Fall 2020
Pre-Season Webinar
Bocce
Agenda

- Welcome
- Q&A in Chat and Polls
- Housekeeping
- Sport Rules Updates & Reminders
  - SOI and SOPA
- Return to Activities overview
- Virtual Sectional and Fall Fest Competition
- Sport Guides for Coaches
  - Practice Planning
  - Skill and Drill activities
  - Event offerings this season
  - Virtual offerings
Coaching Topics

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

● Certified Coaches
  ○ will be flexible this season, certified coach preferred but not required
  ○ Virtual coach certifications will be available:
    ■ Bocce, Saturday, August 15th at 12:00pm (register on VSys portal)

● REMINDER - once in-person competitions resume
  ○ Individual Sports
    ■ there must be at least one (1) certified coach per 25 athletes at training and competition.
Athlete Medicals

● 6-month extension of a current athlete’s 3-year Application for Participation (also known as “medical”) - for expirations dates from March - July 2020.
  ○ Athletes will medicals expiring August 1, 2020 and on MUST have a new form to participate.

● The athlete has not had any major changes in their health status since their last valid Application for Participation was completed.

● **High risk** individual should not return to Special Olympics in-person activities until Phase E
Job Description and Levels of Responsibility

HEAD COACH:
- Certified in the sport
- Supervises all coaches and athletes
- Responsible for equipment, transportation, and lodging
- Develops practice plans and assigns duties to Assistant Coaches
- Check athlete medical and volunteer Class A
- Completes all required paperwork (competition, training numbers)

ASSISTANT COACH:
- Assist head coach/help supervise athletes (1:4)
- 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

Full position descriptions for both head and assistant coaches can be found here: SOPA Website on the Resources/Training [https://specialolympicspa.org/resources](https://specialolympicspa.org/resources)
VSys Portal - Training Schools and More
https://vsys.specialolympicspa.org/

- Sport Skills Sign-Up
- Sports Training Application Coach Hours
- Sport Skill Training Interest (Level 1)
- Experienced Coach (Track 2)

MUST REGISTER FOR TRAINING SCHOOLS ON VSYS.
VSys Portal - STA - Sport Training Application Forms

- Select **Sports Trainings Application Coaching Hours**
- From the available options please select the following:
  - Sport in the “job” drop down
  - Location
  - Date of training
  - Start time of training
  - Duration of training
- Select **Save** to submit the hours for review.
VSys Portal - STA - Reviewing Submitted Hours

- Go to the tab **My Information**
- Select **Sports Trainings Application – Submitted Hours**
- From the available listing review hours submitted
- If hours were submitted incorrectly, select **Delete** to remove those hours from pending.
- Hours with no status are considered approved
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 trainings.

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

Class A Volunteer Requirements Checklist: 20% complete

Task | Status
--- | ---
Background Check | Complete
PA Disclosure Statement | Please upload
General Orientation Training | Incomplete
Protective Behaviors Training | Incomplete
Concussion Awareness Training | Incomplete

Welcome, Mike! Thank you for signing into VSys Live, Special Olympics Pennsylvania
Local Program: Special Olympics Pennsylvania
Registration Details: Staff Class A adult

Looks like someone needs some clearances & trainings

Good thing they are easy to locate!
Continuing Education on the website

Volunteer Resources
Volunteer Center

REQUIRED once every 3 years to maintain certification.

LOTS of options.

Continuing Ed. Course Options
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
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, must complete the quiz to be awarded credit

**WE ARE ALWAYS LOOKING FOR TOPICS**
Email Jennifer at jtresp@specialolympicspa.org with any suggestions.

Upcoming Webinars

**August 26th** - Virtual Fitness - Phase A  [Register Here](#)

**September 9th** - Uniform Logo’s & Requirements  [Register Here](#)

**October 14th** - Unified Fitness - [Register Here](#)
Coach Training & Progression Plan

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 (currently being offered virtually)

Silver
- Adds: Athlete goal setting, training minimum of 10 weeks, Principles of Coaches course, Coaching Unified Sports (will both be offered virtually by SOPA in fall/winter)

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 SOPA Staff 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
USA/World Games

2021/2022 World Winter Games
- January 22-28, 2022; Kazan, Russia
- 8 SOPA athletes will attend

2022 USA Games
- June 5-11; Orlando, FL
- **Shifted qualifier for these games to Fall Festival 2021**
- Coach applications will be available this fall
- Pre-selection questionnaires will be distributed this fall
  - must complete to be eligible for selection

2023 World Games
- June 16-25; Berlin, Germany
- More info to come!
2020 Changes & Rule Updates:
Deb Andrews
Bocce Sports Director

Bocce questions can be directed to Deb 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).
Thank you!

