POWERLIFTING
Fall 2019
Pre-season Webinar
Agenda

- Welcome
- Housekeeping
- Fall Qualifiers
- Allocations
- Fall Event Registration
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
  - **POWERLIFTING 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
V Sys 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.
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 retrieve personalized information.

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

Class A Volunteer Requirements Checklist: 20% complete

<table>
<thead>
<tr>
<th>Task</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Background Check</td>
<td>Complete</td>
</tr>
<tr>
<td>PA Disclosure Statement</td>
<td>Please upload</td>
</tr>
<tr>
<td>General Orientation Training</td>
<td>incomplete</td>
</tr>
<tr>
<td>Protective Behaviors Training</td>
<td>incomplete</td>
</tr>
<tr>
<td>Concussion Awareness Training</td>
<td>incomplete</td>
</tr>
</tbody>
</table>

Good thing they are easy to locate!

Looks like someone needs some clearances & trainings
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
  - Assistants, volunteers, or parents 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
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 & Learns

- 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

2018
March - Coaching 101 - Coaching philosophy and best practice
April - Fit 5 - Personal Best and athlete goal setting
June - Coaching Training and Progression Plan
September - Role and Expectation of Coaches

2019
July 17 - Goal setting and Personal Best - setting, tracking, recognition
September 11 at noon - SOPA Resources 101 (register)

LOOKING FOR TOPICS FOR OCTOBER - DECEMBER....What would be helpful for you?
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
- 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

![Image of note with running times]
USA/World Games updates

- 2021 World Games, Sweden
  - SOPA Winter Games 2019 was the qualifier
  - PA will request slots in August and be awarded in September
  - We will select names via Facebook live drawing at a TBD date in late September/October
  - Applications for Sport Management Teams (coach/manager) will open in next few weeks.
  - Training Camp anticipated February 2020

- 2022 USA Games, Orlando - POWERLIFTING
  - Qualifiers - Fall Fest 2020, IWG 2021, & SG 2021
  - Pre-screening questionnaire, coaches to complete prior to registration for Sectionals
2019 Changes & Rule Updates:
Powerlifting is now a QUALIFIER

- Must attend your respective Sectional competition to be eligible for advancement to Fall Fest
- This will provide for better competitions at Sectional events
- Will advance based on place of finish at Sectionals
Powerlifting

- Arrive at venue ready to weigh-in:
  - In uniform - singlets and undergarments
- Equipment requirements:
  - 4” belt - with NO padding
  - High socks for deadlift

Links to all the sport pages can be found here:

SOI Sports and Coaching

Fall Sport Rules:

Powerlifting
Two Sources for Powerlifting Belts

ROGUE ECHO 10MM LIFTING BELT

Rogue’s Echo Lifting Belt is made from genuine leather and measures 4" in width and 10MM in thickness,* with five length options to choose from. All sizes of the belt include 10 precision-spaced holes and a single prong buckle design for easy custom tightening and optimal comfort and support. The leather on the Echo Belt can run pretty stiff out of the gate and may need some break-in time, but you’ll never need to worry about its reliability for securing the abdominal muscles and lower back on a wide variety of lifts.

The Echo 10MM Lifting Belt features black leather and black hardware with the Rogue logo embroidered on the back in white. Before ordering, be sure to check the sizing chart provided below.
Two Sources for Powerlifting Belts

10MM Lever Belt - Ranger Green

A Staple For Your Gym Bag

The Gymreapers Lever Belt is the manifestation of combined hours put into research and development as well as constant trial and error. As a brand by athletes for athletes, we put this piece this belt to the test, reiterated and perfected the form, fit, and function of it. With a simple clean design, easy to use lever design and premium quality leather this lever belt is built to last.

Order in confidence knowing your belt carries a 1 year warranty on both the lever an the belt! If you ever have ANY issues, reach out to us and we will ensure you are taken care of 110%!
Fall Sectionals
2019 Competition Dates:

- **2019 Competition Calendar: Important Dates**
- **Fall Sectionals:**
  - West - Sunday, September 29th, Slippery Rock Univ.
  - Central - Sunday, October 6th, Juniata College
  - East - Sunday, October 13th, DeSales University
- **Fall Festival** - Villanova University: November 1-3

We will begin using Next Lifter to run and manage our events.
WFS: September 29

- Slippery Rock University
  - moving into Auxiliary gym
- Important Dates:
  - Reg Info: Will be sent by August 2nd
  - LOI: Due August 29th
  - Online Vsyt Roster: Due September 2nd
  - Reg: Due September 12th
  - Scratch/Activation: Due September 23rd
CFS: October 6th

- Juniata College
  - will be held in gym or auditorium - may be just off campus at the high school

- Important Dates:
  - Reg Info: Will be sent by August 9th
  - LOI: Due September 5th
  - Online Vsys Roster: Due September 9th
  - Reg: Due September 19th
  - Scratch/Activation: Due September 30th
DeSales University

Important Dates:

- Reg Info: Will be sent by August 16th
- LOI: September 12th
- Online Vsyst Roster: Due September 16th
- Reg: Due September 26th
- Scratch/Activation: Due October 7th

