

Bowling

Winter 2021/2022
Pre-season Webinar

Special Olympics
Pennsylvania



Today's Agenda



- Welcome
- Housekeeping
- Return to Activities
- Athlete Performance Training
- 2022 Bowling
- 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.

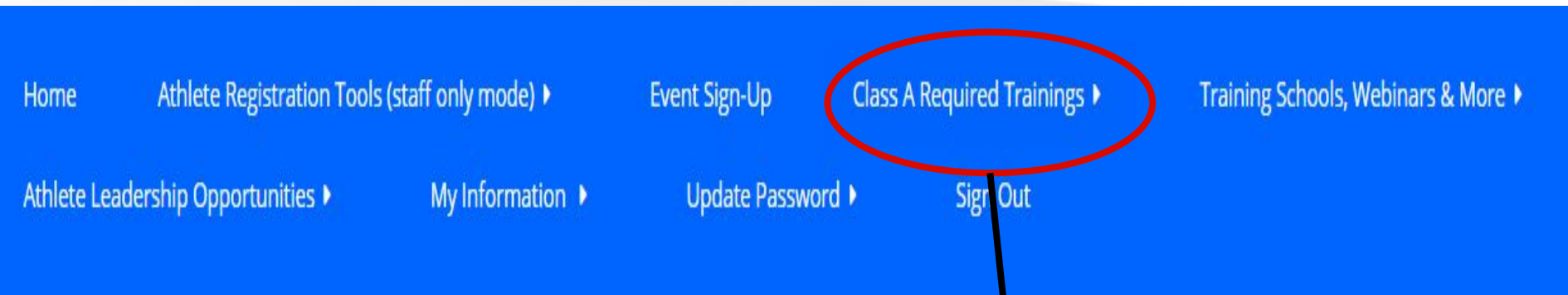
VSys Portal - Front Page



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**.

Continuing Education on the website



Special Olympics
Pennsylvania

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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



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



Return to Activities

Special Olympics
Pennsylvania



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).
 - Keep this in mind especially for bowling - athletes should not be sitting directly next to one another while waiting for their turn. It may require additional lanes to spread out more.
- Participants attending State Games (Winter Games, Indoor Winter Games, Summer Games) **must be vaccinated**
- [Site Registration Form](#)
- [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 %
- 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

Ex. 100 athletes and coaches at a training site and 75 are vaccinated, this equals a 75% vaccination rate you would need to follow the significant community transmission guidance.

Ex. 100 athletes and coaches at a training site and 85 are vaccinated, this equals a 85% vaccination rate and you would need to follow the moderate community transmission guidance.



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 %
- 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

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 your thoughts.



