

SWIMMING

Summer 2022
Pre-season Webinar

Special Olympics
Pennsylvania



Today's Agenda



- Welcome/Introductions
- 2022 Sport Season
- 2022 Sport Changes and Rule Updates
- Housekeeping
- Return to Activities
- Questions

2022 Spring Season

Special Olympics
Pennsylvania





WE ARE BACK!!

We can't do this
without you!

Help spread the
word and let's get
athletes back to
training!

WE CAN
WE WILL



LET'S MAKE IT HAPPEN!
BEST TEAM EVER

Spring Season Updates



- Athletes are expected to train for a minimum of 8 weeks prior to the State level event (i.e. Summer Games, Fall Fest, WG, IWG)
 - We will be lenient on the required 8 weeks of training due to illness or enforced R2A protocols, but athletes should not be attending competition without adequate training to keep them and others safe.
- Athletes may train in more than one sport but must identify the ONE spring sport they are going to compete at a state level competition.
- All athletes must have current/valid medical in order to train and compete.
 - No more medical extensions

Spring Competition Updates



- **Basketball, Golf and Tennis are Qualifiers**
 - MUST attend Sectional event to be considered for Summer Games
 - Advancement slots per Sectional will be dependent on total number of slots at Summer Games and % of interest in advancing from each Sectional
- **Personal Best Tracking:** Goal to focus on goal setting, improving times and performance awareness
 - Data collection on registration paperwork

Spring Competition Updates



- As of Jan. 1 All Capital Area Region (Region 7) programs will attend Central Sectionals moving forward. This will impact Lebanon and Lancaster
- As of Jan. 1 All Wilds Region (Region 2) programs will attend Central Sectionals moving forward. This will impact Dubois/Jefferson, Elk/Cameron, & McKean



2022 Swimming Sport Season

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Spring Sectionals



- Central: Saint Francis University
 - Saturday April 23rd
- West: Carnegie Mellon University
 - Saturday April 30th
- East: Kutztown University
 - Saturday May 7th
- [2022 Competition Calendar: Important Dates](#)



Summer Games: June 2 - 4



- Penn State University
- Important Dates:
 - Reg Info: Will be out by **4/8**
 - LOI: Due **4/28**
 - Final Allocations: **4/29**
 - VSys Rosters: Due **5/2**
 - Google links sent: **5/3**
 - Registration: Due **5/12**
 - Scratch/Activation: Due **5/26**



Local Program Invitationals



Are you hosting an
invitational this spring?

Please let Mike Ermer know so we can get word out

mermer@specialolympicspa.org

Sport Director & Rule Updates

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Sport Director

Alice Moat and Kathryn McKeon

Swimming Sports Directors

Alice and Kathryn can be reached at:

swim@specialolympicspa.org

2020 Updated Rules



There are no rules updates for the 2022 season.

We are expecting new rules updates for all sports this summer. Those will go into effect for the 2023 Swim season.

Housekeeping

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Be Prepared for the Season!



Instead of feeling like this...



...we want you to feel like this!

Coaching Requirements



- **As of January 2021, Coach requirements for **training and competition**:**
 - **Team Sports:**
 - Must have at least one (1) certified coach per team
 - **Individual Sport (and Skills):**
 - Must have at least one (1) certified coach per 25 athletes

Get Certified!



SUMMER SPORTS

Associated Sports: Athletics, Basketball, Golf, Gymnastics, Equestrian, Softball, Swimming, and Tennis

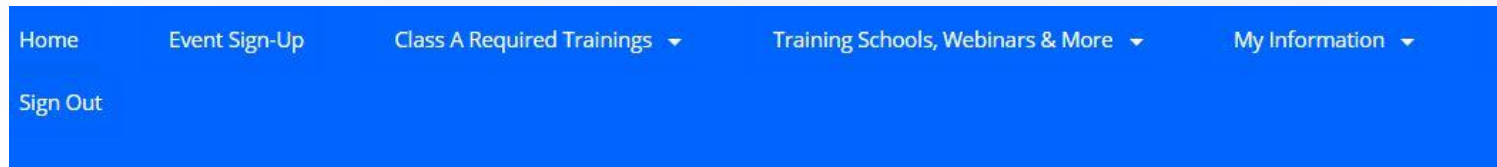
- Announced next week!
- Offered in-person and a combination of virtual and in-person.
- Registration will be handled through the VSys Portal.
- Registration will close Thursday at 5:00pm prior to Saturday or Sunday trainings.
- **Due to R2A procedures - NO coaches will be admitted to training school that are not registered.**
- Waivers will be needed for all coaches attending training schools.

Registering for a Training School



Need to register for a training school?

1. Go to your VSys Portal: <https://vsys.specialolympicspa.org/>
2. Type in your email address and password
 - Forgot your password? Type in your email then click on Forgot Password
 - A new one will be in your inbox in moments.
3. Once in your portal click on **Training Schools, Webinars, and More.**
4. Select - **“Sport Skills Training Sign-up”**
5. Under Subject select a sport OR just hit search to see all upcoming Training Schools
6. Chose the training you are looking for and click on “Sign-up”



Welcome, Michelle! Thank you for signing into VSys Live, Special Olympics Pennsylvania's Online Volunteer Portal.