For completing the Bocce survey. These are the outcomes from your comments:

1. We will be putting together a new officials training to certify anyone who wants to be an official.

2. 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 a 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
Return to Activities
The Phases

<table>
<thead>
<tr>
<th>Pennsylvania: Yellow &amp; Red</th>
<th>Pennsylvania: Green</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SOI: Phase 0</strong>&lt;br&gt;(Stay at Home)</td>
<td><strong>SOI: Phase 1</strong>&lt;br&gt;(≤ 10)</td>
</tr>
<tr>
<td><strong>SOA: Phase A</strong>&lt;br&gt;(Stay at Home)</td>
<td><strong>SOA: Phase B</strong>&lt;br&gt;(≤ 10)</td>
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<tr>
<td><strong>SOA: Phase C</strong>&lt;br&gt;(≤ 25)</td>
<td><strong>SOA: Phase D</strong>&lt;br&gt;(≤ 50)</td>
</tr>
<tr>
<td><strong>SOA: Phase E</strong>&lt;br&gt;(≤ 150)</td>
<td><strong>SOI: Phase 3</strong>&lt;br&gt;(No size restrictions)</td>
</tr>
</tbody>
</table>

= not available for the Fall season
Return to Activity Resources

● Video trainings and all resources available on SOPA website
● Return to Activities - Condensed Coach Edition
● SOPA Phases
  ○ Phase A - Virtual Training/Competition
  ○ Phases B/C - In-person training/virtual competition
● Code of Conduct and Risk Assessment Form
● Training in a Safe Environment
● High Risk Individuals
  ○ not eligible to compete in-person until Phase E
  ○ includes all participants - volunteers, athletes, Unified partners, etc.

Contact Chelsea Hammell, SOPA’s COVID-19 Coordinator, with additional questions: chammell@specialolympicsps.org
Important Highlights

- Participation is OPTIONAL
- Attendance limits for each phase include all participants: athletes, Unified Partners, coaches, volunteers, caregivers, staff, spectators, or others in attendance
- At-home virtual training and competition will always be available for those uncomfortable or unable to return to activities in person
- Risk assessment forms must be completed by all participants prior to participation
Coach Responsibilities

- Educate athletes, partners, and volunteers on the signs and symptoms of COVID-19
- Remind all high risk athletes to train at home
- Ensure that all participants are wearing personal protective equipment
- Ensure that athletes bring their own water/drinks, no shared water jugs/coolers
- Ensure athletes have access to equipment that is not shared with others during practice
- Ensure athletes avoid shaking hands, fist bumps or high fives
Athlete Practice Checklist

Make sure your athletes bring their OWN:

<table>
<thead>
<tr>
<th>Required:</th>
<th>Recommended:</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Face masks</td>
<td>● Hand sanitizer</td>
</tr>
<tr>
<td>● Water bottle(s)</td>
<td>● Disinfectant wipes</td>
</tr>
<tr>
<td>● Sports Equipment - if they own it, <em>this can also be provided by coach</em></td>
<td>● Sunscreen - if needed</td>
</tr>
<tr>
<td>● Towel - <em>if necessary to the sport</em></td>
<td>● Bug Spray - if needed</td>
</tr>
<tr>
<td></td>
<td>● Granola bar/ Post-practice snack</td>
</tr>
<tr>
<td></td>
<td>● Hair ties/Headband - if needed</td>
</tr>
</tbody>
</table>
Virtual Competitions
Sectionals and Fall Fest

● **Sectionals - Saturday, October 3rd**
  ○ All 3 sectionals will occur on same day, programming may run over two days Oct 3-4
  ○ Entry information due on 9/10
  ○ Results due on 9/28

● **Fall Festival - Friday-Sunday, November 6-8**
  ○ Programming will run over the 3 day timeframe
  ○ Entry information due on 10/15
  ○ Results due on 11/2
Competition

- Coaches will collect and submit preliminary scores 3 weeks prior to competition for divisioning.
- Athletes will be divisioned by ability, age, and gender.
- As per the Honor Code, the same venue must be used for entry and final scores.
- The Monday prior to the competition the coach will submit final competition scores
- We will ask coaches/athletes to submit pictures/videos of training throughout the season
Honor Code

- Give athletes one attempt to record their competition score. Providing multiple attempts to try and submit a higher score is illegal and violates the integrity of virtual competition.
- Follow and enforce the competition rules for each sport which includes calling any illegal attempt or violation.
- Have athletes use the same course, field, court, and equipment for divisioning as well as all virtual competitions.
- Submit the exact time, distance, scor, or other performance measurement for each athlete for divisioning all competitions.
- Follow all virtual competition guidelines and standards provided by SOPA.
- Meet all deadlines for submission of scores.
- Ensure the athletes have the proper equipment and practice facilities which provide them with the best opportunities to succeed.
Awards

