

Bocce

Fall 2021

Pre-season Webinar

Special Olympics
Pennsylvania



Today's Agenda



- Welcome
- Housekeeping
- Return to Activities
- Commit to Fit
- 2021 Sport Season
- 2021 Changes and Rule Updates
- Questions

Coaching Topics



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

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.

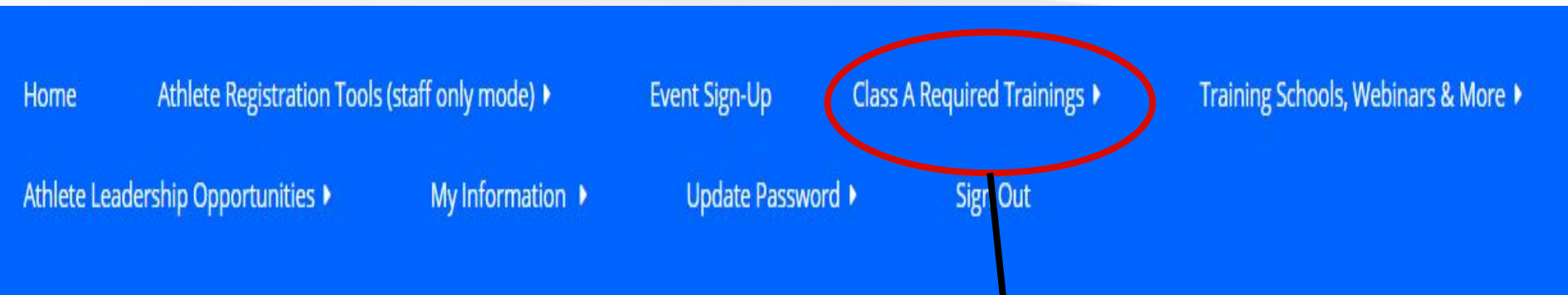
VSys Portal - Front Page



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

♥ Donate Now!

🛒 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

Continuing Ed.



Take the challenge and your name will be in the drawing for a prize! and you get continuing education credit!

July 6 - August 6th

- National Federation of High Schools – Heat Illness Prevention.
- Link - <https://nfhslearn.com/courses/heat-illness-prevention-2>

August 16 to September 10th

- Submit your **current** First Aid/CPR/AED cards
- First Aid/CPR/AED cards can be used once every 5 years

USA/World Games



2022 USA Games



SPECIAL OLYMPICS
USA GAMES
ORLANDO 2022

- June 5-11; Orlando, FL
- Allocations for 10 athletes and one Unified pair
- Athletes will qualify based on results from Fall Fest 2018, 2019 and 2021
 - Each individual will only go into the random drawing one time



2023 World Summer Games

SPECIAL OLYMPICS
WORLD GAMES
BERLIN 2023



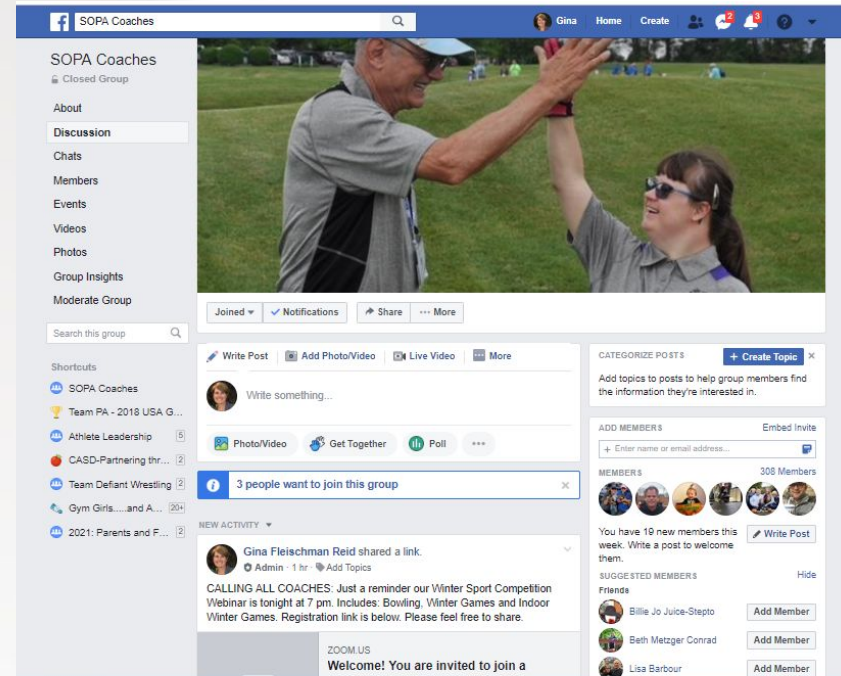
- June 16-25; Berlin, Germany
- Allocations have not yet been assigned

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	Low & Moderate <ul style="list-style-type: none">➤ Per State of Pennsylvania and local authorities. Significant <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	Low & Moderate <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. Significant <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 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.

