



**Special
Olympics
Pennsylvania**



**GYMNASICS
PRE-SEASON
WEBINAR**

SPRING 2026



Today's Agenda

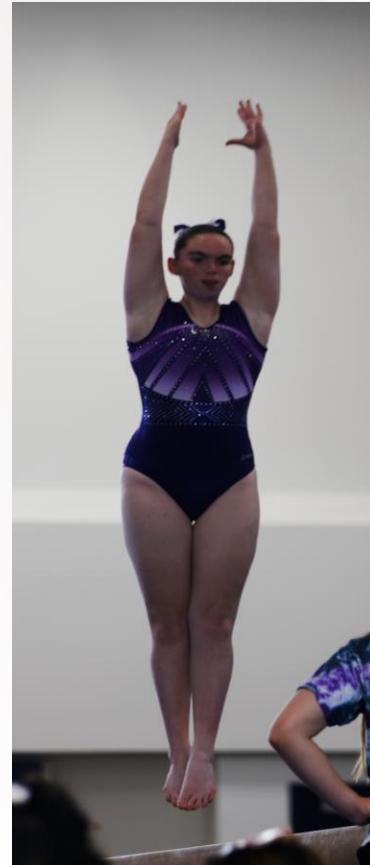


Gymnastics
Updates

State Events

Reminders

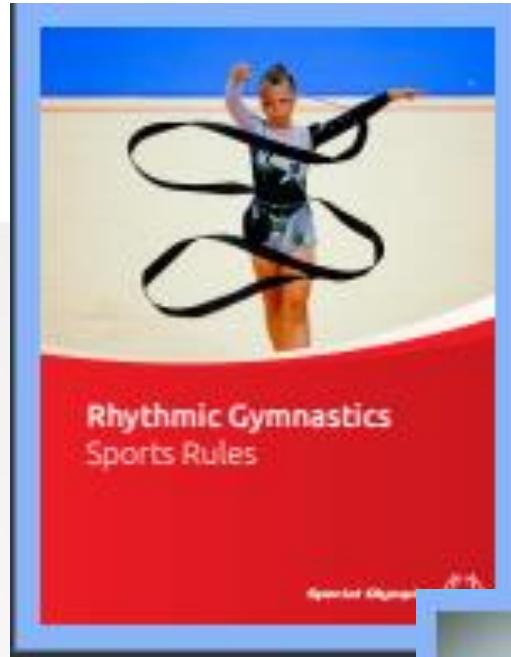
Questions



CASEY SKOGLUND
SPORT DIRECTOR

Gymnastics

<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/gymnastics/rhythmic-gymnastics>



<https://resources.specialolympics.org/sports-essentials/sports-and-coaching/gymnastics/womens-artistic-gymnastics-2019-2027>



SUMMER GAMES SCHEDULE



Schedule will rotate every 2 years unless there is a schedule conflict with USA or World Games.

2025 & 2026 Schedule

- Thursday Afternoon – Men's Artistic & Rhythmic
- Friday Morning – Women's Artistic
- Friday Afternoon – Men's Artistic & Rhythmic
- Saturday Morning – Women's Artistic (including Rhythmic Groups, UNIFIED & floor)) & Awards





Scoring – 1 Person Divisions

ARTISTIC & RHYTHMIC

- Events with score of 20 pts.
 - Athletes' scores will depict their placement:
 - 18.0 – 20 pts – Gold
 - 15.0-17.9 pts – Silver
 - 12.0 – 14.9 – Bronze
 - 11.9 and under – 4th place
- Events with score of 10 pts. – Level ABC & Rhythmic Routines
 - Athletes' scores will depict their placement:
 - 10 – 9.0 – Gold
 - 8.0 – 8.9 – Silver
 - 7.0 – 7.9 – Bronze
 - 6.9 and under - 4th place



ARTISTIC LEVEL 3 & 4

Artistic - Level 3 & 4 athlete routines must be submitted one week prior to the meet to determine starting value for all 4 routines.

- Athletes will be judged by the starting value determined for this routine.
- If an athlete is in a division of **one person**, their score will depict their placement:

Ex. Athletes' starting value is determined to be 16.5.

