Agenda

Something old,  
Something new,  
and a lot of information that will be important to you!
Coaching Topics

● **1:4 - Coach to Athlete Ratio**
  ○ Maintained at all times - to/at/from - a competition
  ○ Coaches within 1:4 MUST be Class A Volunteers

● **Minimum of 1 certified coach per sport/team**

● **By the end of 2020**
  ○ **TEAMS:**
    ■ must have at least one (1) certified coach per team
  ○ **INDIVIDUAL/SKILLS:** there will be at least one (1) certified coach per 25 athletes for skills and individual sports.
    ■ MUST have certified coach in skills for State events starting in Jan 2021
VSys Portal - “Training Schools, Webinars and More”

https://vsys.specialolympicspa.org/

Welcome, Mike! Thank you for signing into VSys Live, Special Olympics Pennsylvania’s Online Volunteer Portal.

Local Program: Special Olympics Pennsylvania
Registration Details: Staff Class A adult

- Sport Skills Sign-Up
- Sport Skill Training Interest (Level 1)
- Special Olympics PA - Track 2 - Experienced Coach
1. **My Calendar** - Once you register for a Training School, it will be removed from your Training School options and now appear on your calendar.

* If you want to make sure your registration went through - Check out your calendar!

2. **Completed Trainings** - This tab lists all your trainings, expirations dates.
Looks like someone needs some clearances & trainings

Good thing they are easy to locate!

Welcome, Mike! Thank you for signing into VSys Live, Special Olympics Pennsylvania's Online Volunteer Portal.

Local Program: Special Olympics Pennsylvania
Registration Details: Staff Class A adult

What can be found on this site?
- Be a volunteer at an upcoming event
- Sign up for an upcoming Sports Skills Training and request for new Trainings
- Review "My Information" including Trainings and Background Check status and update contact information

The Online Volunteer Portal is a tool for both Class A and Class B Volunteers to either view or complete their volunteer requirements or conduct various other activities.

When navigating this website, if you have any questions / concerns, please email: vsys@specialolympicspa.org

Class A Volunteer Requirements Checklist: **20% complete**

<table>
<thead>
<tr>
<th>Task</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Background Check</td>
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<tr>
<td>PA Disclosure Statement</td>
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<td>Incomplete</td>
</tr>
<tr>
<td>Concussion Awareness Training</td>
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Job Description and Levels of Responsibility

- Certified in the sport - knowledgeable in the NGB
- Supervises all coaches and athletes
- Decides on training site
- Develops a communication network
- Decides on disciplinary measures
- Distributes Crisis Plan
- Responsible for equipment, transportation, and lodging

- Assigns duties to Assistant Coaches
- Ensures Assist. Coaches and athletes receive schedules, rules, etc.
- Volunteers, are cleared before 1st practice
- Athletes - Complete and current medical on file before 1st practice
- Completes all required paperwork (competition, training numbers)
Job Description and Levels of Responsibility

- Assist head coach/help supervise athletes (1:4)
- Working towards being certified in the sport
- Performs duties assigned by head coach
- Assist in evaluating training
- Arrives on time for practice/stays throughout practice
- Assists with uniforms, collection of medicals and taking attendance
Practice Plans!

- Practice Plans are often an overlooked step
- Share with your assistants!
- Keep your practice organized
  - Set specific times and stick to them!
    - Fighting the law of diminishing returns
  - Allows you to be prepared for the next drill
    - Assistants, volunteers, or parents can setup the next drill!
- Maintains a consistent structure to your practices
  - Building a consistent schedule makes a good flow of practice and the athletes can get into a rhythm
Continuing Education on the website

Volunteer Resources
Volunteer Center
REQUIRED once every 3 years to maintain certification.
LOTS of options.

Continuing Ed. Course Options
Webinar Series: Lunch & Learn - will be RECORDED and posted to SOPA website, on toolbar - Volunteer Resources, Trainings
Entire listing and registrations links can also be found here: https://specialolympicspa.org/lunch-learn-webinar-series
Several qualify as continuing education

2018
March - Coaching 101 - Coaching philosophy and best practice
April - Fit 5 - Personal Best and athlete goal setting
June - Coaching Training and Progression Plan
September - Role and Expectation of Coaches

2019
July 17 - Goal setting and Personal Best - setting, tracking, recognition
September 11 at noon - SOPA Resources 101 (register)

LOOKING FOR TOPICS FOR OCTOBER - DECEMBER....
What would be helpful for you?
Coach Training & Progression Plan

The **Bronze Level** provides the next level of training. This includes the course **Coaching Special Olympics Athletes** and implementing **Fit 5** during athlete training sessions.