Events



Competition OR Predominately Athlete 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 OR Predominately Volunteer 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.



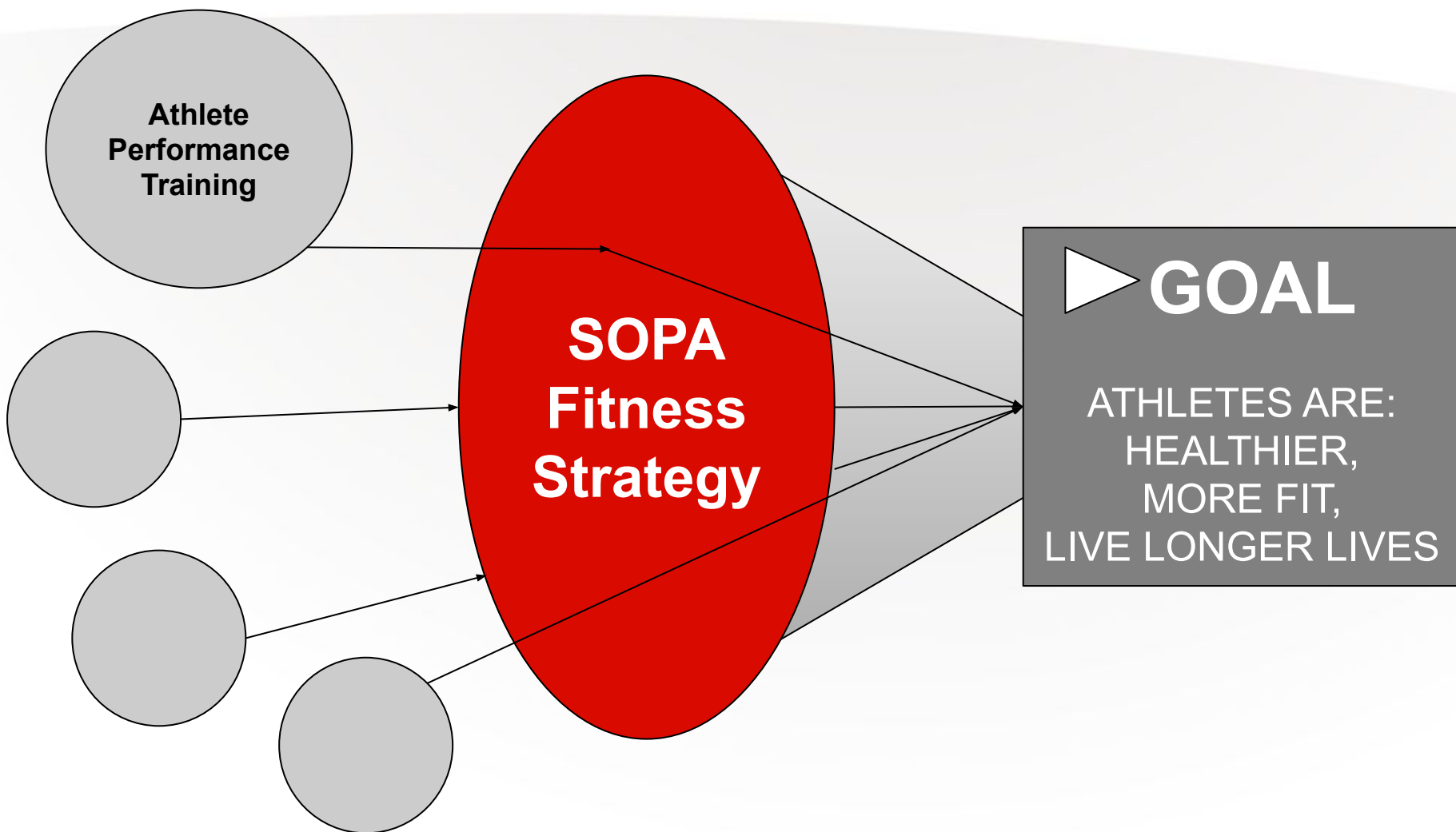
Return to Activity Resources

- [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

TARGET PRACTICE

Arm for a target:

- Teach athletes how to roll the ball straight by setting up a target for them to hit. Don't focus on a long distance roll, get them to practice rolling the ball straight.

