

Floor Hockey

Winter 2021/2022
Pre-season Webinar

Special Olympics
Pennsylvania



Today's Agenda



- Welcome
- Housekeeping
- Return to Activities
- Athlete Performance Training
- 2022 Floor Hockey
- Winter Competitions
- Questions

Coaching Topics



- **Just a Reminder!**

- **TEAM SPORTS:** there must be one (1) certified coach per team
- **INDIVIDUAL SPORTS & SKILLS:** there must be at least one (1) certified coach per 25 athletes at training and competition.

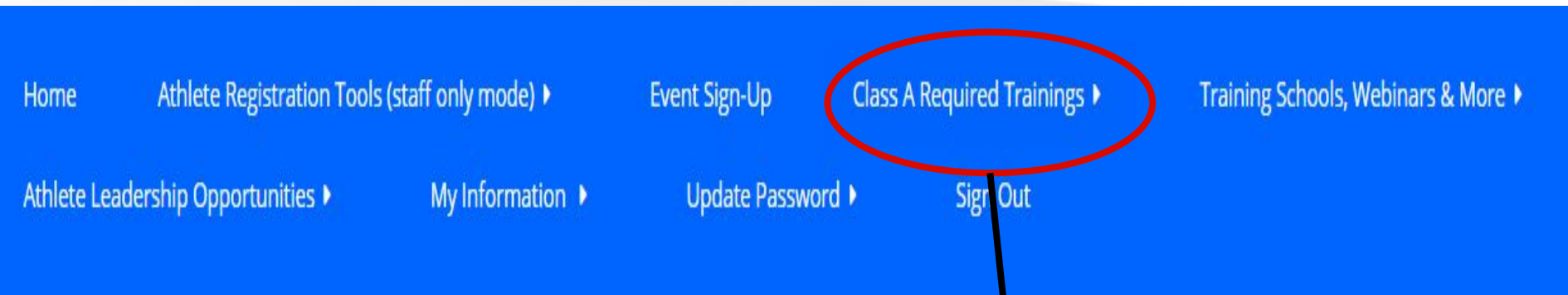
VSys Portal - Front Page



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

♥ 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

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

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.



