

Volleyball

Fall 2021

Pre-season Webinar

Special Olympics
Pennsylvania



Today's Agenda



- Welcome
- Housekeeping
- Return to Activities
- Athlete Performance Training
- 2021 Changes and Rule Updates
- Questions

Coaching Topics



- **Just a Reminder!**

- **TEAM SPORTS:** there must be at least one (1) certified coach per team.
- **INDIVIDUAL SKILLS:** there must be one (1) certified coach per 25 individual skills athletes. A certified coach will be required to travel with skills athletes to state level events.

Front Page of the Portal VS Reminder Email



Email Reminder – This is telling you that **within 30 days one or both of these Class A certifications will expire** and you will need to re take them to maintain your Class A certification.

Front Page of the Portal – This page tells you that you are complete because at this time **you have not expired, YET!**

Believe the email - Simply go to the ***Class A Required Trainings*** Tab and click on whichever course you need to complete. Upon completion your VSys record will automatically update and the front page of the portal will remain complete.

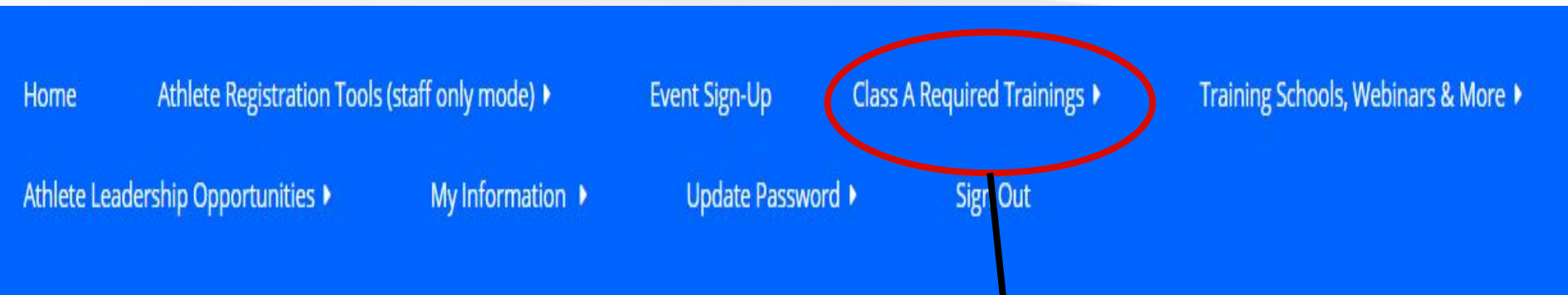
VSys Portal - Front Page



Class A Volunteer Requirements Checklist: *60% complete*

Task	Status
Background Check	<u>Incomplete</u>
PA Disclosure Statement	<u>Please upload</u>
General Orientation Training	Complete
Protective Behaviors Training	Complete
Concussion Awareness Training	Complete

VSys - Menu Top of Page



Class A Required Trainings

- **General Orientation**
- **Concussion Training**
- **Protective Behaviors**

Background Checks Renewal Plan



1. **3 months + 1 week from their clearance expiration date**, the volunteers will receive an email from SOPA.
 - a. This email will give them the “heads up” on their expiration date and prompt them to submit a new PA disclosure form.
2. **1 week later, exactly 3 months** from their expiration date, they will receive an email invitation from Sterling Volunteers to start the recertification process.
3. **Two part clearance process:**
 - a. The state and national background checks on the Sterling Volunteers website,
 - b. The PA child abuse clearance (and use their assigned authorization code) on the PA state compass site.

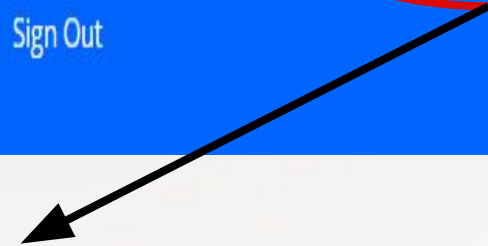
Questions? Contact Beth Boardman, Program Department Coordinator at bboardman@specialolympicspa.org.

VSys - Menu Top of Page



Home Athlete Registration Tools (staff only mode) ▶ Event Sign-Up Class A Required Trainings ▶ **Training Schools, Webinars & More ▶**

Athlete Leadership Opportunities ▶ My Information ▶ Update Password ▶ Sign Out



Training Schools Webinars & More

- **Sport Skills Trainings**
- **Sport Training Application Hours**
- **Sport Skills Interest (Track 1)**
- **Experienced Coach (Track 2)**

Continuing Education on the website



Special Olympics
Pennsylvania

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🛒 Gear Store



About Us Sports & Games More Than Sports Events Get Involved Support Volunteer Resources

Volunteer Resources

Volunteer Center

Volunteer Center

General Orientation

Protective Behaviors

Training Schools

Forms

REQUIRED once
every 3 years to
maintain
certification.