Distance roll:

- Have practice rolling for distance. Have the athletes move back from the target and practice rolling for the same target but from a further distance.

Bouncing/Bombing:

- Place a table cloth, carpet piece or similar target about 5 feet in front of your athlete and have him/her toss the ball so that it lands on the target and rolls off it.
- For ongoing training, move the target a few feet down the court and repeat.

Skittle ball:

- Set up several targets for the athlete to roll a ball toward (colored shapes, plastic bottles, bowling pins, etc.).
- Vary the position, distance and target size as appropriate.

Pocket ball:

- Set up a target situation whereby your athlete is required to roll a ball toward a gap between the side wall and the object you have placed on the court (e.g. colored shape, plastic bottle, bowling pin, etc.).
- The aim is to encourage your athlete to use the wall as a method of getting a point, etc.
- Vary the position, distance between the gap and distance of the gap in relation to the length of the court as appropriate.

LOWER BODY

FRONT-TO-BACK JUMPS

MATERIALS

- Before you start, make sure you have:
 - three cones
 - Stopwatch

WATCH THE VIDEO HERE



PROCEDURE AND SCORING

PREPARATION: place the cones on the ground one foot apart (or 30 cm) apart. Adaptations can be made to reduce this distance if needed.

EXERCISE:

1. Participant starts on cone #2 and jumps with two feet to cone #3.
2. Participant then jumps back to cone #2.
3. Once participant is back to cone #2, they immediately jump to cone #1.
4. Once they have jumped to cone #1, they jump back to cone #2.
5. Participant repeats the process for 30 seconds.

SCORING: Participant is scored by the number of completed cycles (2-1-2) in 30 seconds. One point is awarded for each completed cycle.

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?	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○	○○○○○

your Fit 5 goal this week:



Water



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.





Evaluation

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

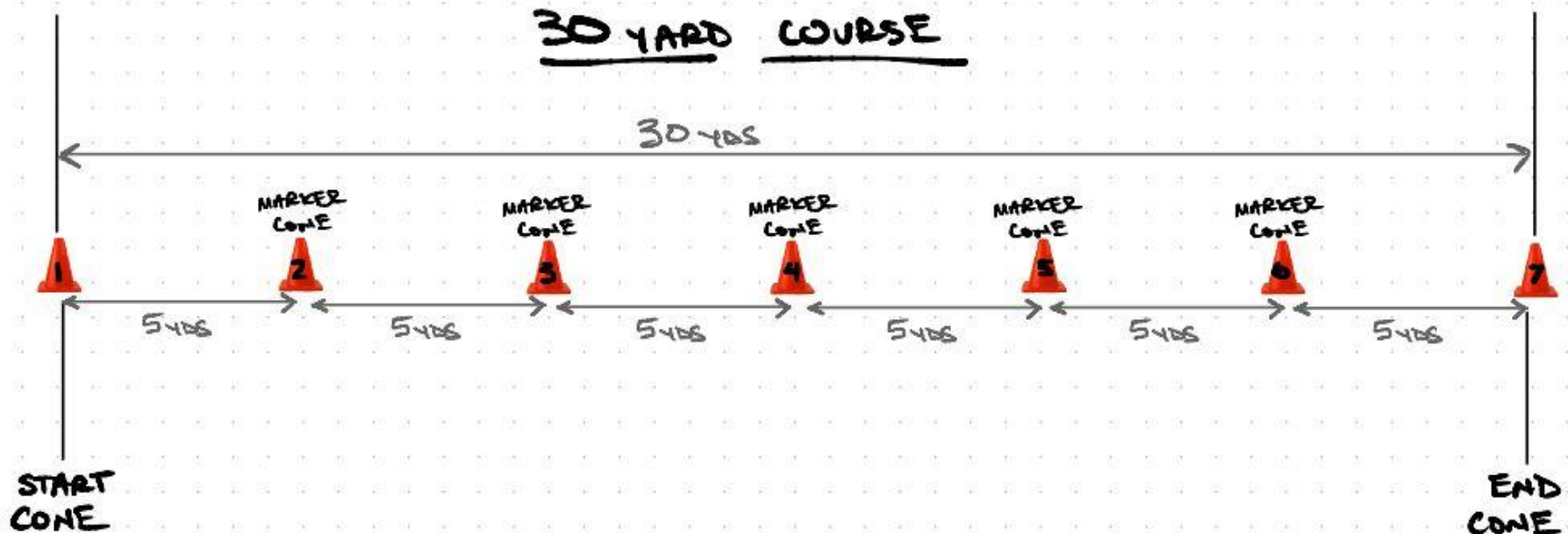
- Metrics will be collected at the beginning and end of each training season
- Health Metrics
 - Height
 - Weight
 - Height and weight equate to Body Mass Index (BMI)
 - Blood Pressure (working on developing means to do so)
- Fitness Metric - A Modified Cooper Test

