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**BOCCE  
Pre-Season Webinar**

**July 20, 2023**

# Today's Agenda

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- Welcome/Introductions
- Reminders
- Athlete Performance Training
- 2023 Sectional & State Events
- Training
- Rule Updates
- Questions

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## SEASONS AT A GLANCE



	SPRING	FALL	WINTER
<b>Coach Site Registration</b>	Nov. 1 - Dec. 1	April 1 - May 1	August 1 - Sept. 1
<b>Athlete, Unified Partner, Volunteer Signup</b>	Dec. 15 - Jan. 15	May 15 - June 15	Sept. 15 - Oct. 15
<b>Season Length</b>	March - June	August - November	December - March
<b>Sports Offered</b>	Athletics (Track & Field), Basketball, Equestrian, Golf, Gymnastics, Softball, Swimming, Tennis	Bocce, Bowling, Flag Football, Long Distance Running/Walking, Powerlifting, Soccer, Volleyball	Alpine Skiing, Bowling, Figure Skating, Floor Hockey, Snowboard, Snowshoe, Speed Skating

Access Sign Ups on the

- **SOPA website:**

[https://specialolympicspa.org/  
get-involved/sports-sign-ups](https://specialolympicspa.org/get-involved/sports-sign-ups)



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## **PRE-SEASON REMINDERS**

# Sports Season Prep

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## Important Fall Dates:

- Fall Season Calendar: [Central](#), [East](#), [West](#)
  - Since due dates are different for each Sectional, there is one calendar per section of the state.
- [REGISTRATION RESPONSIBILITIES](#): Who does what and when??
- Eligibility Deadline: August 25
- Season Dates: August – November

# Air Quality

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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.

# Athlete & Volunteer Eligibility

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**Athlete Requirements:** Medical on file WITH signature + expiration dates

- **Local Programs:** Athlete Medical under Certifications
- **Regions:** Athlete Registration Form & Health History under Certifications
- Valid for 3 years.
- Save attachments under "Attachments" within a person's profile vs. anywhere else in the profile.

**Class A Volunteer Requirements:** Class A Trainings + Background Check on file

- Background Results under Background Checks, Valid for 5 years.
- General Orientation under Training, Valid for life.
- Protective Behaviors, under Training, Valid for 3 years.
- Concussion Training, under Training, Valid for 3 years.

# UCS: PIAA Medical

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A Unified Champion School athlete or Unified Partner may participate in a local program with their PIAA Medical. The participant must request a copy of the medical from their school.

The PIAA physical exam must be inputted into Vsys as an "athlete medical" and the medical form must be uploaded as an attachment.

The PIAA physical exam form is good for one year from the Dr's Signature date. If the date is 3/22/22 the exam expires on 3/22/23.



# Attendance Tracker Updates

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Age Calculator – fall is determined as of **6/15/2023**

Eligibility Tab: Deadline for all rostered individual to be eligible is **8/25/2023**

- Athlete Medical
- Volunteer: Background Check, Gen Orientation, Protective Behavior, Concussion Protocol
- Eligibility tab will be updated weekly from July 28th –Aug 25

Sport Specific Rosters/Tabs:

- Capture all athlete information in one place

Missing volunteer/athlete

- If No, ask to complete Sport Sign-up Form
- If Yes, contact RSD

QUESTIONS?

**CONTACT YOUR REGIONAL SPORT DIRECTOR**

# Attendance Trackers

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**Coach will receive tracker when they submit Site Registration Form**

**Site Attendance Tracker has 4 tabs: Directions, Attendance, Eligibility, Competition**

- **Tab 1: Directions: How to complete the form**
- **Tab 2 Attendance:**
  - Lists all participants that have signed up
  - Includes phone, email, DOB and age
  - Attendance should be tracked after each practice
  - Interest in attending Sectionals & State Games will be used to advance for competitions
  - Data will be used to collect training numbers and ultimately future allocations

# Attendance Trackers

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## Tab 3: Eligibility – If participant is NOT eligible...they cannot participate

- Athletes: Must have current medical
- Volunteer: General Orientation, Concussion Protocol, Protective Behaviors, 18 and over current background check
- Highlighted **RED** out of date
- Highlighted **YELLOW** will expire prior to state competition
  - Updated weekly by SOPA

**IMPORTANT: Fall deadline August 25, 2023**

# Attendance Trackers

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## **Tab 4: Competition – sport specific**

- Tracker for athlete attendance, registration times for competitions
- Allows you to track everything in once place – ability to copy and paste from here into event Google registration forms

## **Tab 5: Bocce Doubles Roster**

- Fall Fest Selection, record of scores for 30-foot, 40-foot, and 50 -foot line, and entry score

[Bocce Attendance Tracker](#)

# Unified Partners Eligibility

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**NEW in 2023** – Unified Sports Partners do not need an athlete medicals.