LOTS of options.

Monthly Updates

Sports Offered

Reorganization Updates

Protective Behaviors, General Orientation & Concussion Training

Vsys Tips & Info

Request A Skills Training School

Resources

Coaches Training & Continuing Ed.

Current Volunteer Background Checks

Continuing Ed. Course Options

New Volunteer Registration

Leadership Conference

Continuing Ed. Course Options

Volunteer Portal

USA/World Games



2022 USA Games

- June 5-11; Orlando, FL
- Allocation for ONE volleyball team
- Team will qualify based on results from Fall Fest 2018, 2019 and 2021



SPECIAL OLYMPICS
USA GAMES
ORLANDO 2022

2023 World Summer Games

- June 16-25; Berlin, Germany
- Allocations have not yet been assigned

SPECIAL OLYMPICS
**WORLD
GAMES**
BERLIN 2023



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](#)



➔ Which SOPA local program to you coach for?

➔ What sport/sports do you coach?

Return to Activities

Special Olympics
Pennsylvania



Community-19 Community Transmission Rate



Special Olympics Pennsylvania is monitoring COVID-19 new cases daily per 100,000 people through the [Pennsylvania Department of Health](#).

Low Transmission Rate

- 10 or less new cases daily per 100, 000 people

Moderate Transmission Rate

- 11-15 new cases daily per 100,000 people

Significant Transmission Rate

- More than 15 new daily cases per 100,000 people
- <than 80% of participants fully vaccinated

A SOPA Field Director will communicate the COVID-19 community transmission rate (low, moderate or significant) with the Local Program Manager and site COVID-19 Coordinator via email on a weekly basis. Each site is required to follow all mitigation protocol requirements.

Event Size and Type



Event Size and Venue Type	<p>Low & Moderate</p> <ul style="list-style-type: none">➤ Per State of Pennsylvania and local authorities. <p>Significant</p> <ul style="list-style-type: none">➤ Entirely outdoors (except restrooms):<ul style="list-style-type: none">○ Per State of PA and local authorities.➤ Indoors or mixed: < 50 participants
Type of sport/activity	<p>Low & Moderate</p> <ul style="list-style-type: none">➤ All sports training, competition, meetings, and social gatherings in accordance with the State of PA and local authority regulations. <p>Significant</p> <ul style="list-style-type: none">➤ Individual sports and indirect sports only.➤ Contact sports- No competitive play - drill only

Communicable Diseases Participant (Athlete and Volunteer) Risk Assessment, Code of Conduct, and Waiver



COMMUNICABLE DISEASES PARTICIPANT (ATHLETE AND VOLUNTEER) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER

Every participant (Athletes, Unified partners, Coaches, Officials, Volunteers, HODs, SO Staff, and families/caregivers if they will not exclusively be in spectator only spaces) is required to complete the [COMMUNICABLE DISEASES PARTICIPANT \(ATHLETE AND VOLUNTEER\) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER](#) prior to the start of the in-person activity.

COVID-19 Coordinator



COVID-19 Coordinator

- The site must designate a primary point of contact for all questions related to COVID-19, and all participants must be provided the person's contact information.
- The COVID-19 Coordinator must submit the Site Registration Form.
- The COVID-19 Coordinator must communicate potential cases to the local health authorities for testing and to SOPA (within privacy laws).
- The COVID-19 Coordinator must conduct the screening protocol and complete the Screening and Tracking Report Form for all participants.

Site Registration Form



Site Registration Form

- The COVID-19 Coordinator must submit the [Site Registration Form](#), which is found on the [SOPA website](#).
- The purpose of this form is to register a Local Program's in-person activity.
- This form must be completed and submitted by the COVID-19 Coordinator prior to the start of the activity.

