



**BASKETBALL**

**SPRING 2026**

**PRE-SEASON  
WEBINAR**

**January 28, 2026**



***Special  
Olympics***  
*Pennsylvania*





# Today's Agenda



- Welcome
- Basketball Sport Updates
- Seasonal Updates & Reminders
- Training
- Competitions
- Questions

# BASKETBALL

## SPORT UPDATES

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# Team Sport Age Groups & Exemptions



## Basketball

Exemption requests need to be submitted EVERY year. Even if it was approved last year, it must be resubmitted.

Spring Exemption Request Deadline is - Friday, March 28 - sooner is better!

[Team Sport Age Group Exemption Request Form](#)

## Resources

[Team Sport Age Group Resource](#) outlines the guidelines.

[Why Age Groups are Important](#) and [Exemption Process](#).

Please review all documents for a full understanding of the age groups and how to submit exemptions. If you have questions, please contact your Regional Sport Director or Michelle Boone ([mboone@specialolympicspa.org](mailto:mboone@specialolympicspa.org)).

# Reminder...Team Minimums & Maximums



5v5 - A team shall consist of a minimum of five players. We **strongly** recommend a minimum of six players.

The maximum number of players may not exceed 10 players.

3x3 - A team shall consist of a minimum of three players. We **strongly** recommend a minimum of 4 players.

A team may have a maximum of up to five players.

- Each team must start the game with 3 players for 3x3 and 5 players for 5v5.
- A team may drop to a minimum of two after the start of the game, due to player injury or illness but must have (3 for 3x3 and 5 for 5v5) to start the game.



# Team Assessment

When completing the Team Assessment PLEASE make sure to fill out the top completely.



BASKETBALL - TEAM RATING FORM																				
TEAM RATING FORM / ROSTER - <i>Must Complete 1 Form per Team</i>																				
DELEGATION:					TEAM NAME:															
HEAD COACH:					TEAM UNIFORM COLORS:															
CELL PHONE:					(Use drop down) EVENT TYPE:															
EMAIL:					(Use drop down) Team Age Group:															
Rate Your Team's Level: <i>Developing (lowest div); Low (lower divisions); Average (middle divisions); High (top division)</i>																				
List all Team Players and their Jersey #'s ---->  <b>WITH YOUR TOP 5 PLAYERS!</b> (Player in #1, second best player in #2 etc.)		Athlete's First & Last Name	Jersey #			Athlete's First & Last Name	Jersey #			ALTERNATE ATHLETES	Jersey #									
	1				6				ALT 1											
	2				7				ALT 2											
	3				8				ALT 3											
	4				9				ALT 4											
	5				10				ALT 5											
Instructions below that will ask a series of sport-specific competency questions for each player on the team. The objective is for the evaluator to provide a point value rating for each of the players on the team based upon the competency. For some competencies, a player may not exactly meet the competency and/or be rated in between two competencies; therefore, please indicate the competency rating that would most closely be aligned to the competency. Enter the player's initials in the boxes below the point value that most closely matches their skill competency.																				
Team Level	Level 1 - Novice				Level 2 - Intermediate				Level 3 - Advanced											
Player Competency Point Values	1				2				3				4				5			
Ball Handling	Has difficulty with controlling/protecting dribble; may be called for double-dribble/walk during games				Has some ball handling skills but they are limited and mostly with dominant hand				Can control/protect dribble with dominant hand regularly and occasionally with off hand				Can handle ball with both hands and occasionally switch speeds/direction while maintaining dribble				Has ability to go either direction on the dribble; proficient with controlling/protecting dribble			
Passing	Has difficulty with completing/receiving short passes; rarely creates a passing lane				Can occasionally complete/receive passes to/from a teammate with token defensive pressure				Regularly completes/receives passes to/from a teammate; occasionally creates a passing lane				Consistently completes/receives passes to/from a teammate and regularly creates passing lanes				Controls game with ability to complete/receive an advanced pass; consistently creates passing lanes			

# Team Assessment

Please make sure to answer the questions at the bottom of the Team Assessment Forms. These answers are critical for creating prelim schedules.



