

SPORTS and TRAINING Q&A

Leadership Conference 2017

Sports Team

Special Olympics
Pennsylvania





Who to contact on the Sports Team?

- ❑ **Michelle Boone**, Senior Sports Director – mboone@specialolympicspa.org, ext 220
 - ❑ Oversee Sports Department and Interscholastic Unified Sports (IUS)
- ❑ **Gina Reid**, Senior Competition Director, East – greid@specialolympicspa.org, ext 234
 - ❑ Oversee Competition Department; runs Fall Festival, State Figure Skating, Eastern Bowling, Spring and Fall Sectionals; 2018 Team PA HOD
- ❑ **Mike Ermer**, Competition Director – West – mermer@specialolympicspa.org, ext 243
 - ❑ Winter Games, Western Bowling, Spring and Fall Sectionals; GMS, Advanced Coaching strategies; 2018 Team PA AHOD
- ❑ **Mike Daley**, Competition Director, Central – mdaley@specialolympicspa.org, ext 251
 - ❑ State Floor Hockey Tournament, Summer Games, Central Bowling, Spring and Fall Sectionals; SO College
- ❑ **Jennifer Tresp**, Training and Unified Sports Director – jtresp@specialolympicspa.org, ext 245
 - ❑ Training schools, Coach Certifications and Continuing Education, Unified Sports, competition aspect of IUS
- ❑ **Kelsey Foster**, School and Youth Leadership Coordinator - kfoster@specialolympicspa.org, ext 215
 - ❑ Youth Leadership in the schools, State Unified Youth Committee, Unified Champion School grant management

Competition Calendar



SOPA website – www.specialolympicspa.org

- Event Calendar will show you all Sectional, State events, Help Desk hours, Event paperwork deadlines, Competition calls and local program Invitationals (that we have been notified of)
- Under Sports and Competitions -- State and Sectional events, you will find the compiled Important Dates and Deadlines document for 2017 and 2018.

<http://www.specialolympicspa.org/sports-competitions/competitions/state-sectional-events>

Sport Rule change highlights



Bowling

Athlete Uniform: Tops are to be **short sleeved** and **collared**, no athletic-type shorts, socks and bowling shoes are required!

Powerlifting

Equipment: Athlete may opt to use 15kg bar for bench press only. In 2017, SOPA will not offer this at events. We will survey coaches for the need and facilities for the availability of this equipment.

Sports Rules Continued...



Softball

"Safety" or "Double Home Plate" – Will be used at all SOPA competitions, athletes not utilizing properly will be called out.

Swimming

New events: 15m kickboard, 15m assisted swim, 25m assisted swim

Removed event: 10m assisted swim



Delegation Volunteer Fees

- Information shared with local programs in June and reviewed on the June Competition call
- This only effects Delegation Volunteers; defined as anyone above the 4:1 (1:1, coaches above 4:1, etc.)
- The intent is to keep the registration fee for these individuals aligned with the actual costs for food and housing.
- Moving forward these fees will be reviewed and adjusted as necessary every other year, in odd years

Training Numbers/Allocations



Due Dates:

2017 Fall Training Numbers - Due Friday, November 24th

- Review period Dec 11-22, Allocation January 12th

2018 Winter Training Numbers – Due Friday, March 30th

- Review period April 16-27, Allocations May 4th

2018 Summer Training Numbers – Due Friday, June 29th

- Review period July 13-27, Allocations August 3rd

2018 USA and 2019 WORLD GAMES



2018 USA Games: Seattle, July 1 – 6

- 50 Athletes & 16 Coaches
- Final Athletes and Coaches selected at Fall Fest (Powerlifting, Bocce, Unified 7v7 Soccer)
- Training Camp April 6 – 8, Location TBD

2019 World Games: Abu Dhabi, March 14 – 21

- We have NOT been assigned our allocation yet.
- Qualifiers:
 - Fall Fest 2017
 - Interest must be identified on FF paperwork.
 - Possible sports: Volleyball, Bocce, Powerlifting
 - We will select from gold finishers once we know sports that we receive allocations in.
 - Summer Games 2018: Possible Sports – Athletics, Swimming, Bowling, Tennis

INDOOR WINTER GAMES



- Bring together Floor Hockey, Bowling, Speed and Figure Skating for one event
- Early to mid-March, anticipated start 2019
- Bowling Sectionals will move to December/January timeframe beginning in 2018-19 season
- All final locations are located in South Central
- More to come shortly....



BREAKOUT PRESENTATIONS

- Communication
- Resource Materials
- Goal setting and Personal Best

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Communication



How can we be more effective with communication:
getting the right volunteers, the right information

Current forms of communication:

- Emails, Monthly Update, Competition Calls

New ideas:

- Coaches Facebook group
- Coach newsletter

Resource Materials



What types of materials can we produce to benefit you and your coaches?

How can we make your life as a volunteer easier?

Ideas that we will further discuss:

- Monthly Webinar series
- Uploading event resources per sport on the website

Goal Setting and Personal Best tracking



- **WHY?**
 - Gives athletes goals to strive for
 - Ownership and accountability for their performance
- **WHEN?**
 - During practice
 - Track Personal Best at beginning, middle and end of season.
- **HOW?**
 - Measureable vs. non-measurable sports

Goal Setting



Specific

Be detailed. Example: Don't say: I will decrease my time. Say: I will decrease my time by 2 seconds by the end of the season.

Measurable

You need to be able to measure your progress. Is your time decreasing? Are your skills scores improving?

Attainable

You want to set realistic goals. Set goals that with effort you can achieve.

Relevant

Your goal needs to be something that is important to YOU. Don't create your goal to please someone else. You will be more motivated to achieve something that is important to YOU.

Timely

By having a targeted end date it creates a sense of urgency and keeps you focused.

**What should you do if you set a goal and you don't achieve it?
Re-evaluate the goal. Is it realistic? Adjust if necessary.
Try again....Don't give up!**