Onsite Screening and Positive Test



Onsite Screening	<ul style="list-style-type: none">➤ The COVID-19 Coordinator must screen and monitor all participants for symptoms.➤ Signage on preventive measures (handwashing, social distancing and masking) and education on symptoms and reminder to stay home if sick or any symptoms.
Positive COVID-19 test or previous COVID-19 disease	<ul style="list-style-type: none">➤ No participation within 10 days of COVID-19 positive test and 7 days of any symptoms.➤ Participants who test positive for/have COVID-19 must provide written medical clearance before returning to activity

Masking and Social Distancing



Masking	<p>Low risk</p> <ul style="list-style-type: none">➤ Unvaccinated participants are required to wear masks indoors and outdoors, except when actively engaged in sports training and competition.➤ Masks are strongly recommended for vaccinated participants, especially when indoors, except when actively engaged in sports training and competition. <p>Moderate & Significant risk</p> <ul style="list-style-type: none">➤ Masks are required for ALL participants except when actively engaged in sports training and competition.
Social Distancing	<p>Low & Moderate Risk</p> <ul style="list-style-type: none">➤ Take active measures to ensure social distancing as much as possible when not actively engaged in sports training and competition, especially in indoor spaces. <p>Significant</p> <ul style="list-style-type: none">➤ Social distancing required at all times.

Travel



Travel

Low & Moderate

- Travel permitted with precautions

Significant

- Not permitted outside of the Local Program.

Transportation



Public transportation/Personal Transportation

- When using public transportation, a rideshare service, taxis, or commercial air or train/rail for transportation, all individuals (or via their caregivers/families) should be educated about and willing to abide by any safety/masking requirements in place by the transportation operator.
- When securing your own transportation, SOPA recommends the following:
 - When traveling with family, caregivers, or individuals with whom they live, masks not required.
 - When carpooling with someone outside of the household, masks and social distancing are recommended.
- Hand hygiene/sanitization should be followed.

Transportation



SOPA Sponsored

- Masks and social distancing are required unless all riders are vaccinated.
- Every vehicle must have a designated individual to monitor for compliance at all times.
- Onsite screening of all participants must occur prior to boarding busses or vans.
- No shared food, use only individually packaged items.
- Hand hygiene/sanitization should be followed.
- Understand COVID-19 safety protocols of transportation company.

Competition and Non-Competition Events



Competition Events	Single day events <ul style="list-style-type: none">➤ Participants are not required to be vaccinated, unless required by venue. Overnight events <ul style="list-style-type: none">➤ All delegation members, technical delegates (sport directors, etc), and any additional individual housed by SOPA are required to be vaccinated.➤ SOPA Housing policy will be followed.
Non-Competition Events	Single day events <ul style="list-style-type: none">➤ Participants are not required to be vaccinated, unless required by venue. Overnight events <ul style="list-style-type: none">➤ Participants are not required to be vaccinated unless required by venue.➤ Unvaccinated participants from different households may not room together. If one individual is unvaccinated max of two per room.

Sanitation and Spectators



Sanitation	Low, Moderate, & Significant <ul style="list-style-type: none">➤ Follow sanitization protocol for all communal shared areas (e.g., bathrooms, meal areas) and frequently touched surfaces and shared equipment between uses.
Spectators	Low & Moderate <ul style="list-style-type: none">➤ Permitted per State of Pennsylvania and local authority regulations.➤ Separation from participants as much as possible and not permitted in athlete areas. Significant: <ul style="list-style-type: none">➤ Not permitted.

Meals



Meals

Low & Moderate

- No self-serve buffet meals.
- Stagger mealtimes and cohort groups as much as possible, especially when indoors.
- Participants bring their own water bottles.

Significant

- Participants bring their own meals and water bottles and/or pick-up only.
- Stagger mealtimes and cohort groups.

Medicals



- SOPA will continue to offer a one-time 6 month extension if an Application for Participation ("medical") has expired IF the athlete, family member or caregiver is able to answer "NO" to the 3 health status questions.
 - If the athlete answers "YES" to any of the health status questions, they are required to have a full Application for Participation ("medical") submitted prior to in-person activities.
- The SOPA Field Director will share a listing of athletes eligible for an extension with Local Program Managers.
- If an athlete were to travel to an invitational, regional, sectional or state competition, they will be required to have a new/current Application for Participation ("medical") to be completed and submitted in advance of travel. Extensions will not be accepted. Extensions will be accepted for local training and competition.