Team Competencies		Coach(es) Assessment of Team- Please provide feedback related to the following topics
	Teams chemistry (Please tell us how long the team has been playing together. Has there been a consistent, core group? Do the majority of the players regularly attend practices?)	
	Please give us your overall assessment of the team: Are there any key players that possess higher ability skill sets when compared to their teammates? Are there any additional points about the team that you would like the evaluators to know?	
	How many players are 6' or greater and can use height to their advantage? Are there any players that are quick off of their feet and/or possess above average jumping ability?	



# Basketball Rules Book



**2024 5v5**

[FIBA RULES](#)



**2024 SOPA 3x3**



**2024 Skills**

Rules are broken up into 3 sections:

1. 5v5 Rules
2. 3x3 Rules (SOPA Specific)
3. Individual Skills

**All rule books can be found  
on the SOI Website.**

[SOI Basketball Webpage](#)

# Basketball - Individual Skills



**NO RULE CHANGES!!**

**There are two levels of Individual skills.**

**Level I-** consist of 3 events *(you must choose between 2A and 2B)*

#1 - Target Pass

#2A Speed Dribble *(modified event for athletes using wheelchairs, or those not capable of dribbling while moving forward.)*

#2B - 10 Meter Dribble

#3 - Spot Shot

**Level II -** Consist of 3 events

#1- 12 Meter Dribble

#2- Perimeter Shooting

#3- Catch & Pass

# Basketball - Individual Skills



## Instructional Videos

**Level I-** consist of 3 events *(you must choose between 2A and 2B)*

#1 - Target Pass <https://www.youtube.com/watch?v=aM34oSMst7o>

#2A Speed Dribble *(modified event for athletes using wheelchairs, or those not capable of dribbling while moving forward.)*

#2B - 10 Meter Dribble <https://www.youtube.com/watch?v=TMC7DtrV0Ow>

#3 - Spot Shot <https://www.youtube.com/watch?v=FshEbiOmjE>

**Level II -** Consist of 3 events

#1- 12 Meter Dribble <https://www.youtube.com/watch?v=gYZiC4ike2w>

#2- Perimeter Shooting <https://www.youtube.com/watch?v=n3ImliGrVec>

#3- Catch & Pass <https://www.youtube.com/watch?v=RkeKFvf0Z9A>

# Basketball - Individual Skills



- Skills athletes should be included in warm-ups, cooldowns and skills drills with all other athletes.
- Set up the skills at training, how they are set up at competition, to get your athletes familiar with the set up.
- Give your athletes the opportunity to try Level 2
- If your skills athlete can do Level 1 with little or no difficulty, consider moving them to Level 2.

*The highest Level 1 score is 86 if your athlete is scoring 65 points or higher we recommend moving them up.*



# 3x3 Quick Guide

- **10 minutes stop clock or one-team scores 21 points.**
- One 60 second timeout is allowed per team.
- The game will start with a flip of the coin. The team that wins the flip gets to pick if they want the ball or leave it, to get possession in overtime.
- Baskets are 1 pt, if made behind the arc 2 pts, Free Throw - 1 pt.
- The official will handle the ball after any and all made shots as well as any dead ball situations. The inbound spot in all cases will be at the check ball spot above the arc/top of the key.
- On a change of possession, the athlete must take the ball back to the arc/top of the key.
- Over time- The team that did not start the game with the ball will start the overtime with the ball. **A three-minute overtime will be played**



# Basketball 5v5 Quick Guide

- The game will consist of four 6-minute quarters, with a running clock.
- There will be a stop clock the final 2 minutes of the 2nd and 4th quarter.
- Jump ball to start the game.
- A shot clock will NOT be used during Sectionals and Summer Games.
- 4-30 second timeouts per game.
- Overtime: 3-minute periods. A stop clock will be used the last minute.
- Everybody plays!!



# Basketball Sports Management Team



We are looking for:

- Some 3x3 coaches and 5v5 coaches and athletes.
- Officials
- Representatives from all 9 of the regions.

SMT meeting happen 2-3x a year.

## TEAM GOALS

The SOPA Sport Management Team members are committed to the philosophy and mission of Special Olympics and create quality sports programs based on these beliefs.