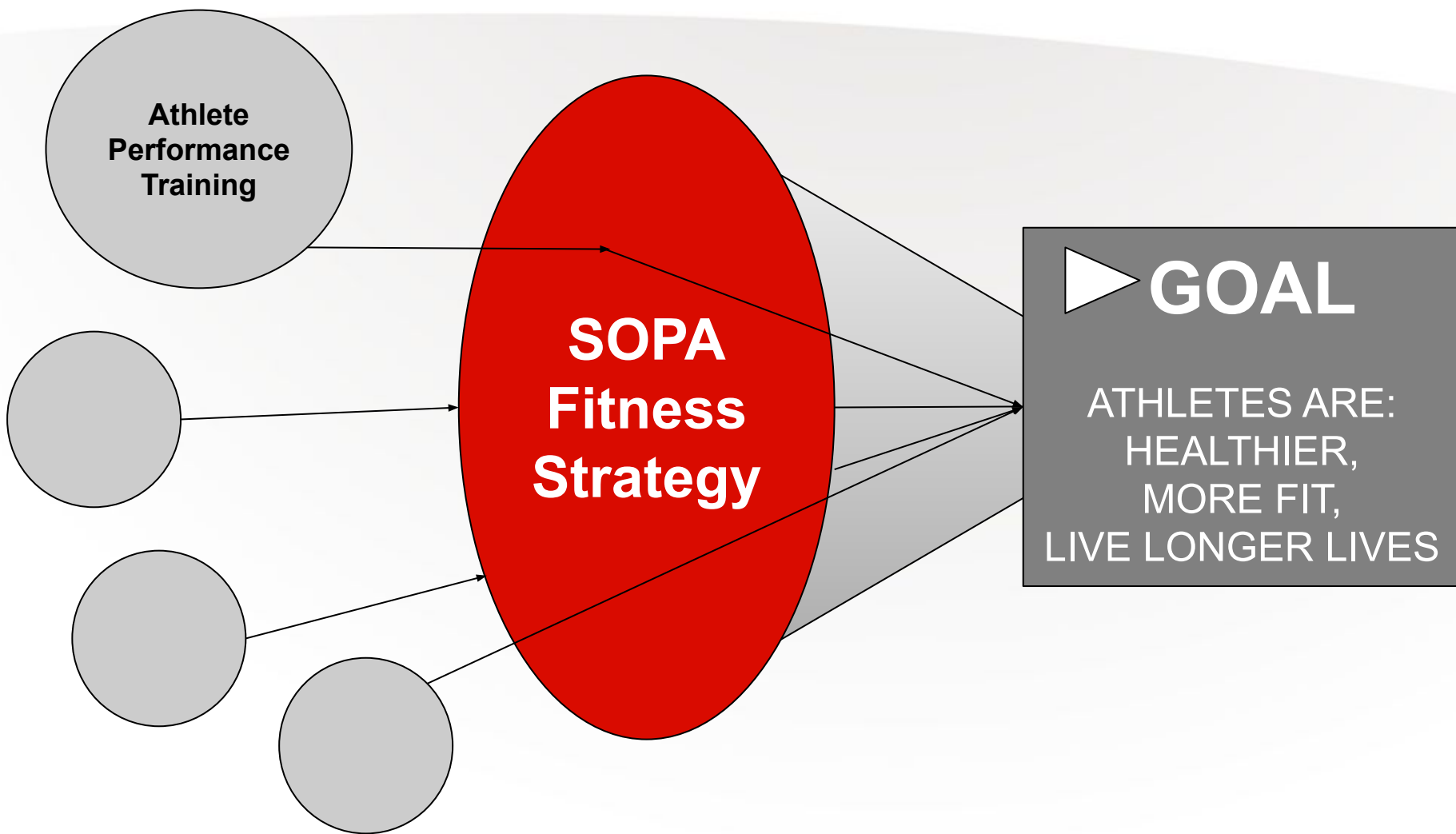
Return to Activity Resources

- [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.**

Table of Contents



What is Athlete Performance Training

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Week 1 (Pages 2 – 11)

Exercise

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Week 3 (Pages 16 – 25)

Food and Nutrition

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Week 5 (Pages 32 – 35)

Week 6 (Pages 36 – 41)

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
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 - 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



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
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.

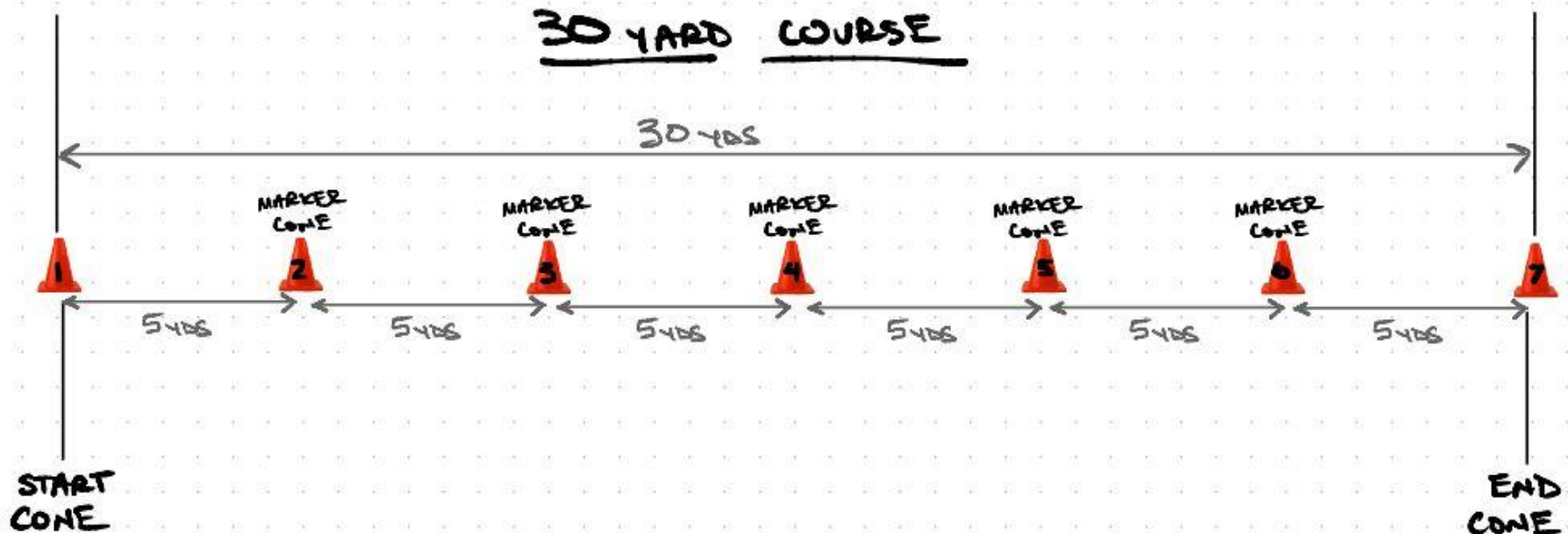
- Metrics will be collected at the beginning and end of each training season
- Health Metrics
 - Height
 - Weight
 - Height and weight equate to Body Mass Index (BMI)
 - Blood Pressure (working on developing means to do so)
- Fitness Metric - A Modified Cooper Test