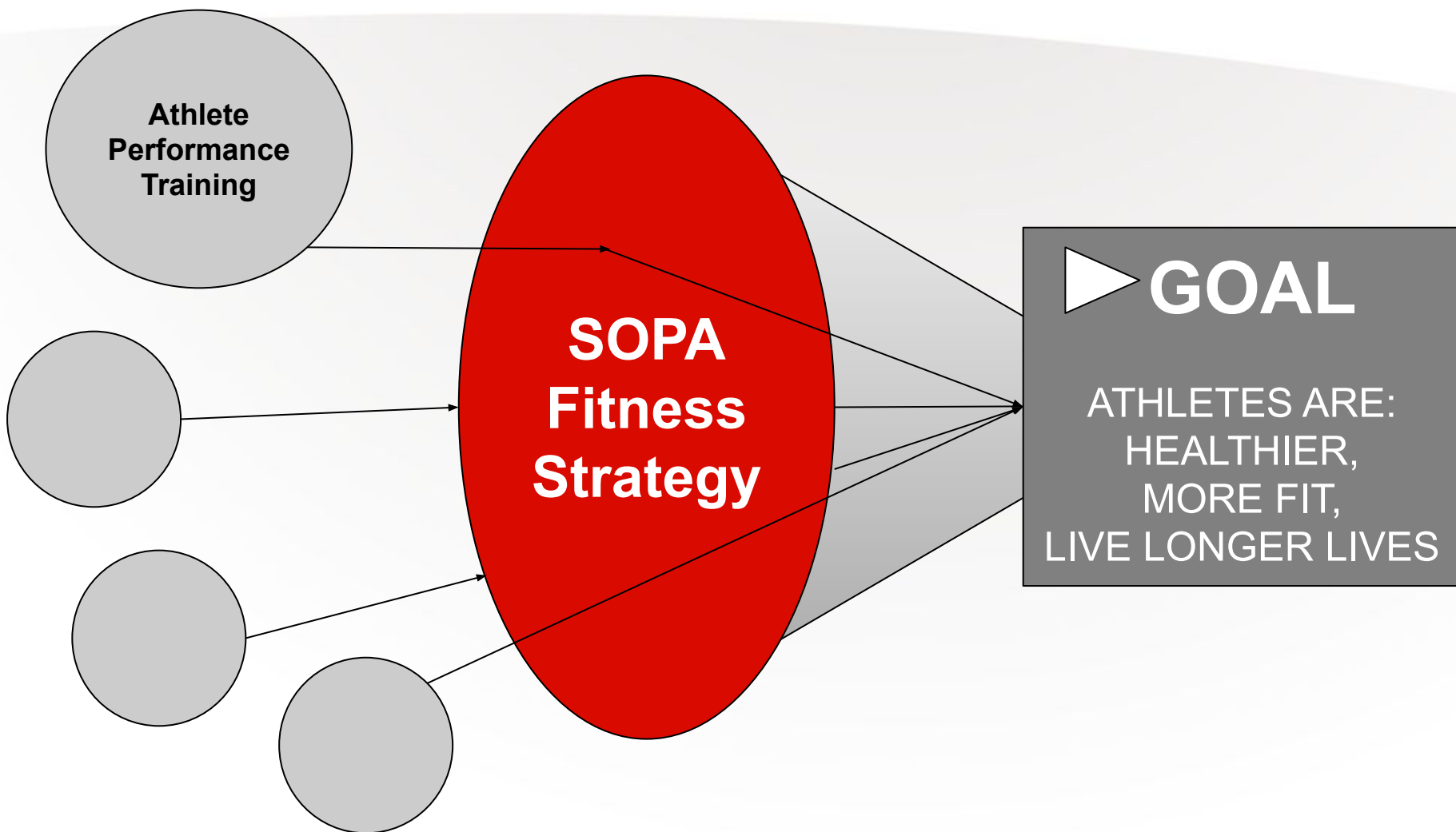
Return to Activity Resources

- [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

Total Pages 2 – 11

Week 1 (Pages 2 – 11)

Exercise

Total Pages 12 – 25

Week 2 (Pages 12 – 15)

Week 3 (Pages 16 – 25)

Food and Nutrition

Total Pages 26 – 41

Week 4 (Pages 26 – 31)

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

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.

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.