## MEMBERS

Members work with SOPA sport staff to serve as clinicians, assist in the recruitment athletes, coaches, officials, ensure SOI/NGB sport rules and guidelines are being followed at all events. These SOI and National Governing bodies' standards will be used in rules interpretation and updating each year.

If interested, please reach out to Shannon Pechart [spechart@specialolympicspa.org](mailto:spechart@specialolympicspa.org)



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# SEASONAL REMINDERS & UPDATES

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# Season at a Glance



## SEASONS AT A GLANCE



	FALL	WINTER	SPRING	SUMMER
<b>Training Site Registration</b> (see link below)	April 1 - May 1	August 1 - Sept. 1	Nov. 1 - Dec. 1	March 1 - April 1
<b>Athlete, Unified Partner, Volunteer Signup</b>	May 15 - July 15	Sept. 15 - October 15	Dec. 15 - Feb. 15	April 15 - May 15
<b>Season Length</b>	August 9 - Nov. 3	Nov. 1 - March 8	March 14 - June 7	June 1 - Sept. 15
<b>Eligibility Deadline</b>	August 23	December 20	March 28	June 20
<b>Sports Offered</b>	Bocce, Flag Football, Long Distance Running/Walking, Powerlifting, Soccer, Volleyball, Walking Clubs	Alpine Skiing, Bowling, Figure Skating, Floorball, Snowboard, Snowshoe, Speed Skating, Walking Clubs	Athletics (Track & Field), Basketball, Equestrian, Gymnastics, Swimming, Tennis, Walking Clubs	Golf, Softball, Walking Clubs

- **Sign-ups Athletes and Volunteers - CLOSE February 15**
- Everyone MUST complete a Sign-Up Form.
- Athlete Sign-up forms will NOT be available after Feb 15; those needing support after this date must contact Regional Sport Director and will be managed on a case-by-case basis.
- Season officially begins **March 14**, although sites seeking pre-approval may begin training at an earlier date.
- Seasonal Eligibility/Age Group Exemption deadline – **March 28**

# In-Season Communication



## SOPA Communication

- **Stay Informed & Supported:** Expect communications throughout the season.
- **Welcome Message:** All participants receive a "Welcome to the Spring Sport Season" message.
- **Weekly Updates:** Regional communications with important dates, deadlines, and more.
- **Summer Games Email:** Qualifiers receive a dedicated email with vital updates.
- **Text Notifications:** Event reminders & sign-ups. Add **1-833-321-0252** to contacts.

## Head Coach Communication Reminders

- **Coach-Team Connection:** The most important communication is between a head coach and their team! It's especially important to connect with new participants who may be nervous or uncertain of what to expect. Your welcoming presence can make their experience even better!
- **Communicate Continuously:** Engage all participants (assistant coaches, athletes, families) before and during the season.
- **Sample Messages:** Need a starting point? **Access sample messages here:** <https://pdflink.to/847f44e3/>
- **Up-to-Date Contact Info:** Always use current contact information found in the trackers.

# Volunteer Eligibility



## Volunteer Eligibility: Class A Volunteers

**Who is "Class A"?** Coaches, Assistant Coaches, Unified Partners, Team Volunteers.

### Required Items:

- **Background Check** (18+ volunteers)
- **General Orientation training** (16+ volunteers)
- **Protective Behaviors training** (16+ volunteers)
- **Concussion training** (16+ volunteers)

**Important Note:** Only Class A volunteers can attend overnight competitions.

### Need Support?

Contact your **Regional Administrative Manager**.

Email us: [volunteer@specialolympicspa.org](mailto:volunteer@specialolympicspa.org)

# Resources for New and Interested Volunteers



- **Volunteer Guidebook:** Access detailed information on sports seasons, competitions, regions, and contacts at:

[specialolympicspa.org/images/2023/registration/special-olympics-pennsylvania-volunteer-guidebook-5.2.23.pdf](https://specialolympicspa.org/images/2023/registration/special-olympics-pennsylvania-volunteer-guidebook-5.2.23.pdf)

- **Monthly Info Sessions:** Learn about volunteering with Special Olympics Pennsylvania staff. These online sessions are held on the **fourth Wednesday of each month from 6:30 - 7:30 PM**. No pressure, no commitment!