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!



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

2022 Bowling

Special Olympics
Pennsylvania



Sport Director



Jennifer Tresp

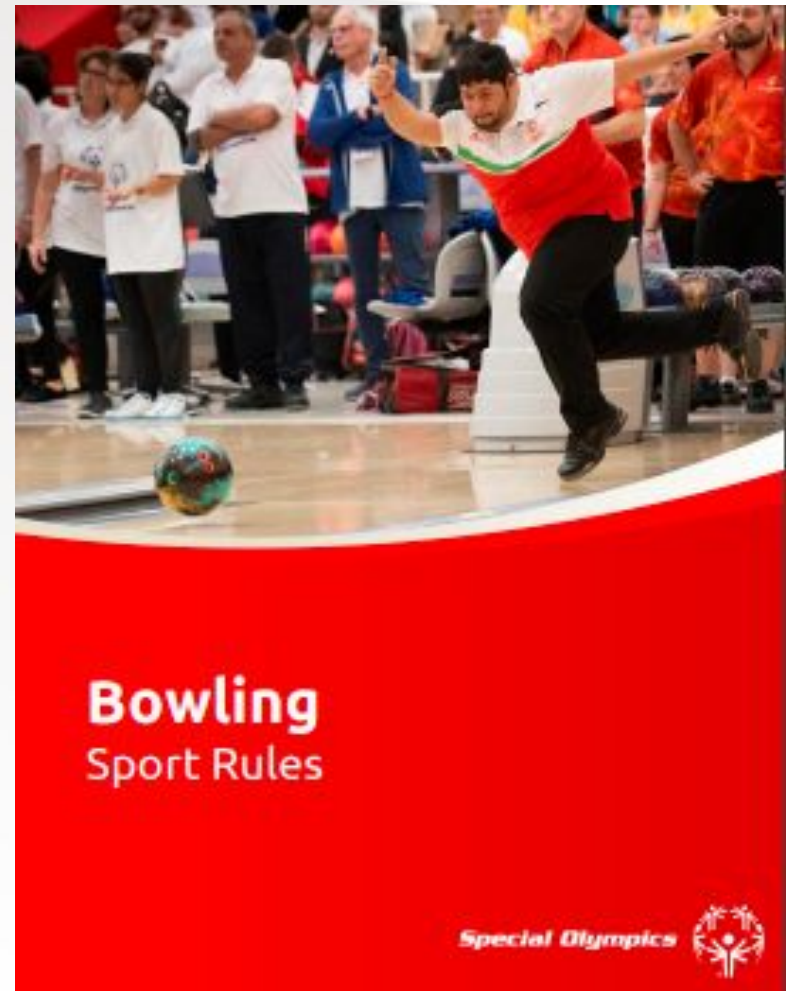
Interim Sports Director

Jennifer can be reached at
jtresp@specialolympicspa.org



Rule Book

No New Rules



Attire



- Short-Sleeved Collared Shirt
- long pants or dress pants or walking shorts
- Woman may wear knee length skirts
- No Denim
- Socks are required
- Bowling Shoes - no athletic sneakers

