

Today's Agenda

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

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POWERLIFTING

Pre-Season Webinar

July 17, 2023

SEASONS AT A GLANCE



	SPRING	FALL	WINTER
Coach Site Registration	Nov. 1 - Dec. 1	April 1 - May 1	August 1 - Sept. 1
Athlete, Unified Partner, Volunteer Signup	Dec. 15 - Jan. 15	May 15 - June 15	Sept. 15 - Oct. 15
Season Length	March - June	August - November	December - March
Sports Offered	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:

- **Age Exemption Deadline: August 25**
- **Eligibility Deadline: August 25**
- Season Dates: August – November
- **Seasonal Priorities:**
 - Unified Player Development Volleyball
 - 7v7 Unified Soccer 16-21
 - **IMPORTANT:** Age-Appropriate Teams (safety is our priority!), Team Age Group resource will be shared in next few weeks along with Waiver for exceptions.

Winter Site Registration: Aug 1 - Sept 1

- Winter Sign Ups Sept 15 - Oct 15
- Bowling
- Early Starts

REGISTRATION RESPONSIBILITIES: Who does what and when??

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 (Team Grouping) **6/15/2023**

Eligibility Tab: Deadline identified **8/25/2023**

- Athlete Medical
- Volunteer: Background Check, Gen Orientation, Protective Behavior, Concussion Protocol

Sport Specific Rosters:

- To better identify Teams and allow for storing scores/assessments
- Team Age groups

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 3 tabs: Directions, Attendance, Eligibility

- **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

[SAMPLE 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 are updated on a weekly basis 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**
- 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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MUST attend 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](#)



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

610-630-9450 ext. 254

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COMPETITION

Fall Sectionals

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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- COVID
 - Wipe down machines between athletes
 - Disinfectant Wipes
 - Towel
- Air Quality
- Know your facilities Emergency Action Plan
- Evacuation route

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

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



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



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.

Coaching Practicum Hours

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- If a coach needs to complete 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.

Get Certified!

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FALL TEAM SPORTS

Associated Sports: Volleyball, Soccer, & Flag Football

- ✓ **All Trainings will be in-person.**
- ✓ **Training are currently being scheduled – watch the SOPA Website and Face book page for announcements**
- ✓ **All registration will be handled through the VSys Portal.**
- ✓ **Registration will close Thursday at 5:00pm prior to Saturday or Sunday trainings.**
- ✓ **Confirmed Training School**



Job Description and Levels of Responsibility

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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
- Check athlete medical and volunteer Class A
- Completes all required paperwork (competition, training numbers)

ASSISTANT COACH:

- Assist head coach/help supervise athletes (1:4)
- Performs duties assigned by head coach
- Assist in evaluating training
- Arrives on time for practice/stays throughout practice
- Assists with uniforms, collection of medicals and taking attendance

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

<https://specialolympicspa.org/resources>

Webinar Series



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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?



POWERLIFTING

Sport Management Team

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Technical Director Powerlifting: Ron Lobb

Email: ronaldlobb@gmail.com

[Alice Moat](#)

Powerlifting Rules Book

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Powerlifting Sport Rules



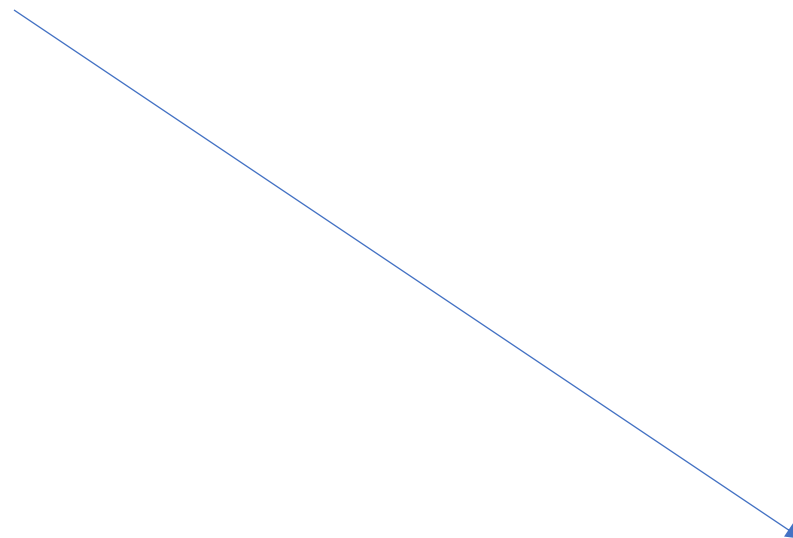
SOPA Website - Sports Offered Page

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

Video - How to's



Powerlifting

Powerlifting was introduced to Special Olympics in 1983. The training season is usually year round with a culminating event in November at Fall Festival - Villanova University.



