



**TENNIS**

**PRE-SEASON WEBINAR**

**SPRING 2026**

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***Special  
Olympics  
Pennsylvania***





THANK YOU

# Today's Agenda



- Welcome/Introductions
- Tennis Updates
- Seasonal Updates & Reminders
- Training
- Competitions
- Questions



# Tennis Updates



# Rule Book!



## Tennis Rules 2024 Sport Essentials



# Level 1 - Individual Skills Score Form



- All skills **EXCEPT SERVE** are 0 or 5 pts for each attempt
- Serves are 0 or 10 pts for each attempt.
- Updated individual skill direction page will be on the Events offered page by the end of the week.

## Tennis Individual Skills Prelims/Finals 42' Court - Red Ball

Athlete's Name: \_\_\_\_\_

Gender: \_\_\_\_\_

Team: \_\_\_\_\_

Age: \_\_\_\_\_

Final Division: \_\_\_\_\_

Athletes receive 2 practice attempts.

EVENTS	Attempts					Max	SCORE
	1	2	3	4	5		
Forehand Volley (5 attempts) 0 or 5 points						25	
Backhand Volley (5 attempts) 0 or 5 points						25	
Forehand   Groundstroke (5 attempts) 0 or 5 points						25	
Backhand Groundstroke (5 attempts) 0 or 5 points						25	
Serve—Deuce (5 attempts) 0 or 10 points						50	
Serve—Ad (5 attempts) 0 or 10 points						50	
Alternating FH/BH  (10 attempts) 0 or 5 points						50	
TOTAL							

# Level 1 – Individual Skills Tennis Roster( Event Registration)



TENNIS								
Level 1 - INDIVIDUAL SKILLS (ONLY)								
The below columns (L through R) need to be completed for athletes participating in Individual Skills ONLY.								
EVENT REGISTRATION DEADLINE: SUMMER GAMES: XX/XX/XX								
FOREARM VOLLEY (5 attempts) 0 or 5 points	BACKHAND VOLLEY (5 attempts) 0 or 5 points	FOREHAND GROUND- STROKE (5 attempts) 0 or 5 points	BACKHAND GROUND- STROKE (5 attempts) 0 or 5 points	SERVE- DEUCE (5 attempts) 0 or 10 points	SERVE- ACE (5 attempts) 0 or 10 points	ALTERNATING FH/BH (10 Attempts) 0 or 5 points	GRAND TOTAL	
								0
								0
								0
								0

# Tennis Events



Level	Type of Play	Court & Ball Type
Level 1	Individual Skills	42' Court – Red Ball
Level 2	Matchplay (short court)	42' Court – Red Ball
Level 3	Matchplay	60' Court – Orange Ball
Level 4	Matchplay	78' Court – Green Ball (Yellow Ball with Green Dot)
Level 5	Matchplay	78' Court – Yellow Ball
Level 6	Matchplay	78' Court – Yellow Ball

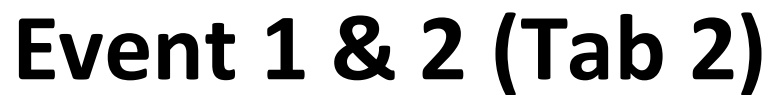




# Tennis Events

- If an athlete
  - plays level 1 they may also play level 2
  - plays level 3 – 6, then they may play singles and doubles (doubles may be mixed or same gender)
- Sectionals (time dependent) or rain at states
  - Level 1 Individual Skills Only (no level 2)
  - Level 3 - 6 Singles Only (no doubles)

[illegible]



EVENT 2 (Short Court or Doubles)	PARTNERS NAME (Doubles Partner name)	FOREARM VOLLEY (5 attempts 0 or 5 points)