• **Zoom Link:** <https://us02web.zoom.us/j/81791877620#success>

• **Or join by phone:** Dial +1 309 205 3325 (Meeting ID: 817 9187 7620)

## **Upcoming Dates:**

- February 25th
- March 25th

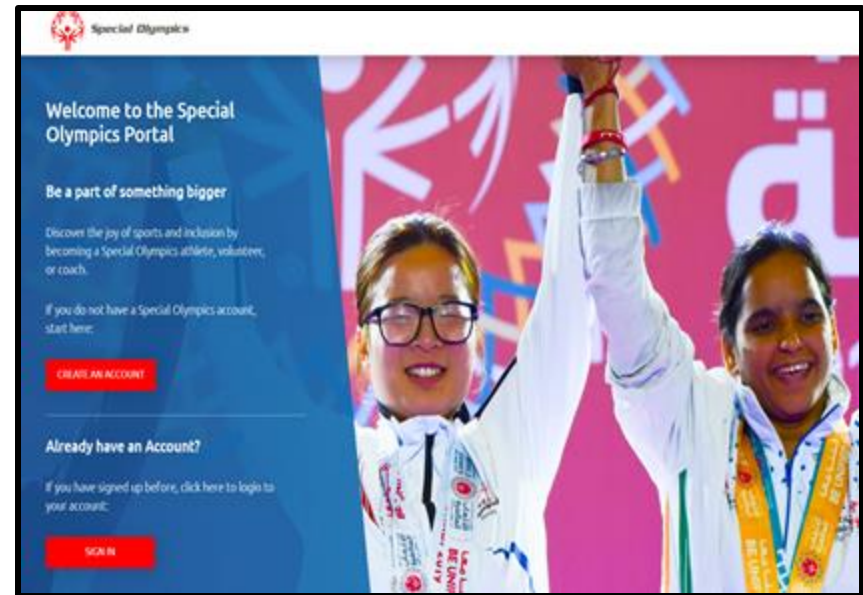
No registration needed, just join!



# Special Olympics Pennsylvania Portal: Volunteer Registration



- **Access the Portal:** Log in at [portals.specialolympics.org](https://portals.specialolympics.org) to check & update your eligibility.
- **Need Help logging into your account?**
  - Contact us at:  
[portalsupport@specialolympicspa.org](mailto:portalsupport@specialolympicspa.org)
- **New Volunteers:**
  - After registering, click **"Select your Volunteer Role"** to select your desired role (e.g., coach, Unified Partner).



# Special Olympics Pennsylvania Portal: Athlete Registration



**Athlete Registration: New athletes will need to register and complete a Health History & Release Form. Returning athletes may need to renew their Health History & Release form before or during the sport season.**

Our Regional Admin Managers are actively reaching out to those who need new or renewing HHF. You can support by reminding athletes/families to complete this step, if needed!

- **Resources:** Find written & video guides on the ["Become an Athlete" webpage](#).
- **Resource for athletes renewing their HHF:** [https://scribehow.com/viewer/How\\_to\\_Renew\\_Athlete\\_Forms\\_and\\_Update\\_Medications\\_a61u\\_s8UR6eOW97s0x5cHA](https://scribehow.com/viewer/How_to_Renew_Athlete_Forms_and_Update_Medications_a61u_s8UR6eOW97s0x5cHA)
- **Requirements:**
  - **Short Health History & Release Form** (initial screening).
  - If concerns arise, a more detailed **Medical Form** (with doctor input) may be required.

**Note:** If you already created an athlete account you **do not** need to create a new one! Health history forms are good for one year.