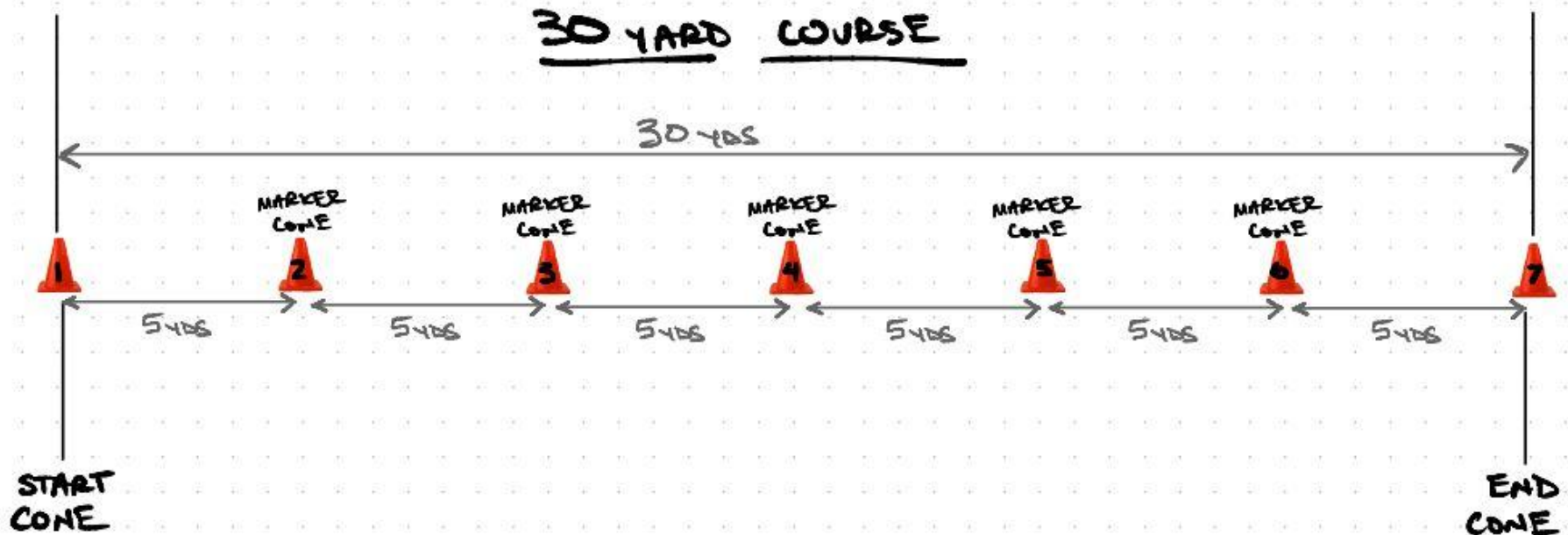
- Metrics will be collected at the beginning and end of each training season
- Health Metrics
 - Height
 - Weight
 - Height and weight equate to Body Mass Index (BMI)
 - Blood Pressure (working on developing means to do so)
- Fitness Metric - A Modified Cooper Test

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 Floor Hockey

Special Olympics
Pennsylvania

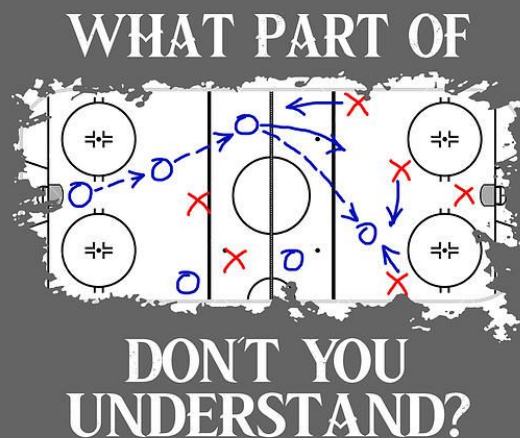


Sport Director



Todd Geiwitz

Todd can be reached at
FLHockey@specialolympicspa.org
Phone/Text 703-964-7575





Rule Book

No New Rules



Attire



Team Members and Individual Skills athletes

- Shirt/Jersey with distinctive team color and markings and a 15 centimeter to 20 centimeter (6 in to 8 in) player number on the back of the shirt.
- Athletic Shorts, sweatpants or warm-up pants may be worn
- Gloves -
 - sport gloves with padding (do not need to be hockey gloves)
- Elbow and Knee Pads - optional but recommended
- Helmet with Face Mask
- Shin Guards



Training Plan

1. Arrival
2. Warm-ups
3. Skill Stations - Including Fitness
4. Game
5. Cool Downs

Water Breaks (every 20 minutes)

Athlete Performance Training (APT) -
Warm-ups or Skill Station



Skill Stations

1. Set up 2 or 3 Individual Skills or Team Skills
 - a. adjust these stations for the skills you are working this practice
2. Add a fitness Element
 - a. Fitness
 - i. Box Test
 - ii. 5-10-5
 - iii. Shuttle Run

