

# Alpine Skiing & Snowboarding

Winter 2021/2022  
Pre-season Webinar

**Special Olympics**  
Pennsylvania



# Today's Agenda



- Welcome
- Housekeeping
- Return to Activities
- Athlete Performance Training
- 2022 Alpine Skiing & Snowboarding
- Winter Competitions
- Questions

# Coaching Topics



- **Just a Reminder!**
  - **INDIVIDUAL SPORTS:** there must be at least one (1) certified coach per 25 athletes at training and competition.

Currently working to set-up Alpine & Snowboarding training schools.

If you need to be trained please complete the **Sport Skills Training Interest (Track 1)** form on your VSys portal.

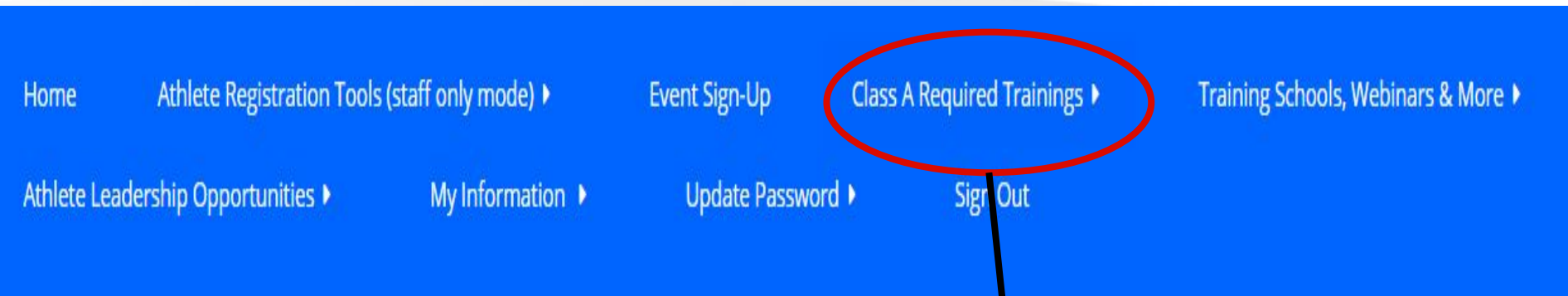
# VSys Portal - Front Page



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 Kristen Froehlich, Program Department Coordinator at [kfroehlich@specialolympicspa.org](mailto:kfroehlich@specialolympicspa.org).**

# Continuing Education on the website



Donate Now! Gear Store

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

Volunteer Resources

- Volunteer Center
- General Orientation
- Protective Behaviors
- Training Schools
- Forms

Volunteer Center

**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

# Return to Activities

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# Return to Activities

## We are continuing to operate under the current R2A plan:

- Masks must be worn at all times (indoors and outdoors) except when engaged in physical activity.
- Social distancing should be adhered to as much as possible during trainings (especially in indoor spaces).
- Participants attending State Games (Winter Games, Indoor Winter Games, Summer Games) **must be vaccinated**
- **Site Registration Form** - **MUST be completed before starting your training site**
- **COMMUNICABLE DISEASES PARTICIPANT (ATHLETE AND VOLUNTEER) RISK ASSESSMENT, CODE OF CONDUCT, AND WAIVER**



# Return to Activities

## **IMPORTANT: 80% vaccination rate**

- Coaches should be collecting COVID vaccination cards and sharing with local program leaders.
- Screening and Tracking form will track vaccination %
  - % vaccination is based on training roster (not travel party)
- If in **SIGNIFICANT** community transmission rate and under 80% vaccinated **MUST** operate under **SIGNIFICANT** guidelines, which include:
  - Less than 50 participants when indoors
  - Contact sports only running drills
  - Social distancing required at all times
  - Spectators not permitted
  - Travel not permitted outside of local program
- If in **SIGNIFICANT** community transmission rate and over 80% vaccinated **CAN** operate under **MODERATE** guidelines.