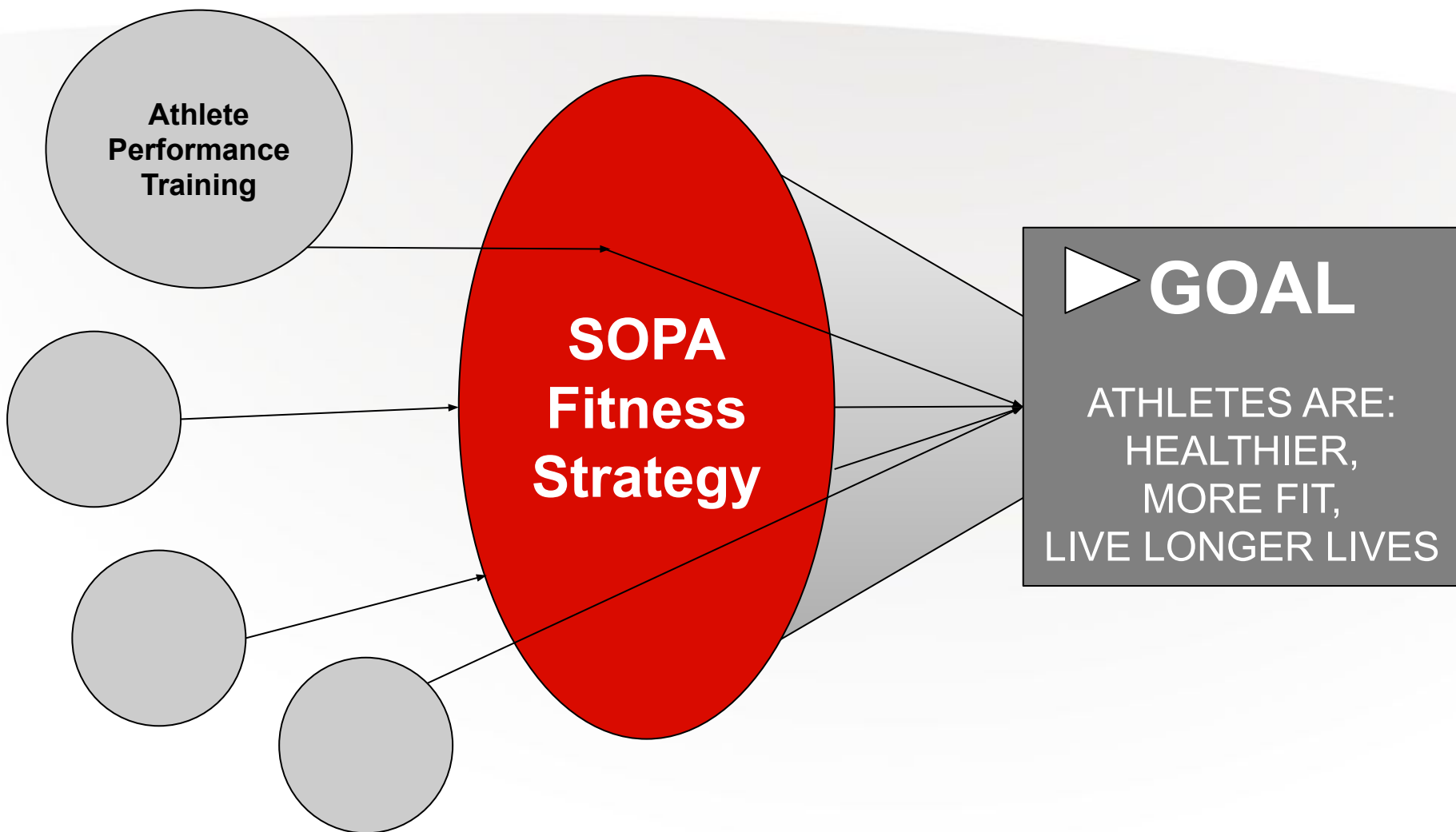
Return to Activity Resources

- [Fall Return to Activities Webinar](#)
- Video trainings and resources [SOPA website](#)
- [Return to Activities Plan](#)
- [Return to Activities Plan Appendix](#)
- [Return to Activities Abbreviated Versions](#)

Athlete Performance Training

Special Olympics
Pennsylvania





Why is it important?



6.5 million people in the United States have an Intellectual Disability

2X as likely to be obese

2X as likely to have cardiovascular disease & asthma

5X as likely to have diabetes

Life expectancy is reduced by an average of **20 years**



"Nothing is more important than the answer to this question: Are our athletes getting healthier and fitter with a chance to get better and win?"