- All Partners – Must have a VSys database record
- Ages 16 and up – must have General Orientation and Protective Behaviors Training
- Ages 18 and up - Must have General Orientation, Protective Behaviors and a Background check.

# Athlete & Volunteer Eligibility

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- The ELIGIBILITY tab on each of your attendance trackers will be updated on a weekly basis from July 28th-Aug 25 by your Regional Sports Director. **PLEASE encourage and assist your athletes and volunteers in meeting our eligibility requirements.**
- **The deadline to make sure athletes and volunteers meet eligibility requirements for the Fall is August 25th**
- Athletes and Volunteer CANNOT participate in trainings if they have not met all eligibility requirements - it is YOUR responsibility to track this.
- In the roster, if you see **RED highlight**, that person is not in compliance with eligibility requirements to participate and should NOT be training.
- In the roster, if they are **yellow highlight**, they will expire during the season in advance of state games and will not be eligible unless they update the identified requirement.

# Qualifiers

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**All Fall sport athletes MUST** attend their respective Sectional event to be considered for Fall Fest.

Games Advancement slots per Sectional will be dependent on total number of slots at Summer Games and % of interest in advancing from each Sectional

# Qualifiers

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## Fall

- LDR-W
- Powerlifting
- **Bocce**
- Soccer: 5v5, 7v7, skills
- Volleyball: Team and skills
- Flag Football Team and skills

- [Allocation Process](#)

- Allocations will be placed on the SOPA Website under Games & Competition then State & Sectional Events

- [State & Sectional Events](#)



# Allocations

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- Fall Allocations can be found on the SOPA Website, State Games tab
  - [SOPA State Games Paperwork Webpage](#)
- As always, please remember that you can request additional allocations through the LOI process.
- Previous Lunch & Learn about the allocation process. This riveting presentation can be found here: [Allocation L&L](#)



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# ATHLETE PERFORMANCE TRAINING

# Athlete Performance Training

Coaches Introduction





# What is Athlete Performance Training (APT)?



- Designed to elevate the fitness levels of athletes and improve their sports outcomes, Athlete Performance Training consists of a combination of coach-facilitated sports practices and at-home fitness programs.



- During practices, coaches will apply an approach that includes education, exertion and evaluation.
  - **Education:** Time is taken during each sports practice to discuss physical activity, nutrition, and hydration as a team.
  - **Exertion:** A practice plan is followed that engages athletes in physical activity throughout the entire practice.
  - **Evaluation:** Athletes' health and fitness metrics are collected at the start and end of the season.



- At home, athletes and their families/caregivers are provided a fitness program to complement the in-person practices.



## Key Aspects of APT:

- A minimum of 8 weeks of training are required to fully complete APT.
- Any size team and any sport can participate.
- No paperwork is required by coaches. Health metrics of athletes are collected; however, they are recorded electronically on a Google sheet provided to you by SOPA.
- Health metrics: Height, weight and blood pressure can be collected from athlete's previous doctor visits.
- Fitness metrics: Determined by coaches setting up a modified Coopers Test for athletes to complete at the start and end of training.





## Registering for APT:



- Coaches interested should visit the Online Portal to complete the necessary online training.
- The training can be found under the “**Training Schools, Webinar and More**” tab, labeled as “**Athlete Performance Training.**” You will only be able to access the training if you’ve taken your other required trainings (Concussion Training, General Orientation and Protective Behaviors).
- You will need to complete a short quiz after the training
- Once video and quiz are completed you will be directed to the registration form to sign up your team and request materials
- You will be contacted by SOPA, after with additional information regarding mailings of materials as well as a link to the Athlete Performance Training Tracking.

