, 2020

● Program Review Period-April 6-10, 2020
● 2021 Winter Games Initial Allocations on the SOPA Website by May 1, 2020

SUMMER TRAINING NUMBERS- Due June 26, 2020

● Program Review Period- July 13-17, 2020
● 2021 Summer Games Initial Allocations on the SOPA Website by July 31, 2020

FALL TRAINING NUMBERS- Due November 27, 2020

● Program Review Period- December 7-11, 2020
● 2021 Fall Festival Initial Allocations on the SOPA Website by January 8th, 2021
2020 Rule Update Review

* SOI Updates Rules every two years, there will be updates this summer.
3.1.8.1

Athletes are **not** allowed to enter walking events and running events. They must select one method of movement for all their track events.

3.2.7.4 Softball and Tennis Ball Throw Area Diagram

3.2.7.5 The measurement of each throw shall be made from where the ball first touched the ground to the inside edge of the arc (*arc may be a flat line)

3.2.7.6 It is considered a foul if the competitor:

- Does not throw the softball/tennis ball with in the inner edges of the landing sector lines
- Where the competitor touches with any part of the body of the arc (line) as marked, or any ground beyond the throwing box.
● **NEW** - measuring devices will be **ALLOWABLE** for measuring distance ONLY, all other functions must be turned off.

● Updated the threshold for level 2 golfers
  ○ Average of 75 or lower (was 70)

● **Skills**: Reduced the size of the 3rd point circle from 12 meters to 6 meters
Basketball

3v3

- No Rule Changes this year
- There are proposals on the table which will be under review throughout this season.
- Roster size remains 5 athletes.
  - Team alternates can be activated on the day of the event.

Changes for 2020

- SOPA will make all efforts to recruit PIAA certified referees for all 3v3 games this season.
- It is important that fouls are being enforced.
- We will also track player fouls on the scoresheets.
Swimming

Starts:

- Visually impaired athletes can have an assistant on deck to help with the start
- Hearing impaired athletes can have a “tapper” to help with starts

Electronic Timing - Touchpads:

**State Games** - Final times will be determined by the use of electronic timing system with touch pads.

- **Sectionals** - We are confirming the use of touchpads at all three sectionals.
Swimming

Honest/Maximum Effort (HER) percentage will be lowered to 15% at state games for the events that are 100 yards and longer (the events without prelims).

1. This change would be much fairer to swimmers in the longer distance events. The longer events have a huge difference in times at 25% limit, and it is not fair to swimmers to have such differences in divisions together.
2. Will bring SOPA rules in line with the SO Inc. rulebook at 15%.
3. Swimmers in the longer events are more experienced and more consistent. These swimmers are not at all likely to improve by more than 15% at state games.
4. Entry times for these races are extremely important. Coaches should be submitting the most updated times from events throughout the season.
Tennis

- We are working with the Tennis Sport Management Team to determine how we will manage the new ITN assessment process

STAY TUNED
General Rules:

Links to all the sport pages can be found here:
https://www.specialolympics.org/our-work/sports

Spring/Summer Sport Rules:

Athletics Rules
Basketball Rules
Equestrian Rules
Golf Rules
Gymnastics Rules - Artistic
Gymnastics Rules - Rhythmic
Softball Rules
Swimming Rules
Tennis Rules
Spring Sectionals
WSS: April 25

- Carnegie Mellon University
- Important Dates:
  - Reg Info: Will be out by 2/28
  - LOI: Due 3/26
  - Final Allocations: 3/27
  - VSys Rosters: Due 3/30
  - Google links sent: 3/31
  - Registration: Due 4/9
  - Pre-Event Webinar: 4/16
  - Scratch/Activation: Due 4/20
CSS: April 26

- Saint Francis University
- Important Dates:
  - Reg Info: Will be out by 2/28
  - LOI: Due 3/26
  - Final Allocations: 3/27
  - VSys Rosters: Due 3/30
  - Google links sent: 3/31
  - Registration: Due 4/9
  - Scratch/Activation: Due 4/20
  - Pre-Event Webinar: 4/21
CSS: Updates