# ITN Scores Tab (Tab 4)



YEAR	TEAM	PLAYER	LEVEL	BALL COLOR	RATING
2023	Area M	Daniel Blatt	5	Yellow	9
2024	Area M	Janette Fair	4	Green Dot	9
2023	Area M	Jarod Hartzell	4	Green Dot	8
2023	Area M	Melissa Holt	3	Orange Dot	10+
2024	Area M	Elizabeth Brown	4	Green Dot	8
2024	Area M	Samuel Pelham	4	Green Dot	10
2023	Blair	Brian Mock	3	Orange Dot	10+
2024	Blair	Chrisitna Polito	3	Orange Dot	10+
2023	Blair	Garran Burget	4	Green Dot	10
2024	Blair	Heather Thomas	3	Orange Dot	10
2023	Blair	Mike Stevens	4	Green Dot	9
2024	Butler	Brian Reinhar	6	Yellow	8
2024	Butler	Valerie Stiffy	5	Yellow	8
2024	Centre	Gareth Roof, Gareth	4	Green Dot	10+
2023	Centre	Matt Prosek	4	Green Dot	9
2023	Centre	Patrick Northup-Moore	4	Green Dot	10
2024	Chester	Beideman, Andi	3	Orange Dot	5
2024	Chester	Horning, Colleen	3	Orange Dot	7
2023	Chester	Dan Kolb	5	Yellow	9
2023	Chester	Jordan Reedy	4	Green Dot	10
2024	Lancaster	Stefanus "Janis" Kharuxab	4	Green Dot	10+
2024	Lancaster	Craig Witmer	4	Green Dot	10
2024	Lancaster	Lisa Simmers	4	Green Dot	9
2024	Lancaster	Michelle Jansson	4	Green Dot	10
2024	Lebanon	Joseph Kirby	3	Orange Dot	10+
2023	Lebanon	Bobbi Jo Rhen	4	Green Dot	8
2023	Lebanon	Dan Blatt	4	Green Dot	9
2023	York	Chad Misner	4	Green Dot	10
2023	York	Colt Day	4	Green Dot	9
2024	York	Joseph Gerzewski	3	Orange Dot	10+
2024	York	Marshall Geesey	3	Orange Dot	10
2024	York	Michael Plappert	3	Orange Dot	10+
2024	York	Patick Lee	5	Yellow	9
2023	York	Priscilla Foss	4	Green Dot	9

# ITN Assessments



ITN Testing will take place at Summer Games for all athletes who:

1. Have not been rated yet
2. The coach would like them retested
3. **Athletes with 2023 ratings**



# What should be practiced for ITN's

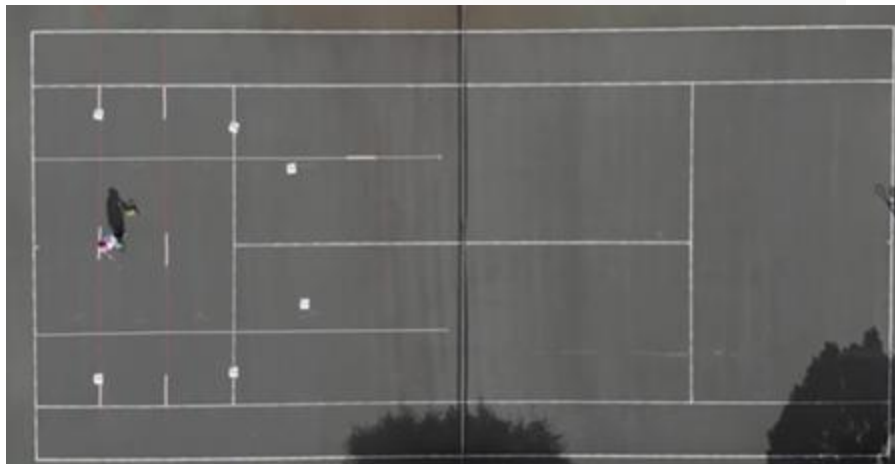


Mobility

Serve

Volley Depth

Ground Stroke – Accuracy  
& Depth



## 5.2 ITN Assessment for Levels 3, 4, 5 and 6

### International Tennis Number — On Court Assessment

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: M F  
Assessor: \_\_\_\_\_ Date: \_\_\_\_\_ Venue: \_\_\_\_\_

what's your number?

International Tennis Number

This ITN Assessment was conducted in accordance with the guidelines set forth in the Official ITN Assessment Guide. I hereby agree to its authenticity.