To find more information on APT visit the SOPA website under **More Than Sports**

## Why Participate in APT?



- **Athletes are at greater risk for being obese, suffering from long term health conditions, and dying 20 years younger.**
- **Incorporate APT and provide tools for athletes to make changes to their health and fitness and lower their risk of these health disparities.**
- **APT will become the standard in trainings**



## Coaches Training and Progression Plan

By implementing Athlete Performance Training for a minimum of 8 weeks during training AND completing the “Athlete Performance Training Tracking” at the start and end of the season, you are eligible for the **Bronze Level** specifically the Athlete Performance Training component of the Coaches Training and Progression Plan.



**Questions?**

**Contact Healthy Communities  
Coordinator, Charla Stein**

**[cstein@specialolympicspa.org](mailto:cstein@specialolympicspa.org)**

**610-630-9450 ext. 254**

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# STATE COMPETITIONS



# Fall Sectionals

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## Western Fall Sectional:

- Slippery Rock University
- September 24

## Central Fall Sectional:

- Juniata College
- October 1

## Eastern Fall Sectional

- DeSales University
- October 1



# Fall Fest: Nov. 3 -5

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## Villanova University

### Important Dates:

- Reg Info: Will be out by 9/8
- LOI: Due 9/28
- Final Allocations: 9/29
- Rosters: Due 10/2
- Google links sent: 10/5
- Registration: Due 10/12
- Scratch/Activation: Due 10/26





# TRAINING

# Be Prepared for the Season!

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- Get everyone eligible
- Understand and be aware of Air Quality levels
- Keep a pulse on illness/disease outbreaks within your community – remind athletes not to attend training if they are sick and to practice healthy habits and good hygiene.
- Know your facilities Emergency Action Plan and Evacuation route
- Updated yourself on sport rules and work with assistant coaches on a seasonal plan – identify who will manage each task during practice. Recruit additional assistance if needed.

# Job Description and Levels of Responsibility

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## HEAD COACH:

- Certified in the sport
- Supervises all coaches and athletes
- Ensures athletes and volunteers have completed sign-up for the season
- Responsible for eligibility, equipment, transportation, and lodging
- Develops **practice plans** and assigns duties to Assistant Coaches
- Completes all required paperwork (competition, attendance trackers)

## 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>

# Athlete as Coach

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## Do you have an athlete who would like to be a coach?

- SOPA will host seasonal training webinars to review the responsibilities and steps for any athletes who would like to be part of our Athletes as Coaches Program.
- The Fall training was held on July 11th.
- If you do have an athlete and you don't want to wait for the Winter Webinar – Here is the recording of the Fall Webinar -  
<https://www.facebook.com/specialolympicspa/videos/1327389408157502?idorvanity=128859894386473>
- Athlete as Coach Request form to be completed by athletes who wish to apply to be trained as a coach: [https://drive.google.com/file/d/1WZC14Ssl1IsilbBO\\_93WDmsaQq9-wmK3/view](https://drive.google.com/file/d/1WZC14Ssl1IsilbBO_93WDmsaQq9-wmK3/view)

# Coaching Requirements

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As of January 2021, Coach requirements for **training and competition:**

- **Team Sports:**
  - Must have at least one (1) certified coach per team
- **Individual Sports and Team Individual Skills:**
  - Must have at least one (1) certified coach per 25 athletes





# Coaching Practicum Hours

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- If a coach needs to complete 10 required practicum hours from sport training courses, that were taken in 2019, 2020, 2021 they have until December 2023 to submit these hours.
- **Hours must be submitted on their VSys Portal.**

# Continuing Education Update

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**Protective Behavior and Concussion Training** has been removed from the list of approved courses for Continuing Education and from the Continuing Education Request form.

**Effective February 1, 2023, these two courses will not be accepted for continuing education**

There are plenty of Continuing Education options available on the [SOPA website](#).



# Expired Sport Certifications

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- If your sport certification expired between 2020 and 2022 you have until December of 2023 to complete your continuing education course to update your certifications.
- As noted above - Protective Behaviors and Concussion training will not be accepted as of February 1, 2023.
- **This extension expires on December 31, 2023.**
- On January 1, 2024, you will need to retake the Sport that has not been updated.

# Webinar Series



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- Every other month (Feb, Apr, June, Aug, Oct, Dec)
- 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

NEXT Lunch & Learn

August 9, 2023 – How To: Build Flexibility!