# Special Olympics Pennsylvania Portal: Coach Zone



- **Coach Zone: Your Team Management Hub** 🏠
- **Access:** Available to Head Coaches (and some key volunteers).
- **Features:**
  - View team member **eligibility status**.
  - Access **athlete Health History forms**.
- **Optional Resource:** You are **not required** to use it, but it is helpful to start getting used to navigating the Portal.
  - We still provide **eligibility trackers** and a "**Hot Sheet**" for Health History.
- **Athlete Registration:** Coaches should **only register an athlete as a last resort**.
  - Help athletes and caregivers navigate the process themselves.
- **Access Forthcoming:** If you're a Head Coach and don't have access yet, it's coming soon!
- **Video Guide:** [Watch the video guide](#); or here is a step by step walkthrough with screenshots: [Step by Step Guide](#)

# Health History Summary

Primary Region	Primary Area	First Name	Last Name	Preferred Name	Date of Birth	Mobile Phone	Details	Summary	Religious or Other Objection	Do not Consent to Blood Transfusions.	Emergency Contact Name	Emergency Contact Mobile Phone	Emergency Contact Relationship
							-Behavioral, Mental, or Sensory Disorder: DMDD, anxiety, depression, loud noises,		No	No			Parent/Guardian
							-Behavioral, Mental, or Sensory Disorder: Anxiety around crying	-Asthma	No	No			Other Family
									No	No			Parent/Guardian
							-Behavioral, Mental, or Sensory Disorder: Autism,		No	No			Parent/Guardian
							-Behavioral, Mental, or Sensory Disorder: Anxiety	-Heart Condition	No	No			Sibling
									No	No			Parent/Guardian
							-Behavioral, Mental, or Sensory Disorder: Anxiety		No	No			Parent/Guardian
							-Behavioral, Mental, or Sensory Disorder: Anxiety, Claustrophobia, Sensitivity to loud noises		No	No			Parent/Guardian
								-Asthma	No	No			Sibling
							-Behavioral, Mental, or Sensory Disorder: Skin picking - anxiety with loud noises		No	No			Parent/Guardian

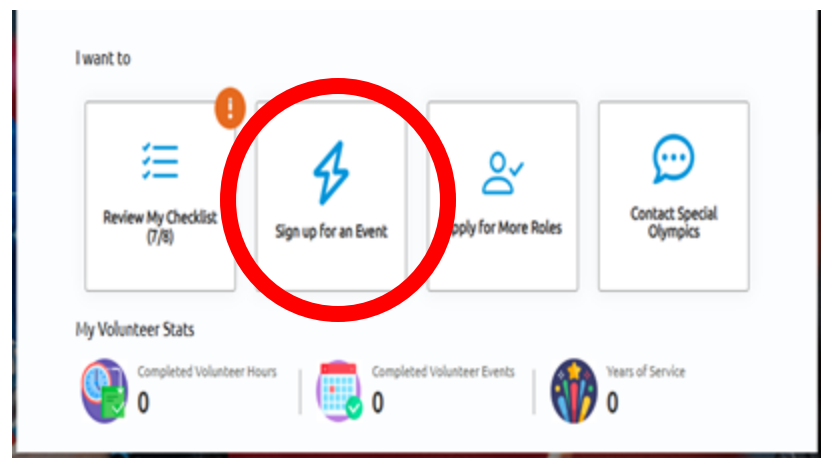
You are required to have this information accessible during all Special Olympics Pennsylvania practices and events.

You may access the spreadsheet electronically (e.g., on your phone or tablet) and are not required to print it if you can access it digitally.

# Special Olympics Pennsylvania Portal: Register for Coach Training Schools



- From Portal home screen - Sign up for event – Training School Registration
- In-person Training Schools will need to be scheduled for **Basketball** - contact your Regional Sport Director ASAP if there are coaches you need trained.
- Registration REQUIRED
  - closes 2 days prior



# Tracker Updates



**TRACKER-** is now the ONE place to manage your team: Attendance, eligibility and event registration.

**Every individual that signed-up for your training site via the Sign-Up form will appear on your Tracker. If you don't already have your Tracker, please contact your RSD. The Trackers will be locked for editing until end of Sign-up period, after that time you are able to populate attendance and the sport specific data columns.**

## **TABS:**

- **Instruction:**
  - Explains what is contained on each tab and what needs to be completed by the coach during the season.
  - Includes total people count and verifies 1:4 ratio is being met.
- **Athlete/Volunteer:**
  - View Sign-ups, pull contact information, check eligibility
  - Actions to take here - complete LOI, track attendance
- **Sport Specific Roster:**
  - Manage roster, track athlete data throughout the season
  - Actions to take here: assign roles for events, enter sport specific data required for events
- **Team Sport Rating Form**
  - Must be completed for each TEAM at your training site, don't forget to complete top portion, providing level of your team
- **APT Tracker**