# Return to Activity Resources

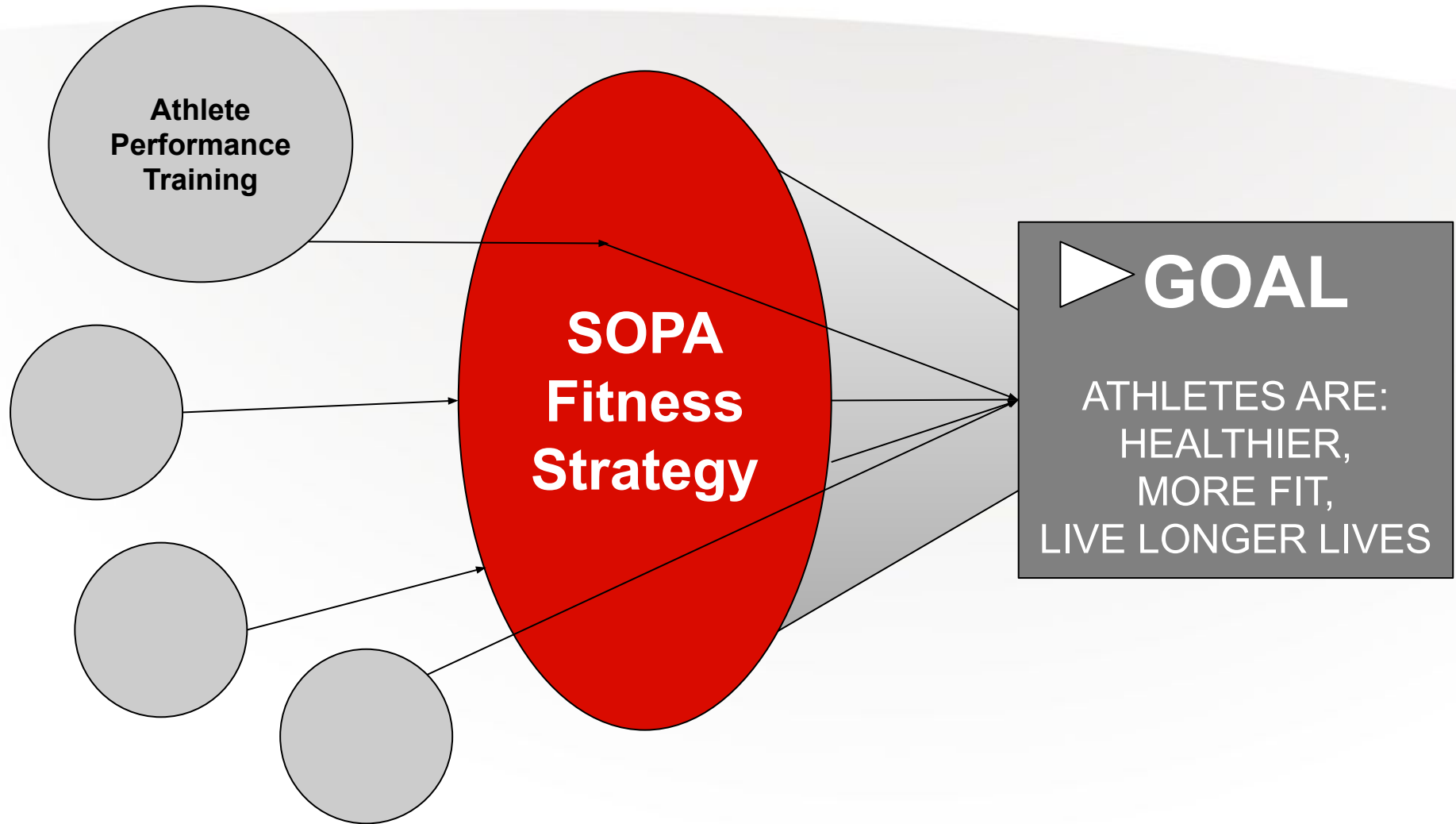
- [Fall Return to Activities Webinar](#)
- Video trainings and resources [SOPA website](#)
- [Return to Activities Plan](#)
- [Return to Activities Plan Appendix](#)
- [Return to Activities Abbreviated Versions](#)

**UPCOMING:** The R2A committee will be meeting to debrief the fall season and is working with a group of volunteers, athletes and medical professional to help guide our protocols moving forward. While there isn't currently a plan for a survey if you have thoughts ideas or feedback please do not hesitate to share.

# Athlete Performance Training

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# 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.