-Tim Shriver
Chairman

Special Olympics International

Overview



- **GOAL:** help ensure athletes become healthier, more fit and live longer lives.
- **IMPLEMENTATION:**
 - Coaches at practice,
 - Athletes and their families/caregivers at home
- **PROCESS:** Education, Exertion, Evaluation

Education



- Coach led instruction during every practice
- Coach encouragement for athletes to follow program and track progress during the week at-home
- **RESOURCES:**
 - Coach
 - Hard copy of Coaching guide (educational component)
 - Athletes
 - Hard copy of Athlete guide; includes education, tracker and at-home exercises

Coaching Guide



Athlete Performance Training



**A guide for
Special
Olympics
Pennsylvania
coaches.**

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Hydration

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Resources

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Coaches, you are expected to follow the schedule above.

Healthy Foods



Healthy Foods



You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. **Here is a list of all the food groups and some great choices in each group:**

Grains:

- Brown or wild, or Unpolished Rice
- Oatmeal
- Whole Grain Bread
- Whole Grain Pasta
- Whole Grain Crackers
- Tortilla
- Flatbread and Roti

Meats and Beans:

- Lean Meats
- Eggs
- Fish (Frozen, fresh or canned)
- ToFu
- Nuts
- Nut Butters
- Beans, Legumes and Pulses

Dairy:

- Low-fat or Skim Milk
- Low-fat Cheese
- Low-fat, Unsweetened Yogurt
- Cottage Cheese

Athlete Guide

Athlete Performance Training

A guide for Special Olympics Pennsylvania athletes.

Endurance

Endurance is the ability of your body to keep moving for long periods of time. Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

Try your favorite endurance exercise for 30 minutes, 5 days each week.



Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercise Check box if you exercised today! Write in the number of minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes	Minutes
Nutrition How many total fruits and vegetables?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
Water How many bottles (16oz) of water did you drink?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

Fill in the star if you reached your Fit 5 goal this week:

Exercise ★ Nutrition ★ Water ★

Healthy Foods



You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. **Here is a list of all the food groups and some great choices in each group:**



Exertion



- Active Practices
- Push athletes to their limits, it will be hard and uncomfortable
- **RESOURCES:**
 - Coach - Sport-specific training/practice activities
 - Athletes
 - At-home exercises included in Athlete Guide
 - Coach can also provide specific walking/running regime to help athletes improve their time for their events

Coach - Active practice



PRACTICE ELEMENTS

This section contains activities that can be conducted during practice to keep athletes active and engaged. They are broken down into the following:

- Warm-up
- Individual Skills
- Conditioning
- Team Skills
- Game simulation
- Cool down

AGILITY & SPEED

BOX AGILITY TEST

MATERIALS

Before you start, make sure you have:

- Four cones
- Measuring tape
- Stopwatch



WATCH THE VIDEO HERE

PROCEDURE

PREPARATION: Set up four cones in a square ten yards (9.144 meters) apart.

EXERCISE:

1. Participant starts by getting in a ready stance next to cone #1.
2. On the command of Ready...Set...Go, participant sprints to cone #2.
3. Once they reach cone #2, they side shuffle to cone #3.
4. Once they reach cone #3, they backpedal to cone #4.
5. Once at cone #4, participant sprints to the start/finish line at cone #1.

MODIFICATIONS

Participants with lower body mobility issues can perform this test in a wheelchair. Participants will start at cone #1 and move quickly around the cones, turning slightly near the cones. Participants performing this test in a wheelchair will move in a forward direction for the entire test.

Sport Specific Resources



INDIVIDUAL SKILLS

SERVING

MATERIALS

Before you start, make sure you have:

- Volleyball Court
- Painter's tape to mark targets on wall or floor
- 15 volleyballs

Individual skill work during practice is ideal for station work. Set-up 2-4 stations depending on space and number of coaches available. Some stations will require a coach to assist with the station and help with proper technique.

1. Serve to target line on the wall, at least height of the net. Modify as needed for skill level of athletes.
2. 2-4 Athletes: Server (S) on end line, partner (P) on attack line. Serve to partner, after a few good serves partner move to center line and then attack line on opposite side of net. Switch positions.
3. 2-4 Athletes: Servers hit 5 balls over the net, partner feed balls, ball shaggers collect and return to partners. Start servers close to net to work on form, gradually move back when performing successful serves.
4. 2-4 Athletes: Coach (C) start with 10 balls, call out target (deep right, short left). Server (S) serve ball to that target. Target (T) can be anything that can be seen from serve position (chair, towel, etc.). After serving the ball athlete will assume defensive position on the court (mimic game conditions). If 2 servers switch out quickly in between serves - coach set the pace. Partners (P) will retrieve balls and return them to the coach. After one round servers and partners switch, run 2-3 rounds.