Same location as last year - DeSales University Center (DUC)
EFS: October 13

- Timing: VERY tight timeline
  - No OC - Report Immediately to Competition Venue for Weigh in
  - Arrive Weigh In Ready - Multiple scales

- Two platforms
  - Run independently of one another, can be going at the same time

- Rolling Awards, as flights finish

- First year - may want to consider bring extra volunteers
## Entry Forms

<table>
<thead>
<tr>
<th>V Here if athlete is an alternate</th>
<th>V For Fall Fest Drawing</th>
<th>ATHLETE NAME</th>
<th>Sex</th>
<th>Age</th>
<th>Athlete's Current Weight</th>
<th>EVENT**</th>
<th>INITIAL LIFT WEIGHT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
State Games
Fall Festival
November 1 - 3

- Villanova University
- Pre-Event Webinar: Thursday, October 24th at 7 pm
- Important Dates:
  - Reg Info Goes Out: September 6th
  - LOI Due - September 26 (Arrival, Transportation Meals)
  - Reg Due (Rollerskating & Housing):
    - VERY TIGHT TURN AROUND:
      - October 10 - CFS, WFS, Eastern Rollerskating
      - October 15 - EFS Housing
  - Scratch/Activation/Score Updates deadline - October 24th (Thursday)
    - BE SURE TO MAKE WEIGHT CLASS UPDATES, helps us better division in advance of the meet
Fall Festival: Schedule Updates

- **Powerlifting:**
  - **Competition on Friday**
  - No Saturday weigh ins
  - Boxed lunches on Saturday

- **VERY Tentative Schedule:**
  - **Fri:**
    - Noon: Coach’s Meeting/Weigh Ins for ALL
    - 2:30 - 3: Competition begins (2 lift athletes ...likely won’t get through all weight classes on Friday, remaining will start on Saturday)
  - **Sat:**
    - 8 AM - Competition begins
    - 4 - 5 PM - Goal to finish competition
  - **Sun:** Awards for All
Fall Festival: Schedule Updates

**IMPORTANT:**

All programs should plan to have all Powerlifting athletes/coaches onsite with the rest of the delegation by NOON on Friday.
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

<table>
<thead>
<tr>
<th>Program</th>
<th>Event</th>
<th>Date</th>
<th>Notes</th>
<th>Contact Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area M</td>
<td>Fall Classic</td>
<td>September 15</td>
<td>Bocce, LDR/W, Powerlifting, Soccer, Volleyball</td>
<td>Shannon Pechart</td>
<td><a href="mailto:area.msports@specialolympicspa.org">area.msports@specialolympicspa.org</a></td>
</tr>
<tr>
<td>Montgomery</td>
<td>MontCo Weight Lifting</td>
<td>September 28</td>
<td>Powerlifting - Spring Valley YMCA</td>
<td>Scott Otterbein</td>
<td><a href="mailto:specialolympicsmontco@verizon.net">specialolympicsmontco@verizon.net</a></td>
</tr>
<tr>
<td>Allegheny</td>
<td>Fall Invitational</td>
<td>October 6</td>
<td>Bocce, LDR/W, Soccer.</td>
<td>Shannon Clancy</td>
<td><a href="mailto:sclancy@specialolympicspa.org">sclancy@specialolympicspa.org</a></td>
</tr>
<tr>
<td>Monroe</td>
<td>Fall Invitational</td>
<td>October 6</td>
<td>Flag Football, Soccer, Volleyball</td>
<td>Taraz Crowley</td>
<td><a href="mailto:tmbc14@yahoo.com">tmbc14@yahoo.com</a></td>
</tr>
<tr>
<td>Columbia/Montour</td>
<td>Bocce Bash</td>
<td>October 20</td>
<td>Bocce - Bloomsburg University</td>
<td>Deb Andrews</td>
<td><a href="mailto:dandr38023@aol.com">dandr38023@aol.com</a></td>
</tr>
<tr>
<td>Philadelphia</td>
<td>Volleyball Tournament</td>
<td>Late October</td>
<td>Volleyball</td>
<td>Michelle Cordell</td>
<td><a href="mailto:mcordova@specialolympicspa.org">mcordova@specialolympicspa.org</a></td>
</tr>
<tr>
<td>Montgomery</td>
<td>MontCo LDR/W Invitational</td>
<td>October 20</td>
<td>LDR/W - Heebner Park</td>
<td>Scott Otterbein</td>
<td><a href="mailto:specialolympicsmontco@verizon.net">specialolympicsmontco@verizon.net</a></td>
</tr>
<tr>
<td>Montgomery</td>
<td>MontCo Bowling Tournament</td>
<td>December 1</td>
<td>Bowling - Facenda-Whitaker Lanes</td>
<td>Scott Otterbein</td>
<td><a href="mailto:specialolympicsmontco@verizon.net">specialolympicsmontco@verizon.net</a></td>
</tr>
</tbody>
</table>

---

**Are you hosting an invitational this fall?**

Please let Mike Ermer know so we can get word out

[mermer@specialolympicspa.org](mailto:mermer@specialolympicspa.org)
Questions?