- Place of finish determined by athlete performance in each division.
- Each skill will have its own division.
- GOC’s are working on how awards ceremony will look.
- Official SOPA awards will be given for sectionals and State events
Sport Specific Guide
Bocce - Return to Activities Guidance

Bocce Individual Skills Guide

- Coaches Guide
  - Coach responsibilities
  - Requirements of Phases
  - Practice Plan example

- Training and Competitions
  - Equipment needed
  - Entry and Score Submission
  - Training Drills
  - Individual Skills

- Resources
  - Data collection forms
  - PPE requirements
  - Setting up a safe training environment
  - Signage
  - Honor Code
  - COVID-19 Participant Code of Conduct

- Competition
  - Choose singles, doubles, or Unified Doubles
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
  - Assistant coaches/volunteers 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
Phase B & C Practice Plan Example

<table>
<thead>
<tr>
<th>Time</th>
<th>Coach A.</th>
<th>Coach B.</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimum of 30 Min Prior</td>
<td>COVID-19 Coordinator arrive for setup &amp; sanitizing</td>
<td></td>
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<tr>
<td>15-20 Min Prior</td>
<td>Athletes arrive in a staggered schedule for COVID screening and stretch by group</td>
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<tr>
<td>Group 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 Min</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Station 1 ex. Rolling to the 30ft</td>
<td>Flexibility Drills</td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Station 2 ex. Rolling to the 40ft</td>
<td>Core Strength Drills</td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Station 3 ex. Rolling on an angle to the 40ft</td>
<td>Cardio Conditioning Drills</td>
<td></td>
</tr>
<tr>
<td>5 Min</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sanitize Equipment, Water Break, and Switch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group 2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Station 1 ex. Rolling to the 30ft</td>
<td>Flexibility Drills</td>
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<tr>
<td>5 Min</td>
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</tr>
<tr>
<td>Cool Down</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sanitize Equipment and Wrap Up</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Business</td>
<td>I like to keep notes on the upcoming practice and competition schedule here.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>It is great to have notes on pertinent information for the athletes and coaches.</td>
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</tr>
</tbody>
</table>
Training Recommendations

**Space and equipment** are limited you may want to consider staggered starts at practice.

- For drills/scrimmages there can only be 1-2 athletes on a court at one time. Competition assessments will be conducted one person to a court at a time.
- If there is not enough equipment available to accommodate all athletes, think about setting up fitness stations during practice to keep athletes moving.

**Set-up stations** where athletes will work on specific drills. Important to remember sharing of equipment should be limited as much as possible, if equipment needs to be shared it must be disinfected with a 5 minute wait time between contact.

**Alternative items to train**, when Bocce balls are in use: backyard bocce sets, other types of similar balls.
Bocce Competition Format

- Do not alternate ends.
- The athlete should not surpass the foul line when he/she plays the allotted balls.
- The coach places the pallina at 12.20-meters/40 feet in the center of the play area.
- The player should play four balls.
Bocce Competition Format

- The coach measures distance and records it in centimeters.
- If the pallina is knocked from its spot, the pallina should be placed back at the 40ft marked spot for consistency in the competition.
- The athlete should complete measurements for 4 frames.
Events Offered

Singles
- Each athlete will play the required 4 frame match for each

Doubles
- Athletes will each play two consecutive frames to account for the 4 frames in the match.

Unified Doubles
- Athletes and Unified Partners will each play two consecutive frames, Athletes for the first two and Unified Partners for the second two, to account for the 4 frames in the match.
Measurements

To be consistent across the state the following measuring will be used for all sectional and state events.

- Place the zero end of the tape measure at the side center of the bocce ball.
- Pull the measuring tape back until it is directly above the pallina.
- Record this distance in centimeters.
- If the bocce and pallina are touching the score is zero.
Scoring

- Each player plays four frames.
- Four scores are recorded for each frame
  - (This totals 16 scores).
- Each frame is recorded to be submitted for results.
Coach Virtual Offering
Virtual Offerings to Come

● At-home Virtual Bocce Training and Competition
  ○ lead by coach in weekly video or conference call
  ○ Coach provide necessary equipment
  ○ Adapted game play using household items
  ○ Specific competition division for at-home training

● At-home Virtual Fitness Offerings
  ○ Virtual Fitness Competition
  ○ National Distance Challenge

● More information will be available mid-August
Questions?