Pre-Season Figure Skating Webinar

- Welcome
- Housekeeping
- Winter Sport Updates & Reminders
- Indoor Winter Games Event Registration
- Questions
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
  ○ Figure Skating - INDIVIDUAL SPORTS and SKILLS: there will be at least one (1) certified coach per 25 athletes for skills and individual sports.
VSys Portal - “Training Schools, Webinars and More”

https://vsys.specialolympicspa.org/

- Sport Skills Sign-Up
- Sport Skill Training Interest (Level 1)
- Special Olympics PA - Track 2 - Experienced Coach
VSys Portal - My Information Tab

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.
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/skill
    - Assistants, volunteers, or parents can setup the next drill/skill!
  - 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

LOOKING FOR TOPICS FOR 2020….What would be helpful for you? Please email Jennifer at Jtresp@specialolympicspa.org
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.
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](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

- **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's Notes:
- 5000 Meter Run = 29:21
- 3000 Meter Run = 17:52
- 1500 Meter Run = 8:58
USA/World Games updates

Special Olympics World Winter Games Sweden 2021 have been cancelled.

A core team of Special Olympics staff are currently exploring additional locations that may be able to host the World Winter Games in 2021. So, the planning for Games will continue, and we (SOPA) will work closely with SOI and the Special Olympics USA management team to monitor the situation. We expect to hear more from them by the 2nd week of January, if not sooner.
USA/World Games updates

2021 World Games, Sweden Special Olympics USA

- Brooks Trimble - Lancaster County – Alpine Skiing (Novice)
- Ricky Eutzy – Area M – Alpine Skiing (Advanced)
- Lydia Wert – Beaver County – Alpine Skiing (Novice)
- Robert “Bobby” Snively – Blair County – Speed Skating 2
- Morae Ford – Erie – Cross-Country Skiing 2
- Justin Grimely – Chester County – Snowshoeing 3
- Lisa Robinson – Chester County – Speed Skating 1
2020 Changes & Rule Updates:
Figure Skating

Lin Huber
Figure Skating Sports Director

- Figure Skating Questions can be directed to Lin at: fskate@specialolympicspa.org
Figure Skating

- Judging - USFS 6.0 judging will be used.
- Music - programs may be instrumental or vocal.
- Pairs/Ice Dancing -
  - Eligibility - Teams may consist of
    - 1 male and 1 female
    - 2 males
    - 2 females
## Figure Skating - Badge Curriculum

The Special Olympics Sports Skills Program is designed for people with intellectual disabilities who may exhibit any number of physical impairments. The Special Olympics Figure Skating Badge Program allows athletes to learn skills in a progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into the existing badge program at local rinks.

<table>
<thead>
<tr>
<th>Badge 1</th>
<th>Badge 2</th>
<th>Badge 3</th>
<th>Badge 4</th>
<th>Badge 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Stand unassisted for 5 seconds</td>
<td>A March forward 10 steps unassisted</td>
<td>A Backward wiggle or march</td>
<td>A Backward two-foot glide covering at least length of body</td>
<td>A Consecutive forward outside edges - minimum two on each foot</td>
</tr>
<tr>
<td>B Sit on ice or fall and stand up unassisted</td>
<td>B Swizzles, standing still – three repetitions</td>
<td>B Five forward swizzles covering at least 10 feet</td>
<td>B Two-foot jump in place</td>
<td>B Consecutive forward inside edges – minimum two on each foot</td>
</tr>
<tr>
<td>C Knee dip standing still unassisted</td>
<td>C Backward wiggle or march assisted</td>
<td>C Forward skating across the rink</td>
<td>C One-foot snowplow stop – L and R</td>
<td>C Forward Inside Mohawk - L and R</td>
</tr>
<tr>
<td>D March forward 10 steps assisted</td>
<td>D Two-foot glide forward for distance of at least length of body</td>
<td>D Forward gliding dip covering at least length of body - L and R</td>
<td>D Forward one-foot glide covering at least length of body – L and R</td>
<td>D Forward spiral three times length of body</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Badge 6</th>
<th>Badge 7</th>
<th>Badge 8</th>
<th>Badge 9</th>
<th>Badge 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Forward outside edge – L and R</td>
<td>A Five consecutive forward crossovers: L and R</td>
<td>A Five consecutive forward crossovers: L and R</td>
<td>A Forward outside three-turn – L and R</td>
<td>A Forward Inside three-turn – L and R</td>
</tr>
<tr>
<td>B Five consecutive backward half swizzles on a circle: – L and R</td>
<td>B Forward outside edge – L and R</td>
<td>B Forward inside edge – L and R</td>
<td>B Forward lunge or shoot the duck at any depth</td>
<td>B Five consecutive backward crossovers – L and R</td>
</tr>
<tr>
<td>C Two-foot spin</td>
<td>C Five consecutive backward half swizzles on a circle: – L and R</td>
<td>C Forward Inside Mohawk - L and R</td>
<td>C Hockey stop</td>
<td>C Forward Inside Mohawk - L and R</td>
</tr>
<tr>
<td>D Bunny hop</td>
<td>D Two-foot spin</td>
<td>D Three-foot glide</td>
<td>D Forward gliding dip covering at least length of body - L and R</td>
<td>D Forward spiral three times length of body</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Badge 11</th>
<th>Badge 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Consecutive forward outside edges - minimum two on each foot</td>
<td>A Forward inside edge - L and R</td>
</tr>
<tr>
<td>B Consecutive forward inside edges – minimum two on each foot</td>
<td>B Three-foot glide</td>
</tr>
<tr>
<td>C Forward Inside Mohawk - L and R</td>
<td>C Three-foot jump in place</td>
</tr>
<tr>
<td>D Forward spiral three times length of body</td>
<td>D Forward gliding dip covering at least length of body - L and R</td>
</tr>
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Figure Skating
New Videos & Badges

- The SOI Figure Skating Team has created video resources for the badge program, solo and pair routines:
  [Figure Skating Resource Page](#)

- **Special Olympics Figure Skating Badge curriculum**
  Badges are $1 each and can be purchased from US Figure Skating: Susi Wehrli McLaughlin, at swehrli@usfigureskating.org
Figure Skating
Unified Sports®

Events Offered:

● Pairs Skating (Level 1-3)
● Ice Dancing (Level 1-6)

Selection of Special Olympics Athletes and Unified Sports® Partners:

● Similar age is preferred and ability is required for Unified Sports® training and competition in Figure Skating.

Each Unified Sports® Team shall consist of one Special Olympics Athlete and one Unified Sports® Partner.

A coach may not participate as a Unified Sports® Partner at the same event that they are coaching.
2020 Indoor Winter Games
Indoor Winter Games
March 7-8, 2020

Venue:
York City Ice Arena
941 Vander Ave, York, PA 17403
Indoor Winter Games
March 7-8, 2020

Saturday

- Routine practice time available - Immediately Following Opening Ceremonies
- Prelim competition begins
  - i. Level 4, 5 & 6 - Short Program
  - ii. Badge Competition (Skills)
  - iii. Level 1 dance - Preliminary

Sunday

- Final Competition
  - i. Level 1 - 6
  - ii. Dance Finals

Warm-Up - Appropriate level warm-up according to USFS/IJS - prior to each grouping
Indoor Winter Games
Awards

- Saturday - Badge Competition Awards (Skills) at the completion of Badge Competition.
- Sunday - All award presentations will take place following the completion of all competition.
- Location - TBD but will be at the Ice Rink.
Other Updates
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
Local Program Invitationals

Are you hosting an invitational this Winter?

Please let Mike Ermer know so we can get word out

mermer@specialolympicspa.org
Questions?