2023 Powerlifting Preseason Coaches Meeting

Monday, July 17, 2023 @ 7:00 PM

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

Coaching Resources

- [Powerlifting Resources](#) – rules, coaching guides, fact sheets, etc.
- [Squat Assessment Checklist](#)
- [Pounds to Kg Conversion Chart](#)
- [Powerlifting – Bench Press, Squat and Deadlift](#)

Sport Rules

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Links to all the sport pages
[SOI Sports and Coaching](#)

SPORTS ESSENTIALS

Powerlifting

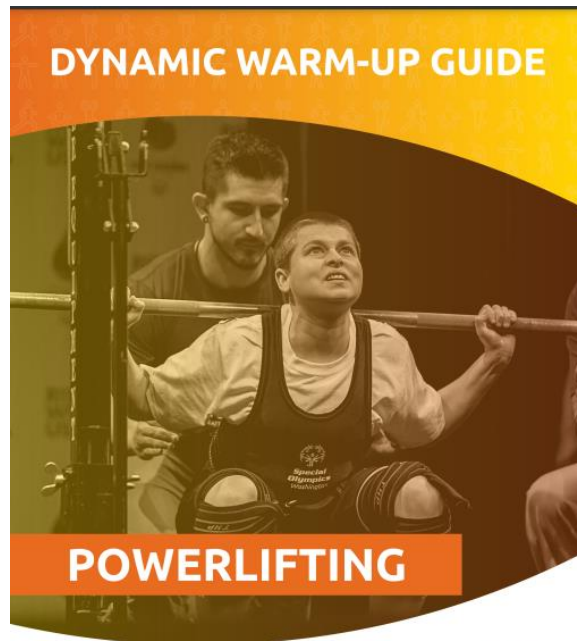
- Coaching Guide (2022): [Online](#)
- Coaching Guide PDF (2022): [English](#)
- [Fact Sheet](#)
- [Rules \(2020\)](#)
- [Rules Changes \(2020\)](#)

Warm-ups and Cool Downs

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Warm-Up Guide



Cool Down Guide



Events Offered

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Three lifting events:

- Squat
- Bench Press
- Deadlift

Combination events:

- 2-lift combo (bench press & Deadlift)
- 3-lift combo (squat, bench press & Deadlift)
 - Note that combination events are totals of the results from the lifts; not separate lifting events.

Training Reminders

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- Minimum age to compete is 14
- Ages 8 to 13
 - Teach proper form first – Then work on strength
 - Should only lift body weight
- Use the proper commands in your training
 - Bench – Bench, Press, Rack
 - Dead Lift - Down
 - Squat – Squat, Rack

Attire

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Lifting Suit – Must be form fitting without loosening when lifting

T-Shirt – Must have sleeves with no adornment, solid color

Socks – Must cover shins but may not touch knee sleeves.

Briefs - standard commercial “athletic supporter” or briefs of any mixture of cotton, nylon, or polyester. Women may wear a commercial sports bra.

Sneakers/Lifting Boots – no hiking boots.

Belt – See regulations on page 11 and 12 of Rules Book.

Knee Sleeves - being cylinders of neoprene, may be worn only on the knees, sleeves cannot be worn or used on any part of the body other than the knees.

Wraps - Wrist wraps shall not exceed 1m in length and 8cm in width. Standard Commercial sweat bands are legal. For more information see page 14 of Rules Book.

Medical Tape – 2 layers around the thumb is allowed,



Lifts

Each event has three attempted lifts.

- The standard is that all lifts are using kg weights.
- Weights must increase between lifts or may stay the same if the lift was unsuccessful.
- Minimum weight is bar with no collars - usu. 20 kg; minimum weight for deadlift is 25 kg.
- Athletes have one minute after bar is loaded to start their lift.
- Coaches have one minutes to submit the next lift weight after the athlete completes their first and second lift.



Safety Spotters

Three spotters are required for lifts:

- one in the back, responsible only for the lifter
- two on either side responsible only for the weights