The **Silver Level** will build upon the Bronze level and include the **Principals of Coaching and Coaching Unified Sports®** courses as well as athlete goal setting and year round training.

The **Gold Level** will build upon the Silver level and the coach will learn advanced tactics for their sport of choice and work with their athletes on tracking and achieving their personal best performance goals.

Get more info on the SOPA website
Coaching Progression

Certified Coach
- Class A volunteer with at least 1 sport certification

Bronze
- Adds: Fit 5 activation, personal best performance goals, Coach Special Olympics Athletes course

Silver
- Adds: Athlete goal setting, training minimum of 10 weeks, Principles of Coaches course, Coaching Unified Sports

Gold
- Adds: advanced sport skills course, training at least twice a week for minimum of 10 weeks, develop year-round training/wellness plan for athletes
Fit 5 - Get Started...

Sign-up:
- Special Olympics website, More Than Sports, Health Resources - https://specialolympicspa.org/health-programs
- Lots of information including Fit 5 Sign-up form
- Once you sign-up you will be contacted by Chelsea Drob with more information

Implement:
- Spend 5-10 minutes before/during/after practice to review materials.
- Turn-key program all materials and educational resources will be provided
Fit 5

● Goals of Fit 5:
● EXERCISE 5 days a week.
  ○ Endurance, Strength, Flexibility and Balance.
  ○ Exercise is fun!
  ○ Reach your Fit 5 Exercise Goal.

● EAT 5 total fruits and vegetables per day.
  ○ Healthy Weight.
  ○ Healthy Foods.
  ○ Building a Healthy Plate.
  ○ Perfect Proportions.
  ○ Healthy Meals / Snacks.
  ○ Reach your Fit 5 Nutrition Goal.

● DRINK 5 water bottles per day.
  ○ Hydration.
  ○ Dehydration.
  ○ Healthy Beverage Choices.
  ○ Reach your Fit 5 Hydration Goal.
Who gets what?

As a coach...
- Coaches Guide (A)
- Coaches Appendix (B)
- Fitness Cards (C)

As a athlete...
- Athlete Guide (D)
- Fitness Cards (C)
Personal Best Tracking

- Goal to focus on goal setting, improving times and performance awareness
  - Personal best scores can be entered in the registration paperwork for all of our sectional and state level competitions
  - Personal best performances should only be recorded at competition, practice performances are not considered for Personal Best records
  - The personal best score in most cases will NOT be the same as the entry score for a competition
  - Entry score should reflect the athlete’s current best score or an average of scores from practice or competition during the current training season
Goal Setting and Tracking

Why are goals important?
- Goals keep focused and allows measures of success.
- Allowing athletes to be part of the goal setting process will lead to a sense of ownership and accountability.
- Communicate often and as a coach LISTEN to your athletes.
- Give consistent feedback and then LISTEN.
- Have the hard conversations and come up with new goals together.
- Celebrate all the successes, big or small.

How to track results and manage goals
- First practice: announce and explain goal setting.
- Subsequent practices: talk and collaborate on goals.
- Allow for alternatives - for example an athlete may choose to not to compete and has a goal to lose weight.
- Record results of practices.
- Provide feedback so athlete understands their progress.
- Give athlete 3x5 card with goal numbers, explain again what the numbers mean.

David Burns Invitational
Sunday September 22nd

5000 Meter Run = 29:21
3000 Meter Run = 17:52
1500 Meter Run = 8:58
USA/World Games updates

- 2021 World Games, Sweden
  - SOPA Winter Games 2019 was the qualifier
  - PA will request slots in August and be awarded in September
  - We will select names via Facebook live drawing at a TBD date in late September/October
  - Applications for Sport Management Teams (coach/manager) will open in next few weeks.
  - Training Camp anticipated February 2020

- 2022 USA Games, Orlando - BOCCE
  - Qualifiers - Fall Fest 2020, IWG 2021, & SG 2021
  - Pre-screening questionnaire, coaches to complete prior to registration for Sectionals
1. Programs each receive initial Allocations for Sectionals based on training numbers from last season.
2. Can make additional requests on your LOI.
3. Sectionals are a QUALIFIER for Bocce, must attend Sectional in order to advance to States.
4. Each Sectional will receive allocations for States based on requested slots to advance and % of athletes training in that section of the state.
   a. This will be determined on Sept 27th once all of the registration has been collected for Sectionals. Emailed to Manager and S&C, at event shared with HOD/coaches meetings.

