2018 Leadership:
Competition Updates
Welcome - Agenda

- Introductions
- Presentation Goals
  - Share Information/Updates
  - Answer Questions
  - Solicit Feedback
- Competition
- Event Overviews
- Personal Best - Athlete Focused
- Supporting YOU
- Q&A
- Let’s Talk About It
- Wrap Up
Your Competition Team

- **Michelle Boone: Sr. Sports Director**
  - Oversight of statewide Competition and IUS Programming

- **Gina Reid: Sr. Competition Director**
  - Oversight of all state level, national and world games competitions
  - Direct oversight of Eastern competition events

- **Mike Ermer: Western Competition Director**
  - Invitationals, GMS Support

- **Teresa Amaturo: Central Competition Director**
  - SO College

- **Jen Tresp: Training & Unified Sports Director**
  - Coach Training, Unified Sports, IUS programming Central

- **Kelsey Foster: Schools and Youth Leadership Coordinator**
  - IUS programming East, Youth Leadership/Summits
Building from the Strategic Plan

2016-2020 STRATEGIC GOALS

- **Goal 1:** Enhance athlete opportunities to achieve their best
- **Goal 2:** Build positive attitudes towards people with ID
- **Goal 3:** Build capacity through generating more resources and strengthening leadership at all levels of the Movement, including athlete leadership
Special Olympics Pennsylvania Strategic Framework, 2016 - 2020

"Our vision is to use sport to open hearts and minds towards people with intellectual disabilities and create inclusive communities all over the world."

- **Improve Athlete Performance**
  - Improve Sports Quality
  - Expand Unified Sports and Young Athletes
  - Improve Athlete Health

- **Build Positive Attitudes**
  - Improve External Awareness
  - Connect the Movement
  - Maximize External Impact of Games and Competitions

**Build Capacity** through generating more Resources and strengthening Leadership at all levels of the Movement, including Athlete Leadership.

**SOPA Core Values**
- Health and Fitness
- Respect
- Inclusion
- Sportsmanship
- Passion
- Teamwork
Goal 1: Enhance athlete opportunities to achieve their best

- Enhance athlete performance levels by **improving sports programming**.
- **Increase inclusion** through Unified Sports and Young Athletes, particularly in schools, and expand to new areas
- **Grow our health program** to support athlete participation in sport and society
Competition Team Goals

- Provide **quality competition** experiences for our athletes
- Promote **health and fitness** amongst our athletes
- Provide **quality coach training** and development
- Promote a **team approach** and culture by providing support to our local programs
- Engage and **cultivate our volunteers** to further the mission of Special Olympics
Our Areas of Focus

- Ongoing evaluation of competition schedules & events
- Improving communication between competition team and local programs
- Improving Health & Wellness of Athletes
- Promoting Young Athletes
- IUS Growth and Integration into local programs
- USA/World Games:
  - Ensuring athlete success
  - Selection Process
Indicators of Success

- Competition Event Changes
- Coach Progression Plan
- Sport Directors
- Fitness Coordinators
- IUS Progress
- Improvements in collaboration & communication
Event Updates
EFS: Sunday, October 14th

New Location: DeSales University

- Why did we relocate?
  - Ongoing negative feedback from surveys
  - Improved Athlete Experience
    - Higher quality facilities
    - GOC Structure better supports an event this size
    - Guaranteed volunteer pool
      - More centrally located for our local programs - Allentown
- Partner with Southern Lehigh HS for Volleyball...everything else on campus.
- New competition events:
  - LDR/W: 10K Run, 5K Walk, Unified options for all events
  - Soccer Skill: Adding 2nd level - Advanced
- Pre-Event Webinar: Tuesday, October 9th
30th Anniversary

- No use of Agnes Irwin this year
- Opening Ceremonies: Pavilion!
- Soccer: 5v5 - Shipley, 11v11 - Stadium, 7v7 and Skills - West Campus
- Volleyball: Jake Nevin, Shipley, Alumni
- Bocce: Pavilion!!
- Powerlifting: Villanova Room
- LDR: Austin Field
- Pre-Event Webinar: Monday, October 22
Bowling:

Realignment in SOPA Competition Calendar due to addition of IWG

- All sectionals will be held in **January**
- Sectionals will advance to Indoor Winter Games

Sectional Format:
- Staggered start
- Athlete check-in by identified point person from local program
- Opening Ceremonies will take place at individual bowling alley
  - More athlete engagement
  - More efficient schedule
- Competition
- Awards
- Departure

- Advancing athletes will be shared the following week. **Alternates** will be selected, spots will no longer belong to the county.
Winter Games Updates

In response to local program feedback and in order to provide more time for training time for our athletes we have moved the date for Winter Games.

- 2019 Winter Games: February 10-12
- All Events will be held at Seven Springs
- Speed Skating will no longer be at Winter Games....moved to Indoor Winter Games
Indoor Winter Games: March 2-3
York, PA

● **Event Overview:**
  ○ Indoor Winter Games will combine our current State Floor Hockey Tournament and Figure Skating State Games and add Bowling and Speed Skating.
  ○ The event will encompass about 950 people (650 athletes, 250 coaches and 50 staff/officials) from across the state of Pennsylvania.