X = ball shagger

CONDITIONING

ENDURANCE ACTIVITY

MATERIALS

Before you start, make sure you have:

- Volleyball Court

CONDITIONING DRILLS

Box Drill: Choose 4 exercises (one per side of court)

- 100s for mountain, Sprint, side shuffle, jog, backman's jog, frog jumps, high knees, butt kicks, seagull jumps, etc.
- Be sure they are all high intensity endurance exercises!
- Perform 3 rounds with no rest.
- Rest 1 minute and repeat
- They should be tired but still feeling heavy when done.

Line jumping exercises:

- Ideal for court uses - front to back jumps (feet together, focus on getting vertical height), side to side jumps (feet together), side to side bounding jumps and switch (feet apart straddling line), straddle jump (one foot on line, straddle line jump out), jump squat, hopsquat, single leg hops, etc.
- Choose 4 exercises
- Spread out on volleyball court, with all athletes positioned on a line
- Perform each exercise for 20 seconds, 10 second rest in between
- Rest for one minute, then repeat

WATCH EXAMPLE HERE

Search YouTube for additional ideas

Share your favorite sport-specific drills, games, activities - send to Michelle Boone, mboone@specialolympicspa.org

Athlete Guide - At-Home Training



Reach Your Exercise Goal!



It's easy to do 5 days of exercise
in one week.

Day of the week	Activity	Time Spent
1	Special Olympics practice: performed Flexibility, Endurance, Strength and Agility activities during practice. Pushed myself the entire time.	60-90 Minutes
2	Endurance (walk/run/bike with a friend or family member), Balance and Flexibility exercises.	45-60 Minutes
3	Endurance, Strength and Flexibility exercises OR try a group exercise class.	45-60 Minutes
4	OFF	OFF
5	Endurance, Strength and Flexibility exercises OR try a group exercise class.	45-60 Minutes
6	Endurance, Strength and Flexibility exercises.	45-60 Minutes
7	Take the day off OR keep it light with some Balance, Strength, and Flexibility exercises.	30 Minutes

Weekly Exercise, Nutrition and Hydration Tracking

Athlete Name: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Exercise Check box if you exercised today! Write in the number of minutes	<input type="checkbox"/> Minutes	<input type="checkbox"/> Minutes	<input type="checkbox"/> Minutes	<input type="checkbox"/> Minutes	<input type="checkbox"/> Minutes	<input type="checkbox"/> Minutes	<input type="checkbox"/> Minutes
Nutrition How many total fruits and vegetables?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
Water How many bottles (16oz) of water did you drink?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

Strength at Home



Curl Ups

1. Lie on your back on the floor. Bend your hips and knees so your feet are flat on the floor. Reach your arms toward your knees.
2. Lift your head, and then slowly lift your upper back until your hands reach your knees. Try to get your shoulder blades completely off the ground.
3. Pause and then slowly lower all the way back down, including your head.



your Fit 5 goal this week:



Water ★



Evaluation

Collection of Health and Fitness Metrics to track the well being of our athletes.