- Golf will take place at Immergrun Golf Course at St. Francis

- Athletics will move to campus for 2020
ESS: May 2

- Kutztown University
- Important Dates:
  - Reg Info: Will be sent 3/6
  - LOI: Due 4/2
  - Final Allocation: 4/3
  - VSys Rosters: Due 4/6
  - Google links Sent: 4/7
  - Registration: Due 4/16
  - Scratch/Activation: Due 4/27
  - Pre-Event Webinar: 4/28
State Games
Summer Games
June 11-13

- Penn State University
- Pre-Event Webinar: Tuesday, May 28 at 7pm
- Important Dates:
  - Reg Info: Will be out by 4/17
  - LOI: Due 5/7
  - Final Allocations: 5/8
  - VSys Rosters: Due 5/11
  - Google links sent: 5/12
  - Registration: Due 5/21
  - Scratch/Activation: Due 6/4
Summer Games

Updates:

- Housing will be South and Pollock
- Outdoor Pool is FIXED!!
- Opening will take place in Pegula
- Sports Fest returns in 2020!
Online Registration: REMINDER!!
Google Registration

• Simplify the Process
• Minimize the possibility for error
• Changes made in “real time”
• Ease of manipulating information
• Link to GMS
Timed Events

- Times must go to the hundredths place and be entered using decimals:

  MM.SS.00

Example: 1.22.33

**Please make sure your entry people are using the correct format, it will take an exuberant amount of time to correct this format with athletics and swimming for the spring/summer registrations.**
Field Updates:

Spring Checklist

● Organize Coaches Meetings
○ Indoor Training Options
○ Training/Competition schedule
○ Planning local competitions/scrimmages
○ Certified Coaches list
○ Background checks & online trainings
○ Sports Rosters
  ■ Uniform Inventory
  ■ Medical Uploads

● YMCA Partnerships
○ Membership plus training (year round fitness)
○ For more information contact your Field Director
Other Updates
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

March 11 - 12pm
Training Schools - 5 W’s and FAQs  REGISTER

April 8 - 12pm
Athlete transition - Stay in the Game for Life  REGISTER

May 8 - 12pm
Unified Champion School - Program overview and growth strategy  REGISTER

What topics would you like to see listed here??????
Reorganization Updates:

- Region 5 - up and running
  - Official name soon to be announced
- Regional Staff has been hired
- Office located in Bethlehem - will open its doors on Monday
- Transitional roll out over next 3-4 months
- Implementation Team will be activated in March
- Regional Leadership Teams will be formed
- Proposed 2nd and 3rd regions will be presented to BOD in June.
Coaches Skill Trainings:

**SUMMER SPORTS**
Associated Sports: Athletics, Basketball, Golf, Gymnastics, Equestrian, Softball, Swimming, and Tennis

Upcoming Trainings -
1. **Sunday, March 8, 2020 – Multi-Sport Training in Williamsport (Lycoming County, North Central)**
   - Sports Offered: Athletics, Basketball, and Softball
   - Location: Williamsport High School, 2990 W 4th St., Williamsport PA 17701
   - Time: 1:00 pm to 4:00 pm

2. **March 15, 2020 - Tennis Skills, State College** (North Center – Centre Co)
   - Location: State College Family YMCA, 677 W Whitehall Rd, State College, PA 16801
   - Time: 12:30 PM

3. **March 22, 2020 - Multi-Sport Training – Plymouth Meeting** (South East – Montgomery Co.)
   - Location: Plymouth Whitemarsh High School, 201 E Germantown Pike, Plymouth Meeting, PA 19462
   - Sports Offered: Athletics, Basketball, Softball, Swimming & Tennis
   - Time: 9:00 am – 12:00 pm
Coaches Skill Trainings:

   - Time: 3:00 – 6:00 pm
   - Location: Charles Chrin Community Center of Palmer Township, 4100 Green Pond Rd, Palmer Township, PA 18045

5. Sunday, March 15, 2020 - Multi-Sport Training School in Lancaster (South East)
   - Sport & Time:
     ○ 8:30 am - 11:30 am - Swimming, Basketball & Tennis
     ○ 12:20 pm -3:00 pm - Softball & Athletics
   - Location: Lancaster Family YMCA, 265 Harrisburg Avenue, Lancaster, PA 17603