[August Lunch & Learn Registration](#)

# Coaching Progression

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## Certified Coach

- Class A volunteer with at least 1 sport certification



## Bronze

- Adds: Athlete Performance Training activation, personal best performance goals, **Coaching Special Olympics Athletes** course



## Silver

- Adds: Athlete goal setting, training minimum of 10 weeks, **Principles of Coaching** 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

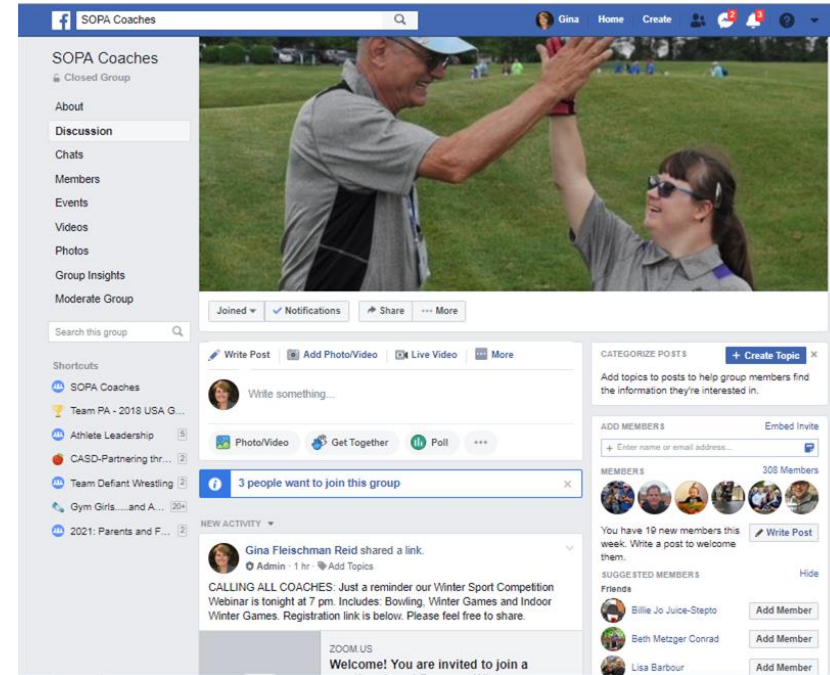
# Improving Communication

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## 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?



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# BOCCE

# Sport Management Team

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**Technical Director Bocce:** Deb Andrews  
**Email:** DAnd38023@aol.com

[Laura Davis](#)

[Sue Ann Jacobs](#)

[Cindy Walther](#)

[Linda Gitzen](#)



# SOPA Website - Sports Offered Page

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Links to all the sport  
pages  
[Sports Offered](#)

## Bocce

Bocce is one of Special Olympics' newer sports, having been introduced at the World Games level for the first time in 1995. Bocce is a Fall sport and training season is usually from July to November.



### 2023 Bocce Preseason Coaches meeting

Thursday, July 20, 2023 @ 7:00 PM

Register in advance for this meeting: [Bocce Preseason Coaches Meeting](#)

### Coaching Resources

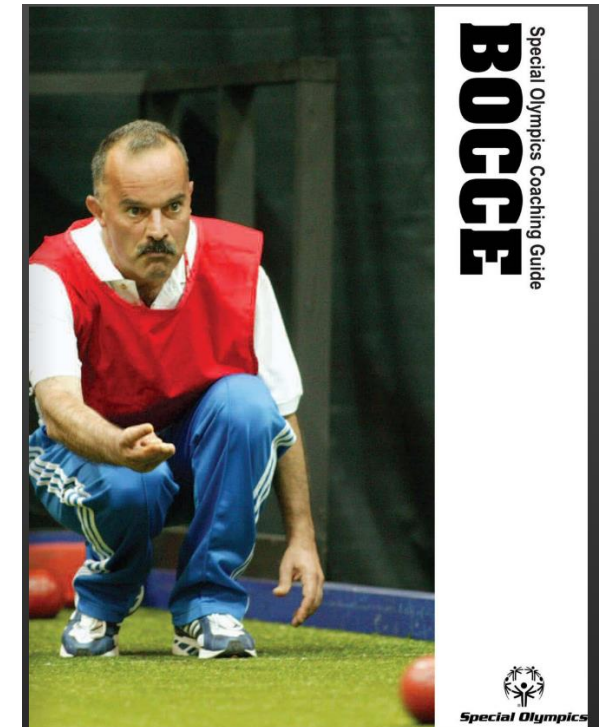
- [Bocce – Scoresheet](#)
- [Bocce – Tracking Athlete Performance](#)
- [Bocce – Scorekeeper and Officials Information](#)
- [Bocce – Finding Your Athletes Skill Scores](#)
- [Bocce – Guide for Spectators](#)
- [How To Build A Bocce Ramp](#)
- [Bocce Time Outs](#)
- [How to Officiate Bocce \(Training Video\)](#)
- [Bocce Resources](#) – rules, coaching guides, fact sheets, etc.