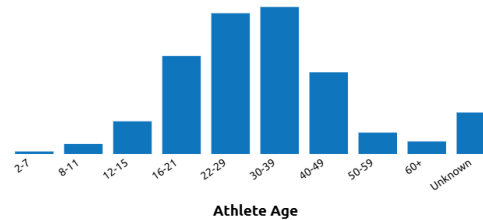


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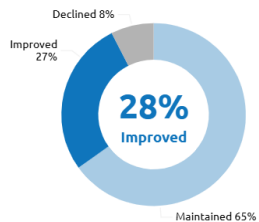


**SOPA's Athlete Performance Training (APT) program has served nearly 600 athletes since Fall 2022!**

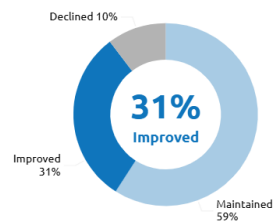
**A majority of high-risk athletes maintained or improved their health status!**



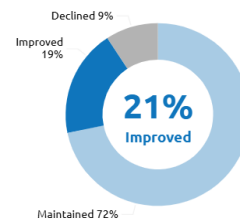
**6-Minute Test**



**Blood Pressure**



**BMI**



If you are looking to participate or learn more, please reach out to

[Calvin Trisolini](#),

[Research Operations Manager](#),

610-630-9450 ext. 221.

You can also visit:

<https://specialolympicspa.org/apt>

# Tracker (Last tab) - APT Data Collection Form


Key														
Blood Pressure Key							6 Minute Run/Walk Key				BMI Key			
Normal							Very Good		Developing 1		Underweight			
Elevated							Good		Developing 2		Healthy			
High Blood Pressure (Hypertension) Stage 1							Average		Developing 3		Overweight			
High Blood Pressure (Hypertension) Stage 2							Advancing		Developing 4		Obese			
Hypertensive Crisis														
Pre Data: First Training												P		
Gender	Age	Height in inches (pre)	Weight (pre)	Systolic BP (pre)	Diastolic BP (pre)	6 Minute Run/Walk (pre)	BMI (pre)	Nutrition (pre)	Hydration (pre)	Physical Activity (pre)	Height in inches (post)	Weight (post)	Systolic BP (post)	Diastolic BP (post)
							n/a							
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- We HIGHLY encourage you to add Athlete Performance Training to your practice routine.
- This is a great way to help the athlete set personal Health and Fitness goals and improve their sport performance.
- Repeating the program allows athletes to see improvements season to season for those who have previously participated and helps maintain health and fitness habits.


Homepage - Special Olympics


specialolympicspa.org


Apps | Microsoft 365 | SOPA | SOI | Other | Recruitment Materi... | Adobe Acrobat | Project ALL STAR ~... | Calendly

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**TRAINING**

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# Coaching Roles:

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## **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
- Ensure everyone at practice is actively eligible
- 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>

# Coaching Principles that EQUAL a great practice



## 1. Know your players

- How do you want to see each individual develop throughout the season
- Observation IS coaching

## 2. Focus on the BASICS

- Individual CORE skills – repetition is SO important
- Individual Game/Competition Understanding

## 3. MOVE IT, MOVE IT



# Prepare: Build a Training Plan

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- Writing a Practice/Training Plan
  - Training Plan Template
  - Pull from pre-existing resources (SOI Coaching Guide, SOPA Sports Offered page, National Governing Body/Sport- specific websites, internet)
- Prepare prior to practice
  - share with Assistant Coaches and assign who will run each aspect of practice. i.e.: taking attendance, running warm-ups, managing drill stations, etc.
- Volunteers want to be useful – it will help lighten your load and improve the experience at practice!