### Table of Contents



#### What is Athlete Performance Training

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Week 1 (Pages 2 – 11)

#### Exercise

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#### Food and Nutrition

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Week 5 (Pages 32 – 35)

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#### Hydration

Total Pages 42 – 49

Week 7 (Pages 42 – 45)

Week 8 (Pages 46 – 49)

#### Resources

Page 50

*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
<b>Exercise</b> 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
<b>Nutrition</b> How many total fruits and vegetables?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
<b>Water</b> 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 - Sample 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.

# 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
<b>Exercise</b> 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
<b>Nutrition</b> How many total fruits and vegetables?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○
<b>Water</b> 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.

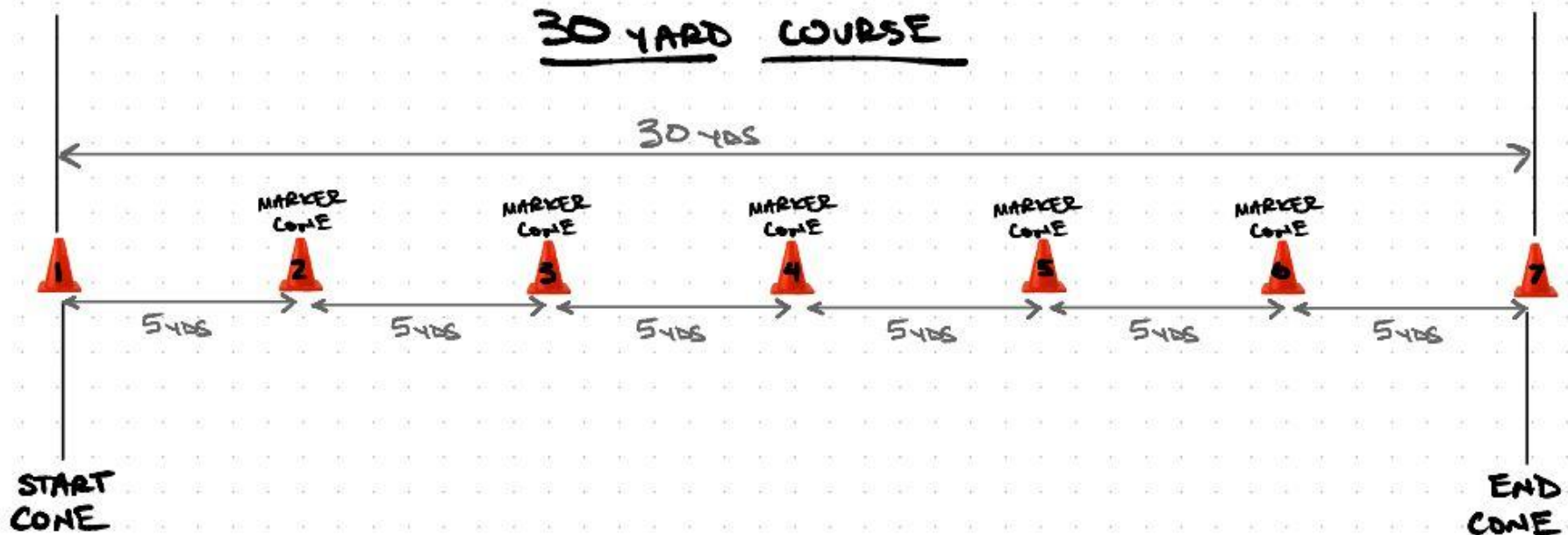
- Metrics will be collected at the beginning and end of each training season
- Health Metrics
  - Height
  - Weight
    - Height and weight equate to Body Mass Index (BMI)
  - Blood Pressure (working on developing means to do so)
- Fitness Metric - A Modified Cooper Test

# 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!



**WINTER ACTIVATION GOAL:** one site per county.

**REGISTER:** Visit the [SOPA Commit to Fit website](#), click on Performance Training OR on indicate interested on your Site Registration Form.