# Sport Rules and Coaching Guide

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Links to all the  
sport pages  
[Sports Offered](#)



# Warm-ups and Cool Downs

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## Bocce Warm-Up Guide



## Bocce Cool Down Guide





# Attire

- Athletic shoes (sneakers)
- Pants or walking shorts
  - No denim pants (jeans)
  - No athletic shorts
- Collared shirt
- You may wear a visor or ball cap preferably with your local program on it if need for sun glare.
- No other hats are permitted.

[SOPA Brand and Uniform Guidelines](#)

# Events Offered

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- Doubles
- Unified Doubles
  
- All sectional and state games will be played with our new inflatable courts with indoor/outdoor carpet.





# Skill Assessments

- Skill assessments are used for divisioning, this is not a skills competition. We do not offer individual skills only doubles and unified doubles
- Skill assessments must be completed on all athletes and partners attend competition
- Assessments must be measure in centimeters
- Each athlete must have their own assessment score when entering a score on the rating sheet of your attendance tracker
- DO not add together the teammates score, this will put your athletes in the wrong division



# Game - Reminders

- Pallina must land after the 30 ft line and before the 50 ft to be in play
- If the pallina lands within 1 foot of the side rail, the official will place their foot in the court and move the pallina out from the side of the railing to in front of their sneaker
- The player who roles the pallina must roll the first bocce ball
- Each team member may only role 2 bocce balls



# Game Reminders

- Any ball that hits the backboard – remains in play, including the pallina
- We play from one end of the court only
- If at the end of the frame, the pallina and a bocce ball are touching (kissing) - NO extra points are given





# 2 Handed Rolls

Yes, you can roll 2 handed **BUT**  
The ball must be released below the waist, or it is a foul

Other legal ways to roll a ball:

- Standing
- Sitting in a chair/wheelchair with or without a ramp
- Kneeling on one knee and pushing the ball instead of rolling it
- Kneeling on one knee and roll it
- Using a walker

All balls must release from below the waist





# Game Time

- Sectionals will have a 20-minute time limit
- States
  - Pool play – 20-minute time limit
  - Medal Rounds – 30- minute time limit
- Coaches will be notified when the play time is halfway through. 10 minutes for a 20-minute game and 15 minutes for a 30 – minute game



## 2 - Minute Warning

At the 2 minutes warning – all games still in play will finish that frame – **No extra fame will be played.**

A frame is considered started when the pallina leaves the athletes hand for the first time – even if it does not land in the play area.



# Ties

## **During a frame -**

- The team causing the tie, roles again and tries to break the tie

## **At the end of the frame -**

- The frame is null or void and we replay the frame
- The team who had possession of the pallina at the start of the frame starts the new frame
- No Points awarded for that frame

## **At the end of the Game –**

- Games cannot end in ties.
- One additional frame is played to determine the winner.



# Time Outs

1. Each team is allowed 1 time out per game
2. The coach signals for the time out
3. Once recognized by the official, the coach goes to the athletes
4. Both teams may talk to the athletes at a called time out
5. Time outs may be called anytime during the game



# Safety – Outdoor Training

Along with Air Quality checks make sure you check the following:

- ✓ Know the address of the location you are training
- ✓ Remind athletes to have water bottles with them and have water coolers available for refills
- ✓ Walk the venue prior to practice to ensure there is no glass or trash on the courts
- ✓ If practicing outside: Sunscreen, bug spray, and visors!
- ✓ Predetermined safety zone! Where is it, make sure everyone is aware



# Thunder & Lightning

Every time you see lightening or hear thunder:

**Stop practice and seek shelter for 30 minutes.**

**Remember this is every time you see lightening or hear thunder**





# Last But Certainly Not least

Coaches should not be telling the players what to do  
when it is their turn!

This includes verbal directions, pointing by hand or an  
item, and sign language

You have worked hard all season to train the players, no  
sit back, cheer, and enjoy. Let the players show  
you what they can do.



**THANK YOU**