Keep the players moving

One coach leads each station

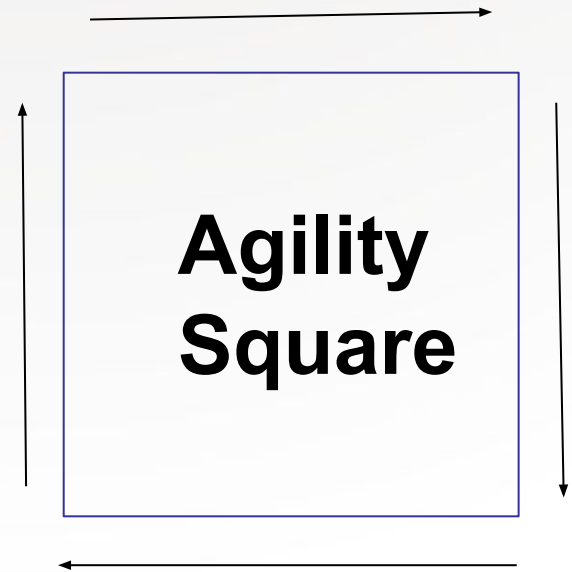
Gym set up for Stations



Dribble and Shoot

**Shoot on
Goal**

**Agility
Square**





Team Bench

- **No one but players in uniform and four team officials** (one head coach and three assistance coaches) **shall be permitted to occupy the bench area so provided.**
- All players on the bench (including spare goalie) **MUST keep their helmets on at all times.**
- **No Skills athletes and coaches on the team bench**
- **No Family members on the bench**





Team Ages

Please make sure all of your teams are **AGE** appropriate.

- 8-15 years old
- 16-21 years old
- 22+ (after age 22 we generally like to keep to no more than a 20 year age gap)

You determine the age of the team by the oldest member of the team

Everybody Plays



Everybody Plays

Article 1.03F of the Special Olympics General Rules States:

- *Special Olympics celebrates and strives to promote the spirit of sportsmanship and a love of participation in sports for its own sake. To that end, Special Olympics aims to provide every athlete with an opportunity to participate in training and competition events which challenge that athlete to his or her fullest potential, regardless of the athlete's level of ability. Special Olympics therefore requires that Special Olympics Games and Tournaments offer sports and events which are appropriate for athletes of all levels of ability, and in the case of team sports, provide every athlete with an opportunity to play in every game.*
- Special Olympics Pennsylvania supports Article 1.03F as the guiding principle for participation of athletes registered as members of a team for competition at any SOPA Sectional or State Competition. As such, each athlete on a team roster must be given an opportunity to play in every game for which their team is scheduled. Special Olympics Pennsylvania will not dictate the amount of time that each athlete must play during a game, but the goal is to provide a meaningful competition experience for every athlete on every team.
- The only exceptions to this requirement will be in cases of illness or injury, where an athlete is not physically able to play, or behavioral issues, where a coach chooses not to play an athlete in order to address inappropriate behaviors. In situations where an athlete will not be playing due to illness or injury or behavior issues, the athlete shall not dress in their competition uniform for the game and if appropriate supervision is available, will not be seated on the bench with the team for that game.
- If the illness or injury or the behavior issue is such that an incident report or misconduct report is completed this report should be provided to the programs HOD who should then forward to the Program Manager and if appropriate, a representative of the Games Organizing Committee (GOC) or a SOPA staff person. The coach should also be prepared to provide an explanation to the GOC or SOPA staff, if requested, as to the reason why an athlete is not dressed and playing in a particular game. As a reminder, athletes who do not participate in preliminary games may not participate in pool play or medal round games.

At Events:

- Teams must complete lineup cards, with numbers & names
- Bottom of the card – those who are not playing and why
- Scorekeeper will check the players as they enter the game
- Code of conduct will be filed on the coach if all players are not played

Everyone rostered must participate in each game.

If someone is not able to play due to injury they should be listed on the score sheet with injured behind their name.

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.



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 Invitation

Are you having an Invitational?

Please Contact Mike Ermer @
mermer@specialolympicspa.org

with the following information

- Date
- Time
- Location
- Sports Offered

Questions?

Special Olympics
Pennsylvania