Local Program: Special Olympics Pennsylvania

Registration Details: Volunteer Class A adult

Check your VSys Record



- **Are your Clearances up to date?**
 - Protective Behaviors, Background Clearance, Concussion Training
- **Do you need Continuing Ed to maintain a coach certification?**
 - Coach certifications are good for 3 years
 - You need to take a Continuing Education course to re-up your certification for another 3 years

Class A Volunteer Requirements Checklist: *20% complete*

Task	Status
Background Check	<u>Incomplete</u>
PA Disclosure Statement	<u>Incomplete</u>
General Orientation Training	Complete
Protective Behaviors Training	<u>Incomplete</u>
Concussion Awareness Training	<u>Incomplete</u>

Job Description and Levels of Responsibility



HEAD COACH:

- Certified in the sport
- Supervises all coaches and athletes
- Responsible for equipment, transportation, and lodging
- Develops **practice plans** and assigns duties to Assistant Coaches
- Check athlete medical and volunteer Class A
- Completes all required paperwork (competition, training numbers)

ASSISTANT COACH:

- Assist head coach/help supervise athletes (1:4)
- 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

Full position descriptions for both head and assistant coaches can be found here: **SOPA Website on the Resources/Training**

<https://specialolympicspa.org/resources>

Webinar Series:



- **NEW** - Every other month
- 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 2022....What would be helpful for you?
Email Jennifer at jtresp@specialolympicspa.org with any suggestions.

Upcoming Webinars

April 13

What kind of Coach are you? Driver, Analyzer, Expresser or Amiable!

[Register Here!](#)

Coaching Progression



Certified Coach

- Class A volunteer with at least 1 sport certification

Bronze

- Adds: Athlete Performance Training 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



Athlete Performance Training



- **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
- Thanks to the coaches who piloted in the fall/winter seasons!
 - We have developed a specific training course and some additional resources based on their feedback.
- Spring season registration information will be sent out in early March.
- Contact Charla Stein cstein@specialolympicspa.org with any questions

USA/World Games



2023 World Games

- June 16-25; Berlin, Germany
- 2022 Summer Games will be the Qualifying event
- We still have not received allocations - will share as soon as we have them
- Our initial request include 1 male and 1 female swimmer

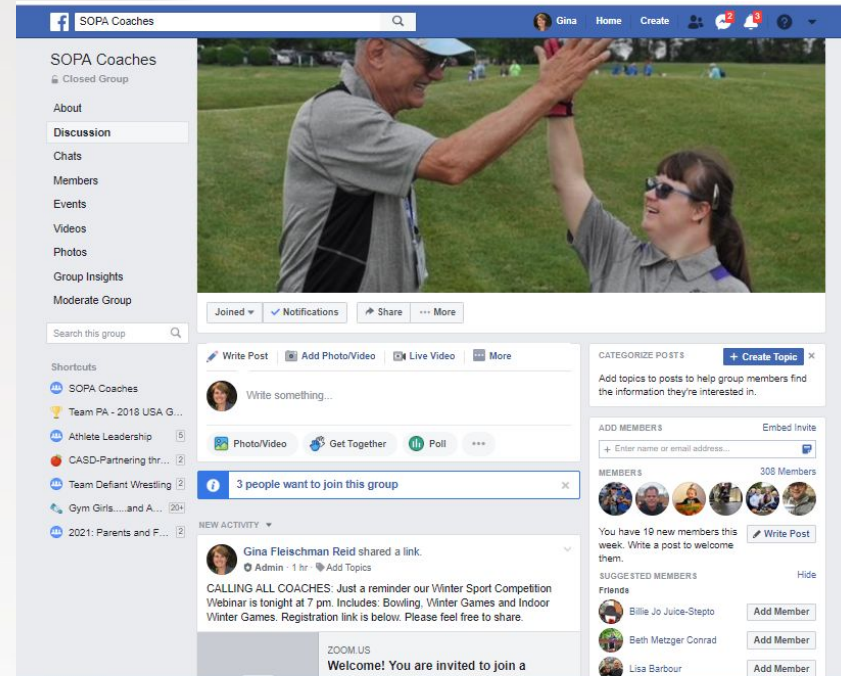


Improving Communication:



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](#)



➔ Which SOPA local program to you coach for?

➔ What sport/sports do you coach?

Return to Activities

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COVID-19 Protocols



Go-To Resource: [SOPA Website](#)

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).
- Participants attending overnight State Games (Summer Games) **must be vaccinated**

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



COVID-19 Protocols

Training Sites

- Must have COVID Coordinator
- Training sites must be registered & approved
- Waivers for ALL participants
- Rosters
 - Participants added by SOPA when waiver in
 - Updated at each practice
 - Copy/Paste from practice to practice
 - Vaccination Rate

Site Request Form:

- Invitationals
- Activities/Meetings

Questions: Field Director or Regional Sport Director

COVID-19 Protocols



Positive COVID Reporting

- **Region 2 - The Wilds Region:** Kristen Lenig klenig@specialolympicspa.org
- **Region 5 - GLVPR:** Jason Merola jmerola@specialolympicspa.org
- **Region 7 - Capital Area Region:** Shannon Pechart
spechart@specialolympicspa.org
- **Philly** - Michelle Cordell mcordell@specialolympicspa.org
- **Pittsburgh** - Jessie Merckle jmerckle@specialolympicspa.org
- **Other Programs - report to your assigned Field Director**
 - Jim Binz jbinz@specialolympicspa.org
 - Gina Reid greid@specialolympicspa.org

COVID Questions:

Contact Chelsea Hammell chammell@specialolympicspa.org

Questions?

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