Signed by/behalf of the player: \_\_\_\_\_

Signed by the Assessor: \_\_\_\_\_

GS Depth			Volley Depth			GS Accuracy			Serve		
Stroke	#	Score	Stroke	#	Score	Stroke	#	Score	Stroke	#	Score
Forehand	1		Forehand	1		Forehand DL	1		1st Box Wide	1	
Backhand	2		Backhand	2		Backhand DL	2		1st Box Wide	2	
Forehand	3		Forehand	3		Forehand DL	3		1st Box Wide	3	
Backhand	4		Backhand	4		Backhand DL	4		1st Box Middle	4	
Forehand	5		Forehand	5		Forehand DL	5		1st Box Middle	5	
Backhand	6		Backhand	6		Backhand DL	6		1st Box Middle	6	
Forehand	7		Forehand	7		Forehand CC	7		2nd Box Middle	7	
Backhand	8		Backhand	8		Backhand CC	8		2nd Box Middle	8	
Forehand	9		Sub Total			Forehand CC	9		2nd Box Middle	9	
Backhand	10		Consistency			Backhand CC	10		2nd Box Wide	10	
Sub Total			Volley Depth Total			Forehand CC	11		2nd Box Wide	11	
Consistency						Backhand CC	12		2nd Box Wide	12	
GS Depth Total						Sub Total			Sub Total		
						Consistency			Consistency		
						GS Accuracy Total			Serve Total		

Mobility Table		Time	Score
T	40 39 38 37 36 35 34 33 32 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17 16 15		
S	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40		
Score (F)	57-79 80-108 109-140 141-171 172-205 206-230 231-258 259-303 304-344 345-430		
Score (M)	75-104 105-139 140-175 176-209 210-244 245-268 269-293 294-337 338-362 363-430		
ITN	ITN 10 ITN 9 ITN 8 ITN 7 ITN 6 ITN 5 ITN 4 ITN 3 ITN 2 ITN 1		

Strokes Total	Mobility Score	Total Score

Number of Assessments	New ITN Rating

Circle players ITN level after completing the Assessment.

# Match Play



In the two-tie break 4 game or 6 game sets, there will be a **two-minute** rest period prior to the deciding 10-point tie-break.

Replace three-minute rest period with two-minute time break



# What level should my athlete be at?



- Check your athletes rating – if they have a 10+ consider moving them down a level. Remember the lower the number the better the athlete is at tennis skills.
- Athletes should be practicing on the correct size court and level that they are rated on.
- If your athlete is rated level 4 – 78' ft court with a green ball (or yellow with a green dot) and the athlete cannot consistently
  - serve the ball to the service box (too short)
  - return a volley over the net or in the play area
  - balls hit the net or are not returned at all
- Consider moving the athlete down to Level 3 – 60' ft court with an orange ball.
- Anytime you want to make a change at Summer Games – make sure you have them rated with the new ball.



# SEASONAL UPDATES & REMINDERS

# 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.

**Fall Festival 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](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%20to%20Renew%20Athlete%20Forms%20and%20Update%20Medications%20a61u_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

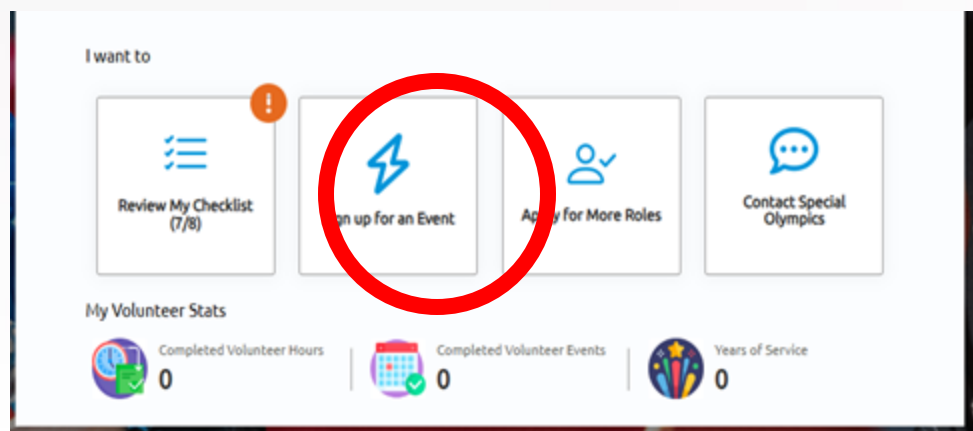
**You are required to have this information accessible during all Special Olympics Pennsylvania practices and events.**

**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
- Any Training Schools needed to be scheduled - contact your Regional Sport Director ASAP if there are coaches you need trained.
  - Tennis Virtual Training
  - March 3, 2026
- 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**

