

2019 Leadership Conference

Athlete Achievement Personal Best and Goal Setting

- Mike Ermer, SOPA Western Competition Director

Special Olympics
Pennsylvania



Goal Setting



Individual Sport

- Set long term goal (ex. Advance from walking to running in LDR)
- Short term goal (ex. Able to run for 50% of practice distance, walk the other 50%)
- Measure, record and give feedback
- Celebrate small successes

Team goal setting is similar to individual goal setting

- Each member of a team should have some individual goals for the season
- Have a team meeting where the group can come to a consensus of team goals for the season
- Example with my HS lacrosse team: Goal threshold per game - 10... give up less than 10 and score more than 10
- Interesting idea from the PB/GS Committee: is there a measurable way to track "sportsmanship"?

*Gold at a state event, is not necessarily an appropriate goal (not much you can control)



Personal Best

The first step in being able to recognize Personal Best performances is the **DATA!**

Coaches, please track and keep records of your athlete's personal best performances

Personal best performances should only be recorded at competition, practice performances are not considered for Personal Best records

Personal best scores can be entered in the registration paperwork for all of our sectional and state level competitions

- ▶ The personal best score should not (necessarily) be the same as the entry score for a competition
- ▶ Entry score should reflect the athlete's current best score at practice or competition during the current training season

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Athlete Achievement Tips and Tools

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Fit 5



FIT 5

Athletes want to perform their best at every competition. They can do this by being fit.

Fit 5 is a plan for physical activity, nutrition, and hydration. It can improve athletes health and fitness to make them the best athlete that they can be.

GOALS OF FIT 5:

- EXERCISE 5 days a week.
- EAT 5 total fruits and vegetables per day.
- DRINK 5 water bottles per day.

FIT 5 RESPONSIBILITIES:

- As a coach take time out of each weeks training to discuss physical activity, nutrition, and hydration as a team.
- As a coach discuss goal setting techniques. Encourage and assist athletes to set a SMART Personal Best Goal 3 times throughout the training season. Personal Best is dependent on what type of sport (individual or team):
 - Individual Sport – Measureable trials.
 - Team Sport – Individual skill(s) assessment from Special Olympics International Sport Rules.

- As a coach submit Personal Best Tracking to the Director of Programming Projects via email. It will only be accepted electronically!
 - As a coach, you are not required to submit anything additional asides from the Personal Best Tracking.
 - Following submission of Personal Best Tracking, coach(es) who implemented Fit 5 will be enrolled to the Training and Progress Plan.
- As an athlete complete daily tracking.
- Each week the team will discuss athlete's tracking progress as coaches want to hear their victories and defeats!

FIT 5 OUTCOMES:

- Health / wellness culture which equates to a better quality of life and athletes living longer.
- Health is infused into the movement.

FOR MORE INFORMATION CONTACT:

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Sport Resources



Using practices to track individual performance throughout a season

PERSONAL BEST FOR INDIVIDUAL SPORT					
Sport: ALPINE SKIING (WEATHER PERMITTING)					
Coach:					
Athlete's First and Last Name	Persnal Best Goal	Start	Middle	End	Achieved Personal Best Goal (Y or N)

Using skills assessments or skills competition to track athlete progress in a team sport

PERSONAL BEST FOR TEAM SPORT				
Sport: BASKETBALL – LEVEL 1				
Coach:				
Skill(s)	Athlete's First and Last Name	Start	Middle	End
Skill #1 (Target Pass)				
Skill #2 (Meter Dribble)				
Skill #3 (Spot Shot)				



Practice Tracking

1. In the Long Run	WORKOUT SHEET INSTRUCTIONS				
	1	David	Miller		
	2	David	Trott		
	3	Jason	Fuhrmeister		1
	4	Liz	Haydt		
	5	Scott	Bauer		
	6	Christian	Barfield		
	7	Colin	Stupak		

Around the track for a 400 alternating slow jog and then fast and slow and fast

Stair stepper, ladder rope and free weights, planks and a few stretches.

Two more 400s, very short break between them. Keep on David Trott and Colin about walking.

Any open field event: long jump, shot put, javelin DAVID MILLER WANTS TO TRY HIGH JUMP -find Coach Megan

Active dynamic stretches; bounding, high knees, stretch/ Talk about goals and asking for times at races

Any open field event not already completed and then – make sure to do warm down stretch!!!!

JAVELIN	Best	Throw 1	Throw 2	Throw 3	SHOT PUT	Best	Throw 1	Throw 2	Throw 3
Christian	23.23				Christian	11.62			
Colin	2.52				Colin	3.50			
David M	12.90				David M	5.44			
David T	5.80				David T	3.15			
Jason	8.4				Jason	2.87			
Liz	7.12				Liz	3.35			
Scott	11.97				Scott	5.73			
	400	Best	800		1500			3000	
Christian	1:42		3:43		07:14.8		Christian	14:55	
Colin	2:09		4:45		09:31.4		Colin	25:12:00	
David M	1:22				7:02		David M	18:12	
David T	1:58		3:45		8:16		David T	16:01	
Jason	2:13		4:33		09:20.4		Jason	20:07:00	
Liz	1:50.97		4:29		9:04		Liz	22:32	
Scott	2:06		03:49.0		8:11		Scott	15:59	
Long Jump	MM	Best	Jump 1	J2	J3				
Christian	20	2.46							
Colin	16	1.41							
David M	20	2.64							
David T	practice only								
Jason	14	1.99							
Liz	14	1.98							
Scott	16	1.72							

Event PB Tracking



Update	10.2	9.1					
David Miller	1500	7:08	Shot put (male)	5.66			
	Friday afternoon		Friday afternoon				
	Mini Jav Sr. (Male)	12.4	4 x 200 Meter Relay (Traditional & Unified)				
	Saturday morning		Friday afternoon				