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!



- **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 Changes & Rule Updates

Special Olympics
Pennsylvania



Sport Director



Deb Andrews

Bocce Sports Director

Deb can be reached at: bocce@specialolympicspa.org



New Rules

**Rule Book should read:
Version 2020 on the bottom
each page**

**1. Roll has replaced “Toss” in all
instructions of the rule book.**



Rule Book Changes for 2020



2. When completing your individual skills -
 - if a bocce hits the pallina and lands on the tape X where the pallina is stationed
 - The pallina will be returned to the X and the bocce will be placed behind the pallina touching it
 - The remaining balls are thrown,
 - If the is still behind the pallina, the measurement would be zero

Rule Book Changes for 2020



3. During Competition the Competition Manager may allow the coach to speak to the player during the official “coaches time out” (the duration, process and protocols of which will be advised to the coaches prior to the start of competitions).



Coaches Chair

Coaches Chair will continue to be used.

The chair will be placed at the 30 ft line or rear of the court - depending on facility



Outcomes from Bocce Survey



TIMEOUTS

1. Each coach will have ONE (1) 60 second timeout
2. The coach will ask the official for it
3. The coach goes to the athletes
4. The coach who calls the timeout, the team must be in possession of the bocce



Reminders - Outdoor Practice



- **Skin Protection**
 - sunscreen,
 - hats and
 - sunglasses for practice) and hydration.
- **Hydration**
 - Stop Every 20 minutes for a drink
 - Do not gulp, slow sips
- **Thunder/Lightning**
 - Everytime you hear or see
 - stop practice /seek shelter for 30 minutes

Training Schools



Virtual Training School

- August 7th - 1:00 pm
- Registration is open on the SOPA POrtal

Coach Certification - Skill Training Schools

- At least one certified Head coach is required per 25 athletes training and attending events
- 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

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 traditional and Unified Doubles
- This is also a USA Games qualifying year, for 2022
- How it works:
 - Each part of the state (Central, East and West) will host 50 traditional doubles teams (2 athletes) and 10 unified doubles teams (1 athlete and 1 partner) at the Fall Sectional.
 - These traditional doubles teams will be allocated based on the programs previous year's training numbers.
 - **Advancement:** Double and Unified Double teams will be drawn in the week following the event.
 - Previously each section of the state would get 5 Unified and 25 Traditional slots regardless of the number of eligible teams. This has led to inequities in advancement opportunities. In order to be more equitable, we will identify advancement numbers in the following manner:
 - We will determine qualifying numbers from sectionals once all team registration is received from all 3 regions.
 - We will still advance a total of 15 Unified and 75 Traditional teams to Fall Fest.

Allocations



- **Allocations will be calculated using the following steps:**
 - Identify total number of teams from each sectional interested in advancement.
 - Identify the total number of interested teams from across the state interested in advancement.
 - Divide the total number of teams from each sectional by the total interested in the state to generate a %.
 - Apply that % to the total number of available spots to generate the number of advancements for each section
- **Example:**
 - 100 interested teams for 75 advancement spots
 - Identify teams interested in advancement from East, Central and West:
 - East = 42
 - Central = 35
 - West = 23
 - Identify Total Teams interested in advancement: 100
 - Generate Percentage:
 - East: $42/100 = 42\%$
 - Central: $35/100 = 35\%$
 - West: $23/100 = 23\%$
 - Calculate # of Advancements:
 - East $75 \times 42\% = 32$ teams
 - Central: $75 \times 35\% = 26$ teams
 - West: $75 \times 23\% = 17$ teams



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