6. Saturday, March 28, 2020 - Multisport Training School in Emmaus (North East Region 5 – Bethlehem/Northampton)
   - Sports Offered: Basketball, Swimming, and Tennis
   - Location: Emmaus High School, 500 Macungie Ave, Emmaus, Pa, 18049
   - Time: 9:00 am – 12:00 pm

7. Saturday, March 28, 2020 - Multi-sport Training School in Cranberry Twp (Mid-West, Butler County)
   - Spots Offered: Athletics, Basketball, Softball, and Swimming
   - Locations: Rose E. Schneider Y
   - Time: 4:00 pm to 7:00 pm

8. Saturday, April 4, 2020 - Multi-Sport Training in Meadville (North West, Crawford County)
   - Sports Offered: Swimming & Basketball
   - Location: Meadville High School, 9030 North St., Meadville, PA 16335
Training Schools

Things to Know:

● Coaches must register for Training Schools via their personal VSys account.
● Training schools will be cancelled if no one is registered.
● Training Schools will not be rescheduled.

Please remind your coaches to register at least **ONE WEEK** prior if they are planning to attend.
Registering for a Training School:

Need to register for a training school?

1. Go to your VSys Portal:  https://vsys.specialolympicspa.org/
2. Type in your email address and password
   ○ Forgot your password? Type in your email then click on Forgot Password
   ○ A new one will be in your inbox in moments.
3. Once in your portal click on Training Schools, Webinars, and More.
4. Select - “Sport Skills Training Sign-up”
5. Under Subject select a sport OR just hit search to see all upcoming Training Schools
6. Chose the training you are looking for and click on “Sign-up”
Are you interested in a Skills Training?

1. Go to your VSys Portal: https://vsys.specialolympicspa.org/
2. Type in your email address and password
3. Once in your portal click on Training Schools, Webinars, and More.
4. Click on “Sport Skills Training Interest (level 1)”
5. Check that your information is correct and at the bottom of the page click on the season and sport you are interested
6. Submit
7. You will receive a confirmation email and be emailed when a training is scheduled in your area.
Winter Training Numbers

Due: March 27th
Submit to: Sportstraining@specialolympicspa.org
Training Numbers link: SOPA Website - Training page

Reminders:

● Place your program name on both excel pages
● If you did not compete in Winter Sports place an X in the box below your program name.
● If you only participated in Traditional sports remember to still put the X on the Unified Sports Page.
SONA Invitationals/ National Championships

- **2020 SONA Softball Championships**
  - Unified and Traditional teams
  - Roanoke/Salem, VA and in conjunction with a USA Softball Men’s Tournament
  - September 3-6, which is over Labor Day Weekend
  - Entry fee is $565/team
  - Teams will be responsible for covering their travel costs to/from VA, as well as their on-site expenses.

- **2020 SONA Golf Championships**
  - Seaview, NJ and will be contested on the Pines Course (Levels 2 and 4), Bay Course (Levels 3 and 5) and the practice areas (Level 1).
  - October 4-7, which is a Sunday – Wednesday
  - Entry fee is $250 for each delegation member (athlete, Unified partner, coach, HOD, caddie)
  - Programs will be responsible for covering the cost of their travel costs to/from NJ, as well as their housing and a TBD # of meals
2020 USA Football - Flag Football National Championship
- Unified and Traditional teams
- Indianapolis, IN, July 24-26, 2020
- $500/team entry fee
- Teams will be responsible for their travel costs to/from Indianapolis and on-site expenses including housing and meals.

