

Coaches Education

The Better the Coach,
The Better the Athlete!

Co-Presenters:

- ✓ Kim Schickley, Columbia/Montour Athlete
- ✓ Jennifer Tresp, SOPA Training/Unified Sports Director

Special Olympics
Pennsylvania



Coach Education Program

Agenda



1. Welcome and Introductions
2. Review of the Current SOPA Training Program
3. Coaches Development Model
Gold, Silver, Bronze!
4. 5-Year Plan
5. Open Discussion
6. Questions

2. Current Coach Education Program Certifications



Pennsylvania Coach Education Program Coach Certification Levels/Requirements

- Level One – All Class A Volunteers
- Level Two – Certified Coaches – This Certification is required to bring athletes to Sectional and State Competitions
- Level Three – Coach Mentoring Program
- Level Four – Certified Skills Course Instructor

2. Current Coach Education Program

Level Two – Certified Coach



- **Requirements for Certified Coach**

- Meet all of the outlined requirements for Level One – Class A Volunteer
- Complete Concussion Training (all coaches must complete)
- In addition:
 - **Track One** – attend an approved sports specific coach training course
 - **Track Two** – Experienced Sport Coaches
 - 1. Complete request for approval and ONCE APPROVED
 - complete the online Coaching Special Olympics Athlete Course
 - Complete a mandated 10 hour practicum coaching athletes in the sport in which applying for certification
 - Complete and submit the Sports Training Application
 - Complete continuing education every 3 years to maintain certification

2. Current Coach Education Program

Level Two – Certified Coach



Certified Coach Requirements for Competition

- Individual Sports –
 - One certified coach per sport is required to bring athletes to Sectional and State Competition
 - Coach must be certified in the sport in which they are bringing athletes to competition
- Team Sports
 - Delegations are required to have one certified Head Coach for each team competing in a team sport – so if you have 2 floor hockey teams you must have 2 certified coaches – one for each team

2. Coach Education Program

Continuing Education



- Required every 3 years in order to maintain Level 2 coach certification
- Continuing Education Options

Sport Specific

- In-person clinics
- Tactic and Advanced Trainings

Sport Non-Specific

- In-person clinics
- First Aid/CPR
- Online Education:
 - National Federation of State High School Associations
 - America Sports Education Program
 - Positive Coaching Alliance
 - Protective Behaviors Training

2. Current Coach Education Program



Coach Training Schools

- Bowling, Spring and Fall - a multi-sport training school will be held in the 6 regions of PA (North West, North Central, North East, South East, South Central, South West)
- Winter Sports – skiing, snowshoeing, cross county skiing will be held as needed in 1-3 sections of the state.
- Smaller Sports such as speed and figure skating, Equestrian, Roller Skating, golf and gymnastics will be help upon request.

2. Current Coach Education Program Sport Managers



- Sport Director
- Sports Management teams – 6- 8 people
 - 1 coach from each section of the state
 - Athlete and Mentor
 - Official
 - 1 additional Member

Sport Directors Wanted:

Bowling
Powerlifting
Golf
Gymnastics
Snowshoeing

2. Current Coach Education Program

Sport Managers



Together they

- Oversees all aspects of a specific sport
- Serve as sectional and state venue support
- Recommend new policy's and procedures
- Contact for Local programs
- Clinicians

Coach Education Program

What Makes a Great Coach



3. Coach Education Program Coaches Development Model



Progression of Coaching Excellence ~handout

3. Coach Education Program

Coaches Development Model



7 Key Areas to Coaching

- 1. Coaching Education & Certification**
- 2. Planning - the Key Area for Training and Competition**
- 3. Training Environment & Risk Management**
- 4. Practice & Communication with Athletes**
- 5. Learning Experiences**
- 6. Assistant Coaches & Mentors**
- 7. Equipment & Uniform**
- 8. Enhancing Athlete Development**

3. Coach Education Program

Coaches Development Model



Coaching Levels

- | | |
|---|---------------|
| 1. Level 1 (Entry) | Bronze |
| 2. Level 2 (Fully Engaged) | Silver |
| 3. Level 3 (Model of Excellence) | Gold |

3. Coach Education Program

Coaches Development Model



Bronze Medal Coach

The Coach must complete the following:

☐ ALL Class A volunteer requirements

- General Orientation , Protective Behaviors
concussion training

☐ Minimum requirements for certification

- Coaching SO Athletes and/or Skills Course;
- Then complete 10-hrs working under an experienced coach or demonstrating competency working w/ athletes
- Must be endorsed by their Program



3. Coach Education Program

Coaches Development Model



Silver Medal Coach

Coach completes:

- All Level 1 Bronze Coaching Requirements
- Continuing education in at least one of the following: CPR/AED; sport first aid; advanced or tactics course.
- Ongoing education with at least one approved course every 3 years per SONA CE System.
- Coaching Unified Sports on-line or in person Training



3. Coach Education Program

Coaches Development Model



Gold Medal Coach

Coach completes:

- Completes All 1 & 2 Requirements
- Principles of Coaching Course or similar course(s) that meets the same standards and competencies within the SONA Coach Education System.
- Completed Clinician Training Course



4. Coach Education Program 5-Year Plan



BACK TO Basics

3. Coach Education Program

5 Year Plan



2016

- **All Sports Directors have developed Sports Managements Teams**
 - Updated Training School Agendas & Tactics Agendas
 - Working on 10 Week Trainings Plans
 - Identified Clinicians
- **Training schools & Continuing Ed**
 - Added a Housekeeping section to all trainings
 - Developed on-line registration
 - Added additional NFHS Continuing Education Courses

3. Coach Education Program

5 Year Plan



2016 Continued..

- Developed the Sports Offered Page
- Created Attendance sheets to help complete Training Numbers
- Training Bi-Weekly Email
- Training Coordinator Conference Calls

4. Coach Education Program

5 Year Plan



2017

- Coaching Special Olympics Athletes Course – 6 Trainings throughout the state with the option of becoming an instructor
- Increase the number of continuing education course on basic administration of coaching.
- Provide links to on-line videos to watch how to teach skills
- All trainings, travel and competition have a 1:4 ratio.
- Provide Tactics Trainings for 3 more “popular” sports

4. Coach Education Program

5 Year Plan



2018

- Principles of Coaching – 6 Trainings throughout the state with the option of becoming an instructor
- Provide Tactics Trainings in 10 of the 24 sports offered.
- Offer Coaching Unified Sports Trainings (face to Face) with the opportunity to become clinicians

4. Coach Education Program

5 Year Plan



2019

- Provide Clinician Training opportunities at a minimum of 6 Trainings Throughout the year

4. Coach Education Program

5 Year Plan



2020

- Individual Skills must have their own certified coach.
- You must have 1 certified coach for every 25 individual event athletes.

5. Coach Education Program

Discussion Items



1. What type of Trainings are you looking for?
2. What else would like to see added to the 5 year training plan?
3. How can we motivate your coaches to become Gold Medal Coaches?
4. How can we get coaches to attend Training Schools?

5. Coach Education Program Questions?

