Snowshoeing
Winter 2020
Pre-season Webinar
Snowshoeing Pre-Season

- Welcome
- Housekeeping
- Winter Sport Updates & Reminders
- Outdoor 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
  ○ **Snowshoeing** - 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/

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

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

Class A Volunteer Requirements Checklist: 20% complete

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<tr>
<td>Background Check</td>
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</tr>
<tr>
<td>Concussion Awareness Training</td>
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Looks like someone needs some clearances & trainings

Good thing they are easy to locate!
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
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? Email Jennifer at jtresp@specialolympicspa.org with any suggestions.
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
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 a 3x5 card with goal numbers]
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, Special Olympics USA

- Brooks Trimble - Lancaster County – Alpine Skiing (Novice)
- Ricky Eutzy – Area M – Alpine Skiing (Advanced)
- Janna Novatski - Area P - Alpine Skiing (Intermediate)
- 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:
Tom Mereen
Snowshoe Sport Director

Snowshoeing Questions can be directed to Tom at:
Snows@specialolympicspa.org
Unified Sports® Unified Sports relay

- Teams shall be made up of two Special Olympics athletes and two Unified Sports partners. The competitor order in the relay is up to the decision of the coach.

Team Roster

- A relay team consists of 4 competitors, any team with fewer than 4 competitors must forfeit.

Participation

- Each competitor must complete one-fourth of the distance of the total relay. No competitor may complete more than one leg of any one relay.

PA Rule - All Relay Team Members must be from the same program.
Snowshoeing

Crescent Moon Snowshoeing - Boulder Colorado

Crescent Moon Luna Running Snowshoes

- $149.00 to $159.00
- Foam with Velcro Closure
State Games
Winter Games
Feb 9-11

● Pre-Event Webinar: Tentatively January 28th
● Important Dates:
  o Reg Info was sent out on December 13th
  o LOI was due January 2nd
  o Reg due January 16th
  o Scratch/Activation due February 3rd
● Venue Coordinator - Mindy Leonard
Snowshoe Schedule

Coaches Meetings

- Sunday   8:45 PM   TBD
- Monday   8:30 AM   Tent on Driving Range
- Tuesday  8:30 AM   Tent on Driving Range

Shuttles

- Monday & Tuesday  8:15 AM to end of competition
  Shuttle service from Center Lobby to Golf Course & back
Snowshoe Schedule

Course Inspection - Driving Range
● Monday & Tuesday  8:30 AM

Competition - Driving Range
● Monday  9:00 AM  Competition Begins
● Monday  1:30 PM to 3:30 PM  Finals (4x100M relay, 200M, 800M)
● Tuesday  9:00 AM  Competition Finals
Snowshoe Schedule

Awards - Driving Range - Rolling
- Monday & Tuesday  Start ½ after Final Competition

Lunch - Grand Ballroom
- Monday & Tuesday  11:00 AM to 1:00 PM
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

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<tr>
<th>Program</th>
<th>Event</th>
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<th>Notes</th>
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<td>Somerset</td>
<td>Snowshoe Invitational</td>
<td>January 29</td>
<td>7 Springs Resort</td>
<td>Sue Putman</td>
<td><a href="mailto:Sue@Putmanplace.com">Sue@Putmanplace.com</a></td>
</tr>
</tbody>
</table>

Are you hosting an invitational this Winter?
Please let Mike Ermer know so we can get word out
mermer@specialolympicspa.org
Questions?