Tennis
Summer 2020
Pre-season Webinar
Tennis Pre-Season

- Welcome
- Housekeeping
- Tennis Sport Updates & Reminders
- Sectional & Summer Games
- Questions
Coaching Topics

- **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 & TEAM Skill
    - must have at least one (1) certified coach **per** team/team Skills.
  - **Tennis** - INDIVIDUAL SPORTS: there will be at least one (1) certified coach per 25 athletes at training and competition.
VSys Portal - “Training Schools, Webinars and More”

https://vsys.specialolympicspa.org/

- 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!

2. 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

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

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

Class A Volunteer Requirements Checklist: 20% complete

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<tr>
<th>Task</th>
<th>Status</th>
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<tr>
<td>Background Check</td>
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<td>PA Disclosure Statement</td>
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<tr>
<td>Protective Behaviors Training</td>
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</tr>
<tr>
<td>Concussion Awareness Training</td>
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Good thing they are easy to locate!

Looks like someone needs some clearances & trainings
Job Description and Levels of Responsibility

- Certified in the sport - knowledgeable in the NGB
- Supervises all coaches and athletes
- Decides on training site
- Develops a communication network
- Decides on disciplinary measures
- Distributes Crisis Plan
- Responsible for equipment, transportation, and lodging
- Assigns duties to Assistant Coaches
- Ensures Assist. Coaches and athletes receive schedules, rules, etc.
- Volunteers, are cleared before 1st practice
- Athletes - Complete and current medical on file before 1st practice
- Completes all required paperwork (competition, training numbers)
Job Description and Levels of Responsibility

- Assist head coach/help supervise athletes (1:4)
- Working towards being certified in the sport
- Performs duties assigned by head coach
- Assist in evaluating training
- Arrives on time for practice/stays throughout practice
- Assists with uniforms, collection of medicals and taking attendance
Continuing Education on the website

Volunteer Center

REQUIRED once every 3 years to maintain certification.

LOTS of options.

Continuing Ed. Course Options
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](https://specialolympicspa.org/lunch-learn-webinar-series)
- Several qualify as continuing education

LOOKING FOR TOPICS FOR 2020....What would be helpful for you? Email Jennifer at [jtresp@specialolympicspa.org](mailto:jtresp@specialolympicspa.org) with any suggestions.

Upcoming Webinars

- **Wednesday, April 8** - Athlete Transition
- **Wednesday, May 8** - Unified Champion School - Program overview and growth strategy
Practice Plans!

• Practice Plans are often an overlooked step
• Share with your assistants!
• Keep your practice organized
  • Set specific times and stick to them!
    • Fighting the law of diminishing returns
• Allows you to be prepared for the next drill
  • Assistants, volunteers, or parents can setup the next drill!
• Maintains a consistent structure to your practices
  • Building a consistent schedule makes a good flow of practice and the athletes can get into a rhythm
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.
Coaching Progression

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

Bronze
- Adds: Fit 5 activation, personal best performance goals, Coach Special Olympics Athletes course

Silver
- Adds: Athlete goal setting, training minimum of 10 weeks, Principles of Coaches course, Coaching Unified Sports

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

Sign-up:

- Special Olympics website, More Than Sports, Health Resources - [https://specialolympicspa.org/health-programs](https://specialolympicspa.org/health-programs)
- Lots of information including [Fit 5 Sign-up](https://specialolympicspa.org/health-programs) form
- Once you sign-up you will be contacted by Chelsea Hammell [chammell@specialolympicspa.org](mailto:chammell@specialolympicspa.org) 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
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.
Who gets what?

As a coach...
● Coaches Guide (A)
● Coaches Appendix (B)
● Fitness Cards (C)

As a athlete...
● Athlete Guide (D)
● Fitness Cards (C)
Personal Best

- **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 some cases will NOT be the same as the entry score for a competition (ex. if their personal best occurred in a prior season)
  - Entry score should reflect the athlete’s best score from practice or competition during the current training season
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

[Image of a 3x5 card with handwritten numbers:
David
Bucks Invitational Sunday September 22nd.
5000 Meter Run = 29:21
3000 Meter Run = 17:52
1500 Meter Run = 8:58]
2020 Changes & Rule Updates:
Open Position

Tennis Sports Director Needed
Tennis is now a Qualifier, no allocations have been given for Summer Games

- Singles, Doubles and Skills will need to qualify
- This means athletes **must** participate in a Sectional event in order to be eligible for Summer Games
- Allocations will be provided for each Sectional based on interest from participating athletes to attend Summer Games
- Athletes will advance based on place of finish
Why would we make sports qualifiers?

- Improve competition...increase # of athletes/teams attending sectionals, resulting in better competition and more competition opportunities
- Creates a means to advance teams through competition versus random draw
- The consistent growth in sports has created space and time limitations at events/venues requiring us to manage athlete numbers to provide a positive competition experience
ITN Assessment Procedures

- We will be following the new ITN Tennis Ratings this year.
- Ratings will be done at Summer Games.
- Process
  - We will be rating 4.0 and above athletes this year (about ½).
  - We will identify those athletes that will be rated.
  - We will assign specific times Thursday based on county arrival.
Coronavirus reminder

Suspended activities thru March 31

- All local and state sport training and competitions and other activities involving our athletes.
- Fundraising, volunteer recruitment, etc involving 20 or more participants.
- All training schools.

COVID-19 Protocols
Sectional/State Games
Spring Sectional Dates

● Western Spring Sectional
  ○ Carnegie Mellon University, April 25, 2020

● Central Spring Sectional
  ○ Saint Francis University, April 26, 2020
  ○ Tennis site: Ebensburg Tennis Center

● Eastern Spring Sectional
  ○ Kutztown University, May 2, 2020
Summer Games

- The Penn State University
  - June 11-13, 2020
USA/World Games

2022 USA Games
- June 5-11; Orlando, FL
- SOPA Summer Games 2021 (next year) will be the qualifying event.

2023 World Games
- June 16-25; Berlin, Germany
- More info to come!
Other Updates
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
# Local Program Invitationals

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<th>Location</th>
<th>Event Description</th>
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<td>Philadelphia</td>
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<td>April 25</td>
<td>Penn Charter High School</td>
<td>Michelle Cordell</td>
<td><a href="mailto:mcordell@specialolympicspa.org">mcordell@specialolympicspa.org</a></td>
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<tr>
<td>Area M</td>
<td>Spring Thing - AT, BB, SB, TN</td>
<td>May 17</td>
<td>Cumberland Valley HS</td>
<td>Shannon Pechart</td>
<td><a href="mailto:areamsports@specialolympicspa.org">areamsports@specialolympicspa.org</a></td>
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</tbody>
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**Are you hosting an invitational this Spring?**

Please let Mike Ermer know so we can get word out

mermer@specialolympicspa.org
Questions?
Bruce Bach
bbach@specialolympicspa.org