2020 SONA Tennis Championship
- Hilton Head Island, South Carolina
- October 15-17, 2020
- ISC, Singles, Doubles and Unified Doubles will be contested
- Entry fee is $195/person and includes: 3 lunches, an Opening Day Buffet prior to Opening Ceremony, a dinner-dance celebration and awards.
- Travel to/from Hilton Head, on-site transportation and housing, and any additional meals are the responsibility of each delegation.
# Local Program Invitationals

<table>
<thead>
<tr>
<th>Program</th>
<th>Event</th>
<th>Date</th>
<th>Notes</th>
<th>Contact Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Washington</td>
<td>Basketball &amp; Swimming</td>
<td>March 14</td>
<td>Washington &amp; Jefferson University</td>
<td>Jody Knight</td>
<td><a href="mailto:jknights451@comcast.net">jknights451@comcast.net</a></td>
</tr>
<tr>
<td>Adams</td>
<td>Basketball Invitational</td>
<td>March 15</td>
<td>Gettysburg College</td>
<td>Dennis Murphy</td>
<td><a href="mailto:murphthones72@comcast.net">murphthones72@comcast.net</a></td>
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<tr>
<td>Bucks</td>
<td>Colby Classic Swim Invitational</td>
<td>March 15</td>
<td>Central Bucks East High School</td>
<td>Karen Fisher</td>
<td><a href="mailto:kbfisher182@gmail.com">kbfisher182@gmail.com</a></td>
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<tr>
<td>Montgomery</td>
<td>Garrett Rice Memorial Basketball Invitational</td>
<td>March 28</td>
<td>Methacton High School</td>
<td>Fran Brett</td>
<td><a href="mailto:fpb1357@aol.com">fpb1357@aol.com</a></td>
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<tr>
<td>Delaware</td>
<td>Spring Invitational - Basketball &amp; Swimming</td>
<td>April 4</td>
<td>Widner University</td>
<td>Kathryne McKeone</td>
<td><a href="mailto:lepster04@verizon.net">lepster04@verizon.net</a></td>
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<tr>
<td>Philadelphia</td>
<td>Spring Games</td>
<td>April 25</td>
<td>Penn Charter High School</td>
<td>Michelle Cordell</td>
<td><a href="mailto:mcordell@spspecialolympicspa.org">mcordell@spspecialolympicspa.org</a></td>
</tr>
<tr>
<td>Montgomery</td>
<td>Judy Voron Invitational Softball</td>
<td>May TBD</td>
<td>Colonial Middle School</td>
<td>Steve Wimmell</td>
<td><a href="mailto:swimmell@yeahco.com">swimmell@yeahco.com</a></td>
</tr>
<tr>
<td>Bethlehem</td>
<td>Gymnastics Invitational</td>
<td>May 3</td>
<td>Parkettes National Training Center, Allentown</td>
<td>Casey Skoglund</td>
<td><a href="mailto:gcjc1973@gmail.com">gcjc1973@gmail.com</a></td>
</tr>
<tr>
<td>Washington</td>
<td>Powerlifting Invitational</td>
<td>May 3</td>
<td>Pittsburgh Barbell</td>
<td>Jody Knight</td>
<td><a href="mailto:jknights451@comcast.net">jknights451@comcast.net</a></td>
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<tr>
<td>Bethlehem</td>
<td>Swimming Invitational</td>
<td>May 16</td>
<td>Liberty HS</td>
<td>Dana Lindsey</td>
<td><a href="mailto:bso.dana@gmail.com">bso.dana@gmail.com</a></td>
</tr>
<tr>
<td>Montgomery</td>
<td>District Invitational Track Meet</td>
<td>May 16</td>
<td>Plymouth Whitemarsh High School</td>
<td>Scott Otterbein</td>
<td><a href="mailto:scottotterbein@gmail.com">scottotterbein@gmail.com</a></td>
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<tr>
<td>Area M</td>
<td>Spring Thing - AT, BO, SB, TN</td>
<td>May 17</td>
<td>Cumberland Valley HS</td>
<td>Shannon Pechart</td>
<td><a href="mailto:areamsports@spspecialolympicspa.org">areamsports@spspecialolympicspa.org</a></td>
</tr>
<tr>
<td>Bradford Sullivan</td>
<td>LDR/W Invitational</td>
<td>October 17</td>
<td>Barclay Mountain</td>
<td>Burdett Porter</td>
<td><a href="mailto:burdettporter@gmail.com">burdettporter@gmail.com</a></td>
</tr>
</tbody>
</table>
Local Program Invitationals:

Are you hosting an invitational this spring?

Please let Mike Ermer know so we can get word out

mermer@specialolympicspa.org
Questions?