15 Game Scratch Average (GSA)



Athletes (& Partner's if Unified) MUST bowl 15 games prior to submitting entry scores for sectionals

Entry score:

- 15 games added together then divided by 15

Each individual should have their own unique entry score

****do not add doubles and teams scores together**

Trainings



You must have:

- a MINIMUM of 8 Weeks of training prior to competition

Even if you have your 15 games in, continue to bowl right up to the competition.

Handicapping



Singles

- **200** - 15 Game Scratch Average (GSA) = Handicap per game (**200** - 125 = **75**)

Doubles & Unified Doubles

- **400** - the 2 bowlers 15 GSA = handicap for the team per games (**400** - 100 - 125 = **175**)

Teams & Unified Teams

- **800** - the 4 bowlers 15 GSA = handicap for the team per games (**800** - 100 - 125 - 100 - 125 = **350**)



Etiquette Information

- Be ready to bowl when the pins are set,
- Observe one-lane courtesy. Right lane first!
- Taking too long to aim or get set up when you are on the approach delays the game.
- Taking too long to aim or get set up when you are on the approach delays the game.
- Try to remain in your approach area while delivering the ball. • Step off the approach once you have delivered the ball.
- Good bowling requires concentration.
- Excessive “lofting” hurts your game and damages the lane.



Etiquette Information

- Get permission to use another player's ball.
- Refrain from using abusive language or obscene gestures.
- Play the game to win, but be a gracious loser. Good sportsmanship is always the key to a successful game.
- Wet shoes are a safety hazard. Watch where you are walking.

Bowling Circle



No Coaches or Families

No Food or Drink

Athletes may leave the bowling circle for

- Bathroom Break
- Speak to a Coach/Family
 - Athlete must be in circle for turn
 - Code of Conduct if game is held up

Winter Competitions

Special Olympics
Pennsylvania



Winter Competitions



We will be sharing a Google Questionnaire requesting your input on how many athletes are training in the winter sports and how many athletes you anticipate attending state level competitions.

This will be vital information to help us determine allocations for the upcoming sports season.

Reminder: Sectionals are the qualifier event for Indoor Winter games

Region 2 and 7 Update



- As of Jan. 1 All Region 7 programs will attend Central Sectionals moving forward. This will impact Lebanon and Lancaster
- As of Jan. 1 All Region 2 programs will attend Central Sectionals moving forward. This will impact 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



Bowling Sectional - West

Saturday January 22nd - Erie, PA

Important Dates:

- Event info shared 12/3
- LOI due 12/13
- Final Allocations shared 12/14
- VSys rosters due 12/16
- Registration sheets shared 12/17
- Registration due 1/6
- Scratch, activation, score updates due 1/17

Bowling Sectional - Central



Sunday January 23rd - Harrisburg, PA

Important Dates:

- Event info shared 12/3
- LOI due 12/13
- Final Allocations shared 12/14
- VSys rosters due 12/16
- Registration sheets shared 12/17
- Registration due 1/6
- Scratch, activation, score updates due 1/17



Bowling Sectional - East

Sunday January 30th - Allentown, PA

Important Dates:

- Event info shared 12/3
- LOI due 12/13
- Final Allocations shared 12/14
- VSys rosters due 12/16
- Registration sheets shared 12/17
- Registration due 1/13
- Scratch, activation, score updates due 1/24



Indoor Winter Games

March 5th and 6th - York, PA

Important Dates:

- Event info shared 1/7
- LOI due 1/27
- Final Allocations shared 1/28
- VSys rosters due 1/31
- Registration sheets shared 2/1
- Registration due 2/10
- Scratch, activation, score updates due 2/28



Local Program Invitational

Are you having an Invitational?

Please Contact Mike Ermer @
mermer@specialolympicspa.org

with the following information

- Date
- Time
- Location
- Sports Offered

Questions?

Special Olympics
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