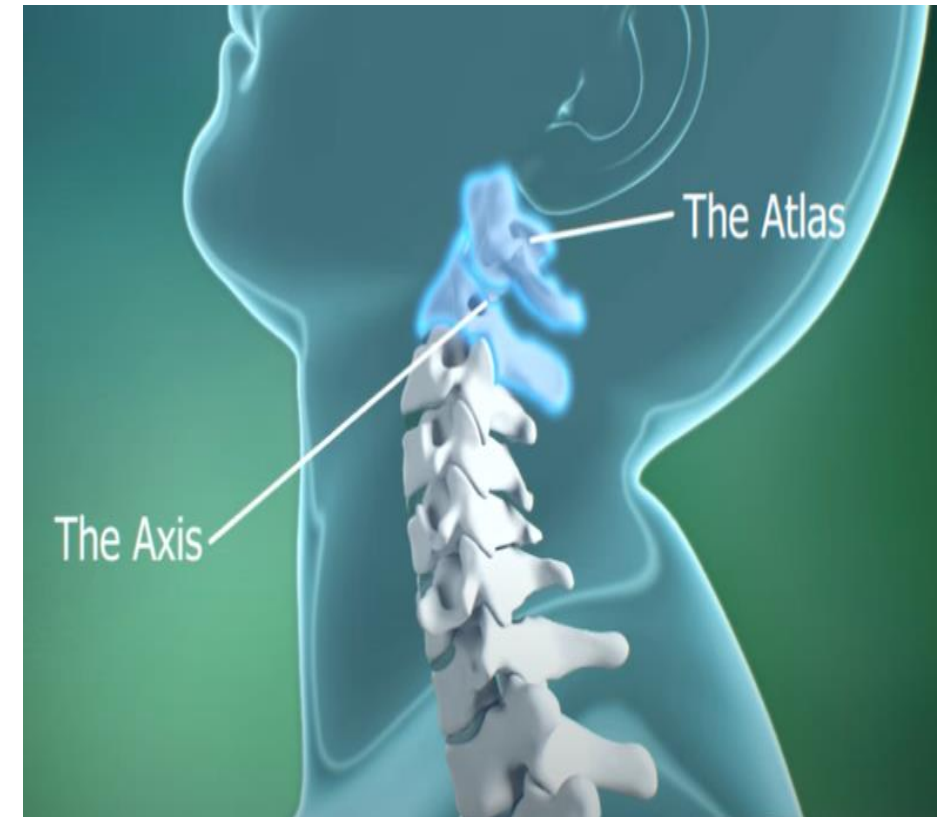


Atlantoaxial Instability (AAI)

An athlete with Down syndrome who has been diagnosed with Atlantoaxial Instability may not participate in the **squat lift** in powerlifting.

For additional information and the procedure for waiver of this restriction, please refer to [General Rules Article 2, Section 2.02G](#).

Atlantoaxial instability (AAI) is characterized by excessive movement at the junction between the atlas (C1) and axis (C2) as a result of either a bony or a ligamentous abnormality.





Squat Assessments

Due to the degree of danger, and safety of the athlete competing in the squat event, all athletes must pass this assessment checklist to demonstrate their proficiency in the squat lift.

Athletes must demonstrate proficiency in the lift utilizing all the mechanics on this assessment checklist in order to compete in the Squat lift at Sectional and State Competitions.

Link: [Powerlifting Squat Assessment](#)

Special Olympics PA Powerlifting Squat Assessment Checklist



Athlete Name _____ Delegation: _____

Background Because of the degree of danger, and safety of the athlete competing in the squat event, all athletes must pass this assessment checklist to demonstrate and then further compete in the squat lift in Special Olympics Pennsylvania sanctioned powerlifting meets (sectional events and Fall Festival). Assessments will be done at sectionals and at Fall Festival for anyone not in attendance at sectionals. Athletes must demonstrate proficiency in the lift utilizing all of the mechanics on this assessment checklist

Preparation Phase

1. Athlete approaches the bar, grasps the bar with an overhand grip wider than the shoulders with a closed grip.
2. Athlete ducks under the bar centering the bar on the midline of their back.
3. The bar is positioned on the athletes at the mass of the back no more than 1.5 inches below the top of the shoulders with the hands positioned as close to the shoulders as your chest and shoulder flexibility will allow. In some cases (i.e. Down syndrome athletes) where the assessor feels as though there is an undue amount of stress on the shoulders capsule, this may be cause for temporary disqualification.
4. The athlete uses the hands to press the bar against the back, and not to support the weight.
5. Elbows pulled back and lifted up.
6. Head is straight up and you should be able to make direct streamline eye contact with the assessor.
7. Chest is out.
8. Feet are flat spaced slightly wider than the shoulders.
9. Toes turned out 15-30 degrees out from center.
10. Athlete can isometrically contract stomach in this position (tighten abs).
11. Before the descent, knees should be locked in position.

Descent Phase

1. Athlete descends with buttocks back as to simulate sitting on a bench
2. Athletes head does not drop
3. Athletes should be able to continue to make streamline eye contact through the entire squat descent motion. The body must not forward lean. Excessive forward lean is considered that which is 30 degrees or more.
4. The descent is slow and controlled. There is no double bouncing.
5. The knees do not move beyond the toes during the descent
6. The athlete can achieve the full depth of the squat. This means that the hip flexor joint is lower than the knee joint. Be careful on how you judge those with big quadriceps muscle mass as this may be deceiving. You are looking for the hip joint itself to be lower than the knee joint.
7. The weight should stay born over the midline of the body supported more from the heel than the toes.

Ascent Phase

1. After achieving the full squat depth position, the athlete starts the acceleration phase from the bottom of the lift using the quadriceps extension first.
2. There is no double bouncing to recover and ascend with the bar.
3. The athlete's abdominal muscles will be firm against the belt during the ascent of the lift.
4. The athlete does not hold breath during the ascent of the lift.
5. Feet stay flat on the floor during the entire lift and do not change position.
6. Athletes come to a full lockout position with knees fully locked, hips not rounded, back straight and making full streamline eye contact with the assessor judge.

THANK YOU