● **Desired Outcomes:**
  ○ Alignment of state level bowling competitions with training season
  ○ Enhanced athlete experience
  ○ Attract more athletes and volunteers
  ○ Event growth
A Closer Look at the Venues

**Expo Center:**
- Floor Hockey
- Registration
- Opening Ceremonies
- Young Athletes
- Healthy Athletes
- Athlete Dinner
- Athlete Dance

**York Ice Arena:**
- Figure Skating & Speed Skating

**Bowling:**
- Colony Park Lanes & Laser Alley
In response to local program feedback, the date for Summer Games have moved:

- 2019 Summer Games: June 6-8
- 50th Anniversary of Summer Games
<table>
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<th>Event:</th>
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<th>Location:</th>
<th>Registration Info Goes Out By:</th>
<th>LOI Help Desk Hours:</th>
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<td>Feb. 10-12</td>
<td>Seven Springs Resort</td>
<td>Dec. 14</td>
<td>1/2 &amp; 1/3 7-9 PM</td>
<td>Jan. 3</td>
<td>1/8 &amp; 1/10 7-9 PM</td>
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<td>Mar. 2-3</td>
<td>York, PA</td>
<td>Jan. 4</td>
<td>1/22 &amp; 1/24 7-9 PM</td>
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<td>St. Francis University</td>
<td>Mar. 2</td>
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<td>June 6-8</td>
<td>Penn State University</td>
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<td>Fall Fest</td>
<td>Nov. 1-3</td>
<td>Villanova University</td>
<td>Sept. 6</td>
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Calendar can be found on our SOPA Website:
http://specialolympicspa.org/sports-competitions/competitions/state-sectional-events
Achieving Personal Best
Improving Athlete Fitness

● Shift from 8 week training to year round training mentality

● Fit5: Achieving YOUR personal best
  ○ Lifestyle improvements: Food Choices, Beverage Choices, Increased Activity
  ○ Goal Setting:
    ■ SMART goals
    ■ Athlete driven with support from coaches

● Personal Best Tracking - Competition
  ○ Personal best ribbons (LDR, Athletics, Swimming)
Goal Setting - SMART Goals

WHY ARE SMART GOALS IMPORTANT?

**Specific**
Be detailed. Example: Don’t say: I will decrease my time. Say: I will decrease my time by 2 seconds by the end of the season.

**Measurable**
You need to be able to measure your progress. Is your time decreasing? Are your skills scores improving?

**Attainable**
You want to set realistic goals. Set goals that with effort you can achieve.

**Relevant**
Your goal needs to be something that is important to YOU. Don’t create your goal to please someone else. You will be more motivated to achieve something that is important to YOU.

**Timely**
By having a targeted end date it creates a sense of urgency and keeps you focused.
KEYS TO SUCCESS:

- Set athlete driven goal
- Write down goal
- Frequent reviews of progress
- What if athlete is not making progress?
  - Identify barriers
  - Re-evaluate goal, reset if necessary…
  - DON’T GIVE UP!
- Once goal is achieved, set a NEW goal
Starting this fall:

- Registration for EFS:
  - LDR/W includes Qualifying time and Personal Best for each registered event
  - Personal Best doesn’t usually equal qualifying time
  - We will track Personal Best in GMS
- If athlete exceeds personal best at competition, they will receive a Personal Best ribbon in addition to their earned placement
- Goal is to eventually expand this to other sports

We want our athletes to continually strive to do their best, and work toward achieving specific goals related to improving performance.
Better Support
Serving YOU!

Last year at leadership we asked YOU how we could better support you. We listened and responded.

- Communication:
  - Implemented Recordable Webinars:
    - Monthly Lunch & Learn Sessions
    - Pre-Event Webinars
    - Local Program Competition Calls
  - Increased Social Media Coverage:
    - Live feed video from competitions
    - More athlete/event centered posts
    - Presence on Facebook, Twitter and Instagram
Coach Training/Resources:

● Online registration through Vsys, starting in October
● Created documents to tell us your training needs (google forms)
  ○ Winter Sports Training deadline Aug 31 (Snowboarding - East/West)
● Building Sport Directors & Sports Management Teams
  ○ Review new rules
  ○ Onsite at State Competitions
  ○ Helping to improve training schools
● Continuing Education - in-person and online (webinars)
● Sports Offered Page
Coming Soon!

Closed Facebook Group for Coaches:
- Direct connection to coaches
- Share Competition Information/Reminders
- Share Training/Coaching Tips
- Encourage sharing of best practices between coaches
- Q&A
- Coach Page
Questions?
Let’s Talk About It!
We want to hear from YOU!

- **SOPA Games App (Teresa):**
  **Goal Improved Communication**
  We are considering a SOPA Games App, inclusive of all of our events:
  - Is this something you think would be helpful? Why/Why not
  - What Features?

- **Bocce: Fall Fest vs Summer Games (Gina):**
  **Goal Increase competition opportunities**
  We are evaluating our sports/seasons. If we moved bocce to summer games we could have more courts and could increase # of athletes that come. Better weather. It would also align bocce with national games season.
  - What positives do you see for this?
  - What concerns do you have about this?

- **Athlete Selection USA Games/World Games (Mike):**
  **Goal Enhance Athlete Opportunities for higher level competition**
  We are reviewing different types of athlete selection options. One of the options we are considering is....
  - What concerns or benefits do you think this has
  - Would you be in favor of this type of selection process?

- **Athletic & Swimming Levels (Appropriate):**
  **Goal: Ensure appropriate levels of competition**
  We are considering implementing minimum and maximum standards for some of our sports. This would also apply to competing within the appropriate level.
  - What concerns do you have with this?
ALONE WE CAN DO SO LITTLE;
TOGETHER WE CAN DO SO MUCH!
Thank you.