**Advancement to Higher level of Competition**
SPORT MANAGEMENT
TEAM - BOCCE
Sport Director:
● Deb Andrews, Columbia/Montour

Sports Management Team:
● SueAnn Jacobs, Area P
● Laura Davis, Columbia/Montour
● Linda Gitzen, Allegheny
● Cindy Walther, Bucks
● Don and Diane Chester, Centre
NEW FOR
2019
New for 2019 - Coaches Chair

No coaching during competition

- **ONE** coach will be permitted to sit next to the scorer's table
  - location: end or middle of court depending on the competition
- All other coaches will sit in the spectator area and should also NOT be coaching during play
What can coaches do or not do?

**Cannot do**
- Tell the athlete's when and where to roll
  - This is a conversation between the 2 athletes or the athlete and their partner
- Call for a measurement

**Can do**
- **Positive** Coaching - Good Job, Great Roll
Consequences for coaching

1st Warning - Coaches Meeting at the event, there will NOT be individual warnings given

2nd Warning - Coach loses their right to sit at the score table and will be sent to the bleachers for the remainder of the tournament.

**If you see a coach breaking this new rule - Notify Deb Andrews, Bocce Sport Director, immediately. If Deb is not present notify SOPA staff or Bocce Venue Director.
RULE

CLARIFICATIONS
Measure all distances in Centimeters.
Use a metric measuring tape

Getting your team skill score:
● Athletes rolls 8 balls at the pallina on the 30ft line
● Keep the 3 closest to the pallina
● **ONLY** measure these 3 distances
● Repeat for 40ft. line and 50 ft. line
● You should have 9 distances when complete
Q. Who can call for a measurements?

A. Participating athletes or partners

**Remember telling the athletes to call for a measurement is considered coaching!**
If the pallina lands within the play area but closer than 1 ft. from the side rails, the official will move the pallina 1 ft from the side wall.

If the pallina lands on the 30 ft. line it must be re-rolled. It must land past the 30 ft. line.
Clarification on the Pallina Toss

If the pallina **lands on the 50 ft.** line it must be re-rolled. It must land prior to the 50 ft. line.

If the pallina is not in the play area **after 3 roles** from one team and **1 role from the other team** the official will place the pallina in the center of the play are. This is the **40 ft line**. The original team who stated the frame will role the first bocce.
2 Minute Warning

Once 2 minute warning is called
- finish the frame & play 1 more frame
- If you just finished a frame - play 1 more frame

A frame begins when the first pallina attempt is rolled.

Remember you cannot end in a tie - if necessary play an additional frame to break the tie
Bocces same distance from pallina (tie)

During a frame
- The last person who rolled causing the tie team will roll again to try to break the tie.
- They will roll until the tie is broken or they are out of balls

End of frame
- No points are given
- The team who started the last frame will start the new frame
Sectionals -
● 20 minutes prior to play the courts will be open - you should attend Opening Ceremonies
● NO game play - just 3-4 rolls to feel out the surface
● Share the space, if having issues contact Deb Andrews or the Venue Coordinator

Fall Fest -
Time slots will be scheduled.
**NO** part of the ramp, walker or chair can be past the foul line.

- If it passes the foul line - it is considered a foot fault and will follow the same protocol for a foot fault.
Playing from one side

- Continue to play from one side of the court
- Successful pilot last season
- Allows more playing time
  - Important because of shortened games
- **Reminder:** coach will be in coach chair at score table or in spectator area
Ramps

The Volunteer...

- Places the ramp in the court with their back to the play area
- Takes direction from the athlete on where the ramp should be moved
- Places the ball on the ramp or hands the ball to the athlete

Athlete must be able to propel the ball without the use of mechanical aid or the aid of another person.

If there are no extra volunteers, a teammate may assist the athlete/partner but must follow the above directions.
All events -

● Review the posted schedule
● Be “on-deck” ten minutes prior to your match
● Table sheets for each court will be posted with the schedule so you can see if the court is ahead or behind.
● These table sheets will be updated after each match.

HELP KEEP MATCHES MOVING!
Questions?