- 10.0 is given for execution of the skills
- 6.5 is given for the skills difficulty
 - The athlete must score within 15.5 – 16.5 to receive a gold medal
 - 14.5 - 15.4 –Silver medal
 - 13.5 - 14.4 – Bronze medal
 - 13.4 and below – 4th place



ARTISTIC – NEW THIS YEAR

- Athletes must be able to complete all skills at level 1 prior to moving to level 2 and so on. (see next slides for skill requirements)
- Please check the level of your athlete and ensure that they can safely perform all skills prior to competition.
- **Balance Beam** - If your athlete is training level 3 or 4 and they choose to compete on the low bean the athlete will receive a 2.0 for their routine.
- **Vault** - All levels must use a springboard during competition. Level 4 has the option of a matts or table.

**If your athlete cannot safely perform the skills,
please move them down a level.**

LEVEL 1 & 2 SKILL REQUIREMENTS



Level 1:

Vault: jump onto 8" mat, teeter totter

Bars: hang on high bar, jump to front support on low bar

Beam: step onto beam and walk by self on low beam

Floor: 3/4 teeter totter, forward roll to sit

Level 2:

Vault: jump onto 16" mat, stop handstand

Bars: swings on high bar

Beam: scale, straight jump, straddle jump off

Floor: cartwheel, handstand, backward roll or candlestick

LEVEL 3 – SKILL REQUIREMENTS



Level 3:

Vault: straight jump onto 24" mat, step handstand flatback or jump to handstand onto 30" mat handstand flatback

Bars: 6 elements (3 on low bar, 3 on high bar), must include: pullover, cast 45-degree up, circling element, swinging element

Beam: MUST BE PERFORMED ON HIGH BEAM

must be able to perform: acro element, a dance element, balance element, 180-degree turn (on either 1 foot or both feet)

Floor: acro element either forward, back, or side, additional aero element - different direction, 180-degree turn on one foot, and a dance element

LEVEL 4 – SKILL REQUIREMENTS



Level 4:

Vault: must be able to jump to a handstand onto a 32" mat or table (any vault in current FIG Code of Points) ex. Handspring, handspring ½, all vaults must land with back to the table.

Bars: 8 elements (4 on high bar, 4 on low bar) must include bar change within the routine, circling element, swing element

Beam: MUST BE PERFORMED ON HIGH BEAM

8 elements must include: dance, acro, balance, and 180-degree turn on 1 foot

Floor: 8 elements must include: dance series, 360-degree turn on 1 foot, acro with flight, and an acro element



Rhythmic – Updates

- **New Routines**
 - Location of **new routines**: [Rhythmic Gymnastics](https://www.specialolympics.org)
- **Floor**
 - Mandatory for 2026
 - All athletes will demonstrate their floor routines during the 2nd day of competition while awards are being tabulated.
- **Group Routines**
 - 2 Groups per person – This year group floor and ball are being offered
 - Group Ball (compulsory routine): 4 – 6 gymnasts
 - Group Rhythmic Floor Exercise (compulsory routine)
 - Small Group: 4 – 6 gymnasts
 - Large Group: 8 – 12 gymnasts



Rhythmic Update

Level A – Wheelchair or Sitting

Gender: Male and Female

Events: 4 routines + All Around

Routines:

- 2026 and 2027 - Hoop, Clubs, Ribbon, **Ball, Floor**

Level B – Standing

Gender: Male and Female

Events: 4 routines + All Around

Routines:

- 2026 and 2027 - Hoop, Clubs, Ribbon, **Ball, Floor**



Rhythmic Update

Level C

Gender: **Female**

Events: 4 routines + All Around

Routines:

- 2025 and 2026 - Hoop, Ribbon, Ball, **Club, Floor**

Level C

Gender: **Male**

Events: 4 routines + All Around

Routines:

- 2025 and 2026 - Clubs, Rings, Ball, **Sticks, Floor**



Rhythmic Update

Level 1

Gender: **Male and Female**

Events: 4 routines + All Around

Routines:

- 2025 and 2026 - Rope, Ball, Ribbon, **Hoop, Floor**

Level 2

Gender: **Female**

Events: 4 routines + All Around

Routines:

- 2025 and 2026 - Hoop, Clubs, Ribbon, **Ball, Floor**

Rhythmic Update



Level 3

Gender: **Female**

Events: 4 routines + All Around

Routines:

- 2025 and 2026 - Ball, Clubs, Ribbon, **Hoop, Floor**



Need Rhythmic Equipment



cs@rhythmicgymnastics.com

Bethlehem Invitational



Date: Saturday, April 19th

Location: Parkettes National Gymnastics Training Center

- 401 Martin Luther King Jr., Allentown, PA 18102

Contact Casey Skoglund for more information

Gymnastics Tracker - Roster Tab



GYMNASTICS ARTISTIC & RHYTHMIC									
EVENT TYPE: Select between Rhythmic or Artistic in the drop down for each athlete. LEVEL RHYTHMIC ONLY: Indicate what level using the drop down box in Column J. LEVEL ARTISTIC ONLY: Indicate what level using the drop down box in Column K									
EVENTS: Please select from the drop down menu which event your athletes will be participating in for Summer Games. EVENT 8 & 9: Rhythmic group events only.									
REMEMBER: Each member of your group event should have the same team #.									
EVENT REGISTRATION DEADLINE SUMMER GAMES: May 1, 2025									
EVENT TYPE (Rhythmic or Artistic)	LEVEL RHYTHMIC ONLY	LEVEL ARTISTIC ONLY	EVENT 1	EVENT 2	EVENT 3	EVENT 4	EVENT 5	EVENT 6	EVENT 7



Rhythmic Group Tracker

RHYTHMIC GROUP EVENTS ONLY			
EVENT 8 - Rhythmic Group	TEAM #	EVENT 9 - Rhythmic Group	TEAM #
▼		▼	
▼		▼	
▼		▼	
▼		▼	



SEASONAL REMINDERS



Season at a Glance

SEASONS AT A GLANCE		FALL SEASON	WINTER SEASON	SPRING SEASON	SUMMER SEASON
Training Site Registration (see link below)	April 1 - May 1	August 1 - Sept. 1	Nov. 1 - Dec. 1	March 1 - April 1	
Athlete, Unified Partner, Volunteer Signup	May 15 - July 15	Sept. 15 - October 15	Dec. 15 - Feb. 15	April 15 - May 15	
Season Length	August 9 - Nov. 3	Nov. 1 - March 8	March 14 - June 7	June 1 - Sept. 15	
Eligibility Deadline	August 23	December 20	March 28	June 20	
Sports Offered	Bocce, Flag Football, Long Distance Running/Walking, Powerlifting, Soccer, Volleyball, Walking Clubs	Alpine Skiing, Bowling, Figure Skating, Floorball, Snowboarding, 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 **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

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

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/s/81791877620#success>
or join by phone: Dial +1 309 205 3325 (Meeting ID: 817 9187 7620)

Upcoming Dates:

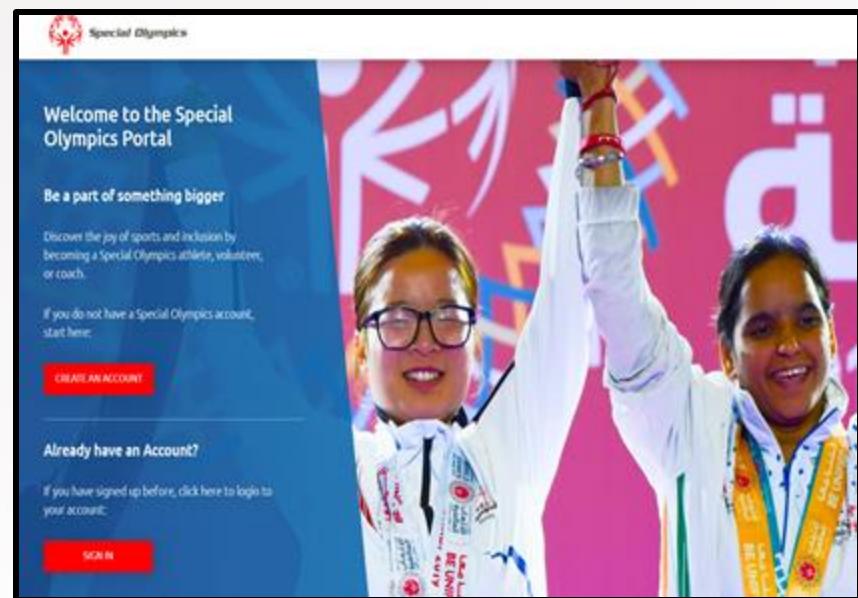
- February 25th
- March 25th

No registration needed, just join!

Special Olympics Pennsylvania Portal: Volunteer Registration



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



Welcome to the Special Olympics Portal

Be a part of something bigger

Discover the joy of sports and inclusion by becoming a Special Olympics athlete, volunteer, or coach.