# 2022 Alpine Skiing & Snowboarding

***Special Olympics***  
*Pennsylvania*



# Sport Directors



## Alpine

- Mike Suman
- Aaron Yothers



## Snowboarding

- Ashley Amato
- Laura Waite





# Rule Book - No New Rules



**Alpine Skiing**  
Sport Rules



**Snowboarding**  
Sport Rules



# New Coaches Guides





# New Coaches Guides Include

Appropriate Attire

Teaching Skiing and Snowboarding

Modifications for the sport

Fitness

Sports Psychology

Role of the Coach

Teaching the rules

Glossary of terms

# Attire for Alpine Skiing



- **Under Layer**

- Socks
- Turtleneck
- Long Underwear
- Sweater

- **Outer Layer**

- Ski Pants & Jacket
- Gloves (waterproof)
- Helmet
- Goggles



# Snowboarding Attire

Socks

Boots - Snowboard Boots

Clothing Layers

- **Inside Layer - Wicking Layer**
  - Long Underwear made of Synthetic material or natural silk
- **Middle Layer - Insulating Layer**
  - Wool or Fleece
- **Outer Layer - Blocking Layer**
  - Snowboarding Pants or Ski Jacket





# Helmet Requirement

**HELMET REQUIREMENT:** All competitors and forerunners must wear a crash helmet for official training as well as for the race that meets the FIS Equipment Specifications. Soft ear protection is only permitted for helmets used in Slalom. All helmets must carry an approved tag. Competitors without an approved tag will not be allowed to start. (FIS rule 707)

# Accessories for both



- Rain Gear
- Sunscreen
- Ski Mask/Neck Warmer

# Training



8 Weeks of training prior to state competition

Dryland Training/Cross Training can count as weekly training

# 5 Essentials of Ski-Specific Exercising



## #1 Flexibility:

- Your range of motion or mobility is of prime importance.
- Static stretching to maintain muscle elasticity, which decreases with age, is vital for skiing

# 5 Essentials of Ski-Specific Exercising



## #2 Cardiovascular Endurance:

- Aerobic capacity is very important for stamina and endurance to ski all day long.
- **Cardio Endurance activities:**
  - Lap swimming, Brisk walking, Jogging, Rowing machine, Treadmill, Cross-country skiing, Cycling & Inline skating
  - Perform Cardio activities every other day.

# 5 Essentials of Ski-Specific Exercising



## #3 Strength and Endurance:

- Muscular strength improves one's ability to relax, yet still maintain control, and handle the quick adjustments needed in skiing.
- Lower body muscle groups to target:
  - Quadriceps, hamstrings, hips, calves, and ankles

# 5 Essentials of Ski-Specific Exercising



## #4 Stability and Balance:

- Good balance helps keep your form encountering changing terrain and snow conditions; resulting in better skiing and fewer spills.
- To enhance stability and balance, target the core muscle groups:
  - Abdominals, hip flexors, glutes, and lower back

# 5 Essentials of Ski-Specific Exercising



## #5 Power and Quickness:

- To improve your reflexes and foot-to-foot quickness, you need dynamic, ski-specific drills that simulate movements you do on the hill.
- Plyometric exercise drills:
  - Squats, lateral jumps, and sprints



# Winter Competitions

***Special Olympics***  
*Pennsylvania*



# Winter Competitions



- We will be sharing a [Winter Sports Participation Form](#) with Sport and Competition Coordinators in order to collect participation numbers for our Winter Sports
- This questionnaire is designed to provide the Competition Department the anticipated number of athletes training and competing in Winter Sports in 2022.
- Considering the lack of accurate training numbers following the pandemic Winter season of 2020 and understandable hesitancy to return to in person activities, this data will more accurately reflect the expected participation for the upcoming season.



# Region 2 and 7 Update

- As of Jan. 1 , 2022, Region 2 and 7 will be active regions.
- Therefore ALL programs from Regions 2 and 7 will attend Central Sectionals moving forward.
  - This will impact Lebanon, Lancaster, Dubois/Jefferson & Elk/Cameron
- In summary:
  - Lebanon and Lancaster would leave Eastern Sectionals and attend Central Sectionals.
  - Dubois/Jefferson & Elk/Cameron would leave Western Sectionals and attend Central Sectionals
  - This will apply to bowling/spring/fall sectionals



# Winter Games

February 6th to 8th - Seven Springs Resort

All participants **MUST** be vaccinated to attend.

Important Dates:

- Event info shared 12/17
- LOI due 1/6
- Final Allocations shared 1/7
- VSys rosters due 1/10
- Registration sheets shared 1/11
- Registration due 1/13
- Scratch, activation, score updates due 1/31



# Local Program Invitation

**Are you having an Invitational?**

Please Contact Mike Ermer @  
[mermer@specialolympicspa.org](mailto:mermer@specialolympicspa.org)

with the following information

- Date
- Time
- Location
- Sports Offered

# Questions?

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