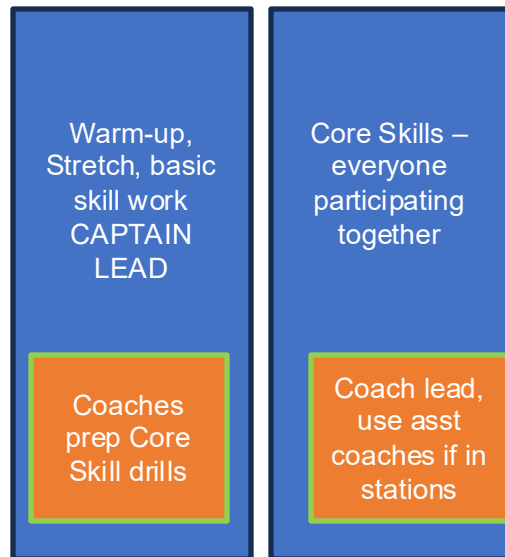
*SOI Coaching Guide - great resource for developing a training plan, goal setting with athletes, warm-up drills, etc.*

# Key elements of a Training Plan

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## INDIVIDUAL



LEARN THE SKILL

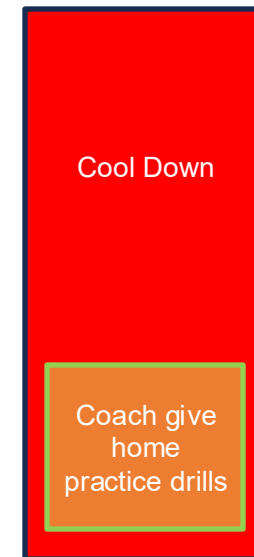
30-40 minutes

## Individual in COMBINATION with Teammates



USE THE SKILL

30-40 minutes



Cool Down

Coach give  
home  
practice drills

10 minutes

# Certified Coach Requirement

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- Certified Coaches are required for all sports.
- We encourage all coaches to become certified
- Certified Coaches are required for attendance at State level events.
- Each TEAM must have at least 1 certified coach; each individual sport must have 1 certified coach per 25 athletes

# How to get Certified

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- **OPTION #1:** SOPA runs **Coach Training Schools** – these provide the rules of the sport and basic knowledge like development of training plans, to help you get started
  - Training school for **Basketball** are offered as in-person courses **within your region** at the beginning of each season. Visit the portal to see what is available or contact your RSD for more information.
- **OPTION #2:** Volunteers with a lot of sport-specific experience (coaching outside of SOPA, playing at a high level, officiating, etc) can apply for [Track 2 – Experienced Coach](#)

# Athlete as a Coach

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## Athlete as a Coach: Empowering Our Athletes 🌟

### Program Overview:

- Athletes can become certified coaches.
- Requires Coaches Training School attendance & practicum.

### Getting Started:

- **Approval Needed:** Regional Sport Director approval required (with head coach feedback).
- **Request Form:** Access here: [https://drive.google.com/file/d/1WZC14Ssl1IsilbBO\\_93WDmsaQq9-wmK3/view?usp=sharing](https://drive.google.com/file/d/1WZC14Ssl1IsilbBO_93WDmsaQq9-wmK3/view?usp=sharing)
- **Registration:** RSDs register approved athletes (and support person) for training schools.
- *Note: Athletes should NOT self-register or create new volunteer profiles.*

### Important Considerations:

- **Competing vs. Coaching:** Can coach one sport, compete in another (same season).
- **Playing during Training/Competition:** Yes, for demonstration in training; No, for competition.
- **Chaperone Role:** Not permitted; no background checks needed.
- **Ratio:** Part of the **4:2 ratio** (expected to manage themselves independently).
- **Required Trainings:** Complete General Orientation, Protective Behaviors, and Concussion trainings in online portal profile.
- *Assistance with portal profile:* [portalsupport@specialolympicspa.org](mailto:portalsupport@specialolympicspa.org)

### Questions?

Contact: **Jordan Schubert**. Email: [jschubert@specialolympicspa.org](mailto:jschubert@specialolympicspa.org). Phone: 610-630-9450 ext. 236

# Sportsmanship/ SOPA Code of Conduct

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- The [SOPA Code of Conduct](#) should be reviewed with all athletes and coaches at the beginning of the season.
- It is the **Head Coaches job to ensure their coaches, team members and spectators are acting appropriately and managing the situation** if someone is not acting in accordance with this Code of Conduct.
- The Regional Teams can support in working with athletes, coaches, families if issues arise.