If you do not have a Special Olympics account, start here:

[CREATE AN ACCOUNT](#)

Already have an Account?

If you have signed up before, click here to log in to your account:

[SIGN IN](#)

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,						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.

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

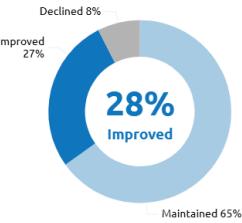
APT Tracker



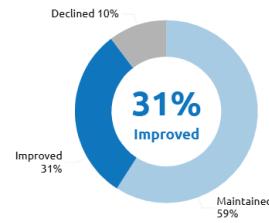
SOPA's Athlete Performance Training (APT) program has served nearly 600 athletes since Fall 2022!

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

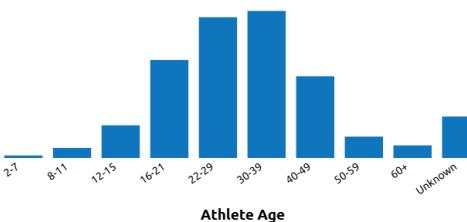
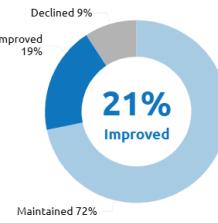
6-Minute Test



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



- 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 PA

specialolympicspa.org

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

Special Olympics Pennsylvania

ABOUT | SPORTS | BEYOND SPORTS | GET INVOLVED | EVENTS | SUPPORT

DONATE NOW!

THREE-PEAT!! Manheim Township is your 2025 Unified Track & Field State Champion!

IT'S A THREE-PEAT!!! Manheim Township School District wins back-to-back-to-back PIAA Unified Track & Field State Championships, becom...

READ MORE ...

Track & Field



Calvin Trisolini





TRAINING

Coaching Roles:



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



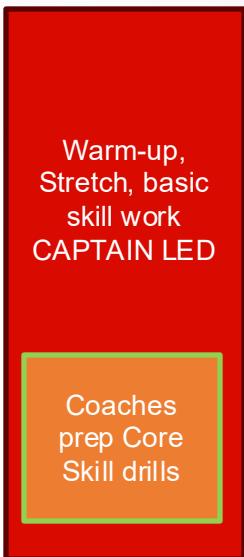
- **Writing a Practice/Training Plan**
 - Pull from pre-existing resources (SOI Coaching Guide, SOPA Sports Offered page, National Governing Body/Sport- specific websites, internet)
- **Prepare prior to practice**
 - share with Assistant Coaches and assign who will run each aspect of practice. i.e.: 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



INDIVIDUAL



LEARN THE SKILL

30-40 minutes

Individual in COMBINATION with Teammates



USE THE SKILL

30-40 minutes

Cool Down



10 minutes

Certified Coach Requirement



- 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

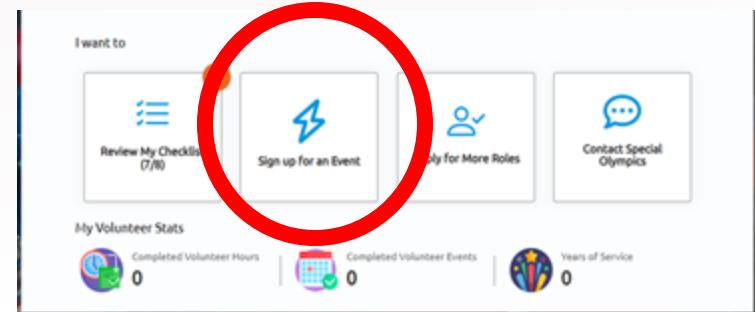


- **OPTION #1:** SOPA runs **Coach Training Schools** – these provide the rules of the sport and basic knowledge like development of training plans, to help you get started
 - Training school for **Athletics & Tennis** are offered virtually. Visit the portal to see what is available or contact your RSD 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**

Register for Coach Training Schools



- From Portal home screen - Sign up for event – Training School Registration
- In-person Training School must be scheduled. There are 2 currently available in the portal.
- Registration REQUIRED
 - closes 2 days prior



Athlete as a Coach



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/1WZC14Ssl1silbBO_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*

Questions?

Contact: **Jordan Schubert**. Email: jschubert@specialolympicspa.org. Phone: 610-630-9450 ext. 236

Sportsmanship/ SOPA Code of Conduct



- 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 – 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.



COMPETITIONS

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



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

