

# Training

The Better the Coach...  
The better the Athlete

***Special Olympics***  
*Pennsylvania*



# Training Coordinators Agenda



1. Training Coordinator News Email
2. Coaches Sport Certification
3. Declaring Coaches Skill Training Needs
4. Training Numbers
5. Attendance Sheet
6. Coaches Training and Progression Plan
7. Volunteer Position Requirements
8. 2<sup>nd</sup> Email
9. Athletes As Coaches

# Email News Letter



## All Things...



### Includes:

- Training Opportunities/Schools
- Conference Calls
- Training Numbers
- Reminders
- Sports Camp
- Updates

# Coaches Sport Certification



## ➤ Skill Training

- No Experience in the Sport
- Needs to learn the Basics

## ➤ Experienced Coach (Track 2)

- Played the Sport
- Coached the Sport
- Officiated the Sport
- Certified in another Organization

# How to Declare Your Programs Needs Coaches Skills Training?



<u>SPORTS SEASON</u>	<u>WHEN TRAINING SCHOOLS ARE OFFERED</u>	<u>Sports Offered</u>
<b>WINTER SPORTS &amp; BOWLING</b> Click Here: <a href="https://goo.gl/forms/DcinszXo9tfvRrjI2">https://goo.gl/forms/DcinszXo9tfvRrjI2</a>	Late November - January <b>Due By August 31, 2017</b>	Alpine Skiing, Cross Country Skiing, Speed Skating, Snowshoeing, Figure Skating, Floor Hockey & Bowling
<b>SUMMER SPORTS</b> Click Here: <a href="https://goo.gl/forms/CyHEvRVsa8foKWE53">https://goo.gl/forms/CyHEvRVsa8foKWE53</a>	Late March - April <b>Due by December 1, 2017</b>	Athletics, Swimming, Basketball, Golf, Softball, Gymnastics, Equestrian, Tennis
<b>FALL SPORTS</b> Click Here: <a href="https://goo.gl/forms/z0XnGNakQsbW0I1m2">https://goo.gl/forms/z0XnGNakQsbW0I1m2</a>	August-September <b>Due By June 30, 2017</b>	Soccer, Volleyball, Powerlifting, Bocce, Roller Skating, LDR/W

# Training Numbers



## Training Numbers and Due Dates

Submit Training Numbers

to: [jtresp@specialolympicspa.org](mailto:jtresp@specialolympicspa.org)

## 2017 Due Dates:

2017 Fall Training Numbers - Due Friday, November  
24<sup>th</sup>

# Training Numbers



Fall Numbers due	November 24, 2017
Entered into Excel by	December 8, 2017
Program Review Period	December 11-22, 2017
2018 Fall Allocations posted	January 12, 2018

**NO TRAINING NUMBERS  
= NO ALLOCATIONS**

# Attendance Sheet



## Training Numbers Made Easy



# Coaches Training and Progression Plan (CTPP)



The journey begins with the basics in the Certified Coach Level. In this level coaches complete three basic trainings, Protective Behaviors, General Orientation, and Concussion Training followed by completing the skills training of their chosen sport.

**BRONZE**

The *Bronze Level* provides the next level of training. This includes the course **Coaching Special Olympics Athletes** and implementing **Fit 5** during athlete training sessions.

**SILVER**

The *Silver Level* will build upon the Bronze level and include the **Principals of Coaching and Coaching Unified Sports®** courses as well as athlete goal setting and year round training.

**GOLD**

The *Gold Level* will build upon the Silver level and the coach will **learn advanced tactics** for their sport of choice and work with their athletes on tracking and achieving their personal best performance goals .

# Volunteer Position Requirements



**CLASS A VOLUNTEERS MUST HAVE PRIOR TO WORKING WITH OUR ATHLETES!**

PB - Protective Behaviors

GO - General Orientation

CCT - Concussion Training

BC - Background Clearances

# Volunteer Position Requirements



## How long are they good For?

**PB - Protective Behaviors** – Renew once every three years

**GO - General Orientation** – Lifetime Certification

**CCT - Concussion Training** – Renew once every three years

**BC - Background Clearances** – Renew once every five years

# 2<sup>nd</sup> Email



[Sportstraining@specialolympicspa.org](mailto:Sportstraining@specialolympicspa.org)

# Athletes as Coaches



Answers to your questions:

1. Yes
2. No
3. Yes, but not the sport coaching
4. No
5. Athlete Leadership Program – Athletes As Coaches  
– Contact Jordan Schubert at  
[jschubert@specialolympicspa.org](mailto:jschubert@specialolympicspa.org)

# Athletes as Coaches Questions



1. Can an athlete attend a training school?
2. Can an athlete compete and train in the same season?
3. Can an Athlete as Coaches be housed with other athletes?
4. Can Athlete as Coaches chaperone other athletes?
5. Is there a special course to help athletes decide to become coaches?

# Questions?



Sometimes the  
questions are  
complicated  
and the  
answers are  
simple.