# Sportsmanship Statement – read to athletes prior to games



As a Special Olympics athlete and coach, I will honor the SOPA Code of Conduct and show good sportsmanship to all athletes, coaches, officials, volunteers, spectators and SOPA staff. I understand that I am responsible for my actions and language at all times during this event. I will respect the decisions of officials and SOPA staff. I will play to my best ability and show good sportsmanship whether we win or lose.

# Sportsmanship Statement – for PA announcement prior to game/event



Special Olympics Pennsylvania and its constituents promote the highest ideals of good sportsmanship. Actions or language not in alignment with SOPA Code of Conduct or meant to demean participants, coaches, spectators, officials or SOPA staff will not be tolerated. Let today's competition reflect mutual respect. We request everyone's cooperation in supporting participants and officials in a positive manner. Offensive and unsportsmanlike language or conduct from anyone in attendance will not be tolerated and may serve as grounds for removal. Please respect our participants, coaches, officials, volunteers, and game administration with your cooperation to promote a safe, positive game environment. Thank you.



# Safety & Preparedness: Key Reminders



## **Emergency Action Plans:**

- Know your facility's Emergency Action Plan (EAP).
- Familiarize yourself with evacuation routes.

## **Weather Awareness:**

- Monitor local weather conditions (e.g., lightning, extreme heat/cold).
- Understand protocols for moving indoors or rescheduling due to weather.

## **Health & Hygiene:**

- Encourage athletes and volunteers to stay home if sick.
- Promote good hygiene practices (handwashing, covering coughs).

## **Equipment & Facilities:**

- Ensure all equipment is safe and in good working order.
- Report any facility hazards immediately.

## **Staying Current:**

- Regularly review updated sport rules.
- Work with Assistant Coaches on seasonal plans and task assignments.



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# COMPETITIONS

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# Local & Invitational Events



- **Share all events** with your Regional Sports Director – we are building a comprehensive calendar that will be public facing this spring!!!
  - Date, location, time, participating teams, etc.
- **Keep costs low:**
  - Coaches/families provide transportation
  - Pack your own food
  - All cost associated with attending/hosting need to be pre-approved
- **Ask for help:**
  - Ask people to volunteer, great way to bring NEW people into the program
  - Regional Sport Directors and HQ Competition Team are here to support your local events – we can help with planning checklist, event schedules, divisioning, official recruitment, etc.

# Sectional & State Events



- **Western Spring Sectionals:**
  - Carnegie Mellon University: April 18, 2026
  - Event information shared Feb. 20
- **Central Spring Sectionals:**
  - Saint Francis University: April 26, 2026
  - Event information shared Feb. 27
- **Eastern Spring Sectionals:**
  - Kutztown University: May 9, 2026
  - Event information shared Mar. 13



# Lunch at Sectionals

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- FREE sandwiches are provided at Sectional events thanks to our great partner Sheetz.
  - These typically include turkey, ham, Italian or cheese sandwich.
- Sheetz cannot safely and with confidence accommodate dietary requests.
- **BEGINNING SPRING 2026 anyone with a dietary requirements must bring their own food to these events.**
- A bottle of water and snack such as chips or granola bar will also be provided.
- Anyone in need of additional food items throughout the day should bring it along with them. There are no guarantees that concessions stands or additional food to purchase will be available.

# State Games – Summer Games



Penn State University: June 4-6, 2026

- We will be in East Dorms
- Findlay Dining Hall is up and running
- Parking at East Deck should be available

Registration information will be sent by  
April 10



# World Games 2027

**Special  
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## Santiago, Chile

Santiago will welcome more than 6,000 Special Olympics athletes from over 170 nations to compete in 22 Olympic-type sports at Santiago's state-of-the-art competition venues

We will know SOPA allocations by end of March; Fall Fest 2025 and IWG/Summer Games 2026 are the qualifying events for this opportunity.



# THANK YOU – Q & A

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**LET ME WIN**

*But if I Cannot win*



**LET ME BE**

*Brave in the Attempt*