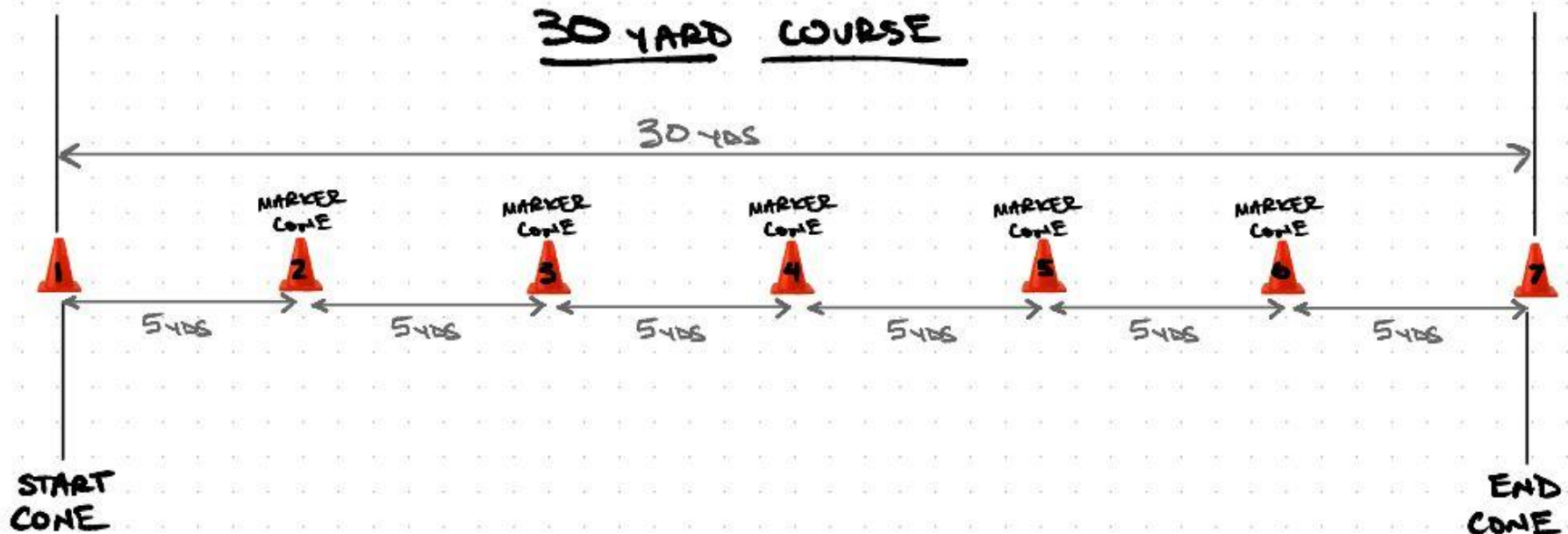
- Metrics will be collected at the beginning and end of each training season
- Health Metrics
 - Height
 - Weight
 - Height and weight equate to Body Mass Index (BMI)
 - Blood Pressure
- Fitness Metric - A Modified Cooper Test

Cooper Test



The Cooper Test is over 50 years old and is a time tested means to measure fitness levels.

- A “shuttle” run/walk over a 30 yard course
- Measure the total distance covered in 6 minutes



Collection



Programs that take part in the Athlete Performance program will receive a Google Sheet to collect the metrics: Height, Weight, BP, and Cooper Distance

The sheet is formatted to filter the athletes by age groups and gender. On subsequent sheets, the athletes BMI Level, BP Range, and Cooper Rating will be calculated to give a snapshot of the athlete's health and fitness levels.

Get started today!



- **ACTIVATION GOAL:** at least one training site in all local programs this fall
- **REGISTER:** on the Site Registration Form, click yes!
 - If you already completed the form, the COVID-19 Coordinator or person who completed the form will get an email.

**To learn more...join us on Tuesday, August 10th at 7:00 pm.
for an Athlete Performance Training webinar!**

You may register [HERE](#).

2021 Rule Updates

Special Olympics
Pennsylvania



Sport Director



Maryellen Brown

Volleyball Sports Director

Maryellen can be reached at:

vball@specialolympicspa.org



2021 Rules



No New Rule



Attire - Sleeves



Sleeves may be worn

- They must be solid color matching the team uniform.
- Compression Sleeve
- No padding or cushioning
- No rubber outer surface
- May go from upper arm to wrist



Coaches locations during play



3 coaches for a 10 player team!