### **Tennis ITN Rating Form**

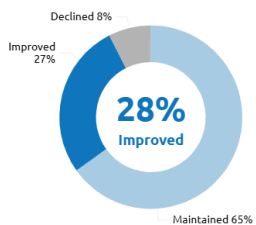


## Athlete Performance Training

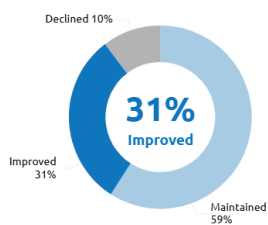
**SOPA's Athlete Performance Training (APT) program has served nearly 600 athletes since Fall 2022!**

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

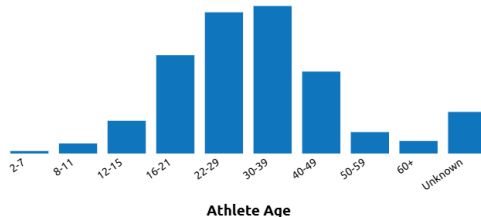
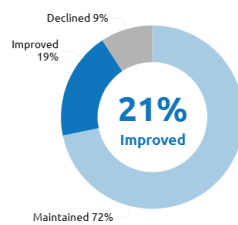
6-Minute Test



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>






- 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

 **Special Olympics**  
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## 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

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

- [Training Plan Template](#)
- [Dynamic Warm-Up Guide](#)
- [Cool Down Guide](#)
- [SOI Resources for Tennis](#)

- 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.*

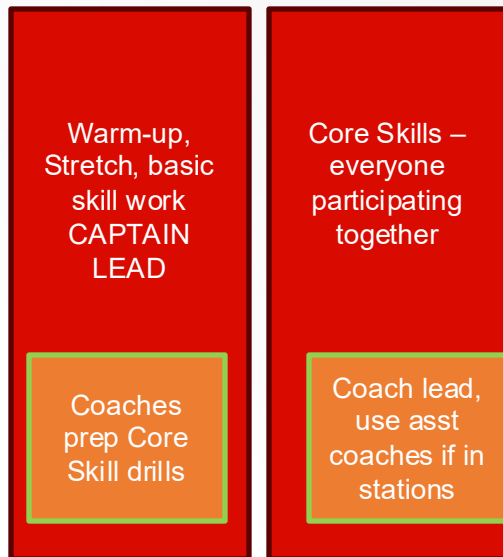
Time	Component	Drills/Activities	Layout
	Warm-Up		
	Dynamic Stretching/Fitness Training		
	Skills		
	**Water Break every 20 minutes		
	Game or Game-like Situation		
	Cool-down		
	Coach Chat		



# Key elements of a Training Plan



## INDIVIDUAL



LEARN THE SKILL

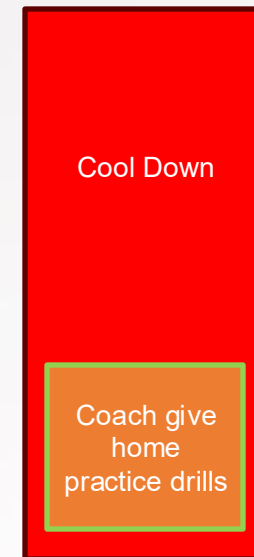
30-40 minutes

## Individual in COMBINATION with Teammates



USE THE SKILL

30-40 minutes



Cool Down

Coach give  
home  
practice drills

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



- 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 **Tennis is offered virtually via webinars/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.
- 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



## 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

- 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.

# 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.



# Air Quality



If air quality levels are in an Unhealthy Zone (151) or above, no outdoor activities should occur (social or active); as indicated within the documents these activities should be rescheduled or moved indoors.



You can monitor Air Quality levels at <https://www.airnow.gov/> enter your location and the current status will be provided.



You can use this [Air Quality Guide](#) document as an overall reference.



# COMPETITIONS

# 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



FREE sandwiches are provided at Sectional events thanks to our great partner Sheetz.

- These typically include turkey, ham, Italian or cheese sandwich.

Sheetz is not able to 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



## 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

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**LET ME WIN**

*But if I Cannot win*



**LET ME BE**

*Brave in the Attempt*



**THANK YOU**