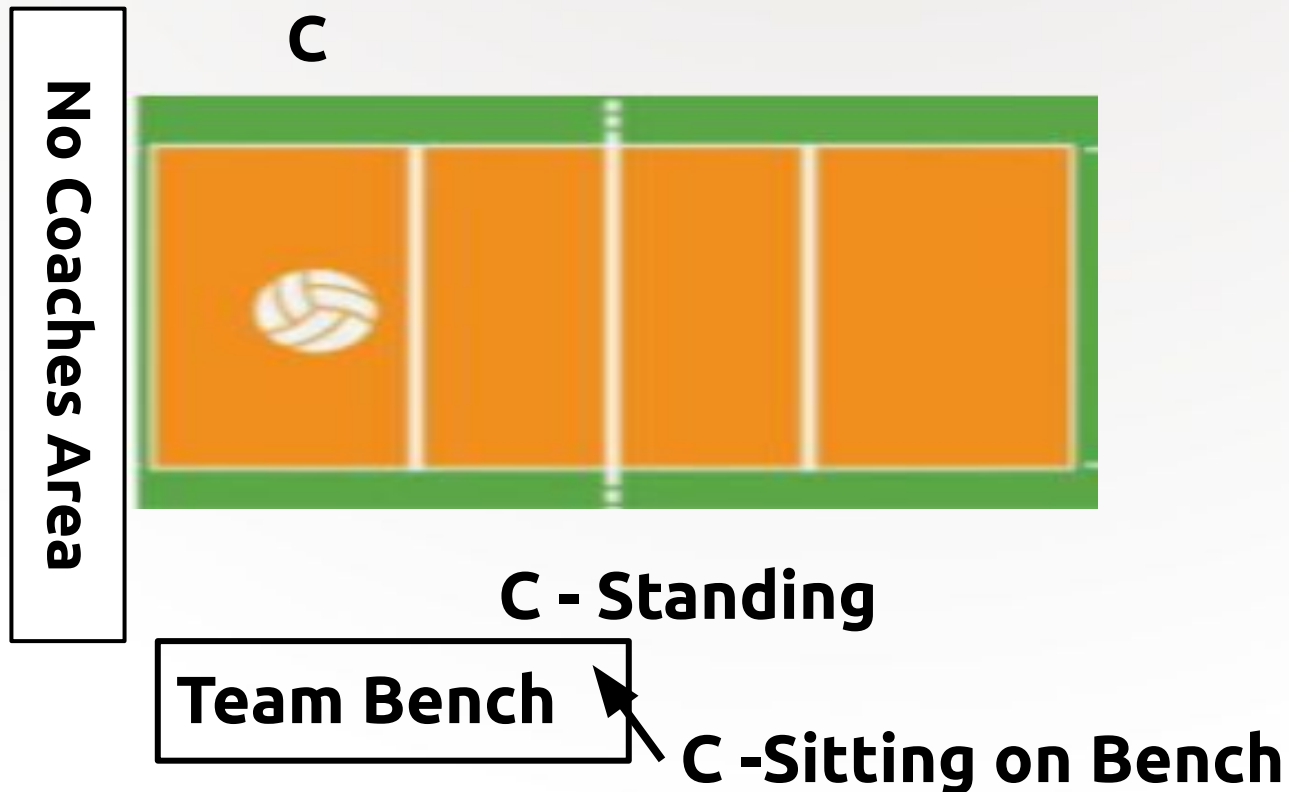
Only One coach can

- stand at the bench
- stand on the opposite side of the court
- sit on the bench

Coaches may not

- Stand on the corners of the court
- Stand behind the service lines

Coaches locations during play



Training Schools



Coach Certification - Skill Training Schools

- At least one certified coach is required per team to travel to State level events.
- Returning to in-person training schools for Volleyball
- If you need certified coaches please submit a request via the VSys portal
 - Under Trainings Schools, Webinars and More
 - Complete "Sport Skills training Interest" (track 1) form
- In-person trainings will be scheduled during month of September in areas needed.

Fall Sectionals



- Participants are not required to be vaccinated, unless required by venue
- Transportation guidance to be followed.
 - Screening and tracking prior to boarding
 - Masks and social distancing required unless all riders are vaccinated.
- Masks are **required** for ALL participants except when actively engaged in sports training and competition.
- Spectators not allowed in athlete areas.

Fall Fest



- All delegation members, technical delegates (sport directors, etc) and any additional individuals housed by SOPA are required to be vaccinated.
- SOPA Housing Policy will be followed.
- Transportation guidance will be followed.
 - Screening and tracking prior to boarding.
 - Masks and social distancing are required unless all riders are vaccinated.
- Masks are **required** for ALL participants except when actively engaged in sports training and competition.
- Spectators not allowed in athlete areas.



Fall Festival Allocations

- Fall Sectionals are a Qualifier For Fall Fest
 - vaccines will be required for everyone attending Fall Fest
- Includes team and individual skills athletes
- This is also a USA Games qualifying year, for 2022
- How it works:
 - Fall Festival can host 28 Volleyball Teams
 - Based on the number of teams registered for fall sectionals & interest in advancing to Fall Fest each section of the state will be given a percentage of the allocations.
 - A random draw will be held after each sectional to fill the allocations. Starting with gold medalists than silver, and finally bronze.



Local Program Invitation

Are you having an Invitational?

Please Contact Mike Ermer @
mermer@specialolympicspa.org

with the following information

- Date
- Time
- Location
- Sports Offered

Local Program Invitation - Confirmed



Program	Event	Date	Notes	Contact Name	Email
Montgomery	SOMC Wicked Fast LDR/W Festival	October 16	LDR/W - Heebner Park	Scott Otterbein	specialolympicsmontco@verizon.net
Columbia-Montour	Bocce Bash	October 24	Bocce	Deb Andrews	dandr38023@aol.com

Questions?

Special Olympics
Pennsylvania

