

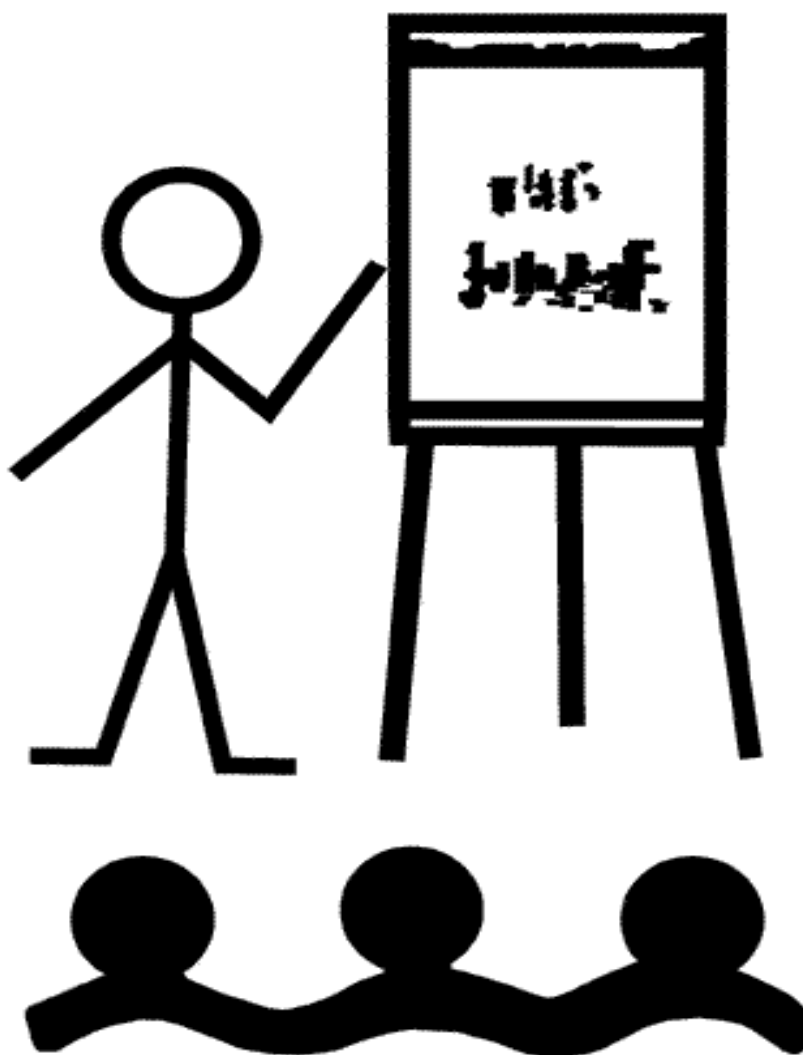


Special Olympics

Wyoming

Be a fan™

training



A. Proposed Training Calendar

Training

January	February	March	April	May	June
		Summer Sports Coaches Training			
Winter Sports Training		Summer Sports Training		Golf Tournament Training Softball Training	

July	August	September	October	November	December
Fall Sports Coaches Training					Winter Sports Coaches Training
GT Training	Fall Sports Training			Winter Sports Training	

Coaches Training will be scheduled 10 to 12 weeks as feasible before each State Competition to allow for coaches to receive training and refresher courses in preparation for the season.

Information will be distributed through the Program Update, e-mails to Local Program Coordinators and on the Special Olympics Wyoming Website at www.specialolympicswy.org.

The Better the Coach ...

The Better the Experiences ...

The Better the Athlete

B. Coaches Certification

Vision: Every Special Olympics Wyoming athlete will be coached and trained by a Special Olympics Certified Coach.

Special Olympics Wyoming is in the process of implementing a Comprehensive Coach Certification plan that will go into effect starting in 2011. Once the plan is completed it will be distributed to all programs and will be outlined and reviewed during coaches meetings, coaches trainings and in 2010 Program Updates.

Special Olympics Wyoming will establish a reporting system to meet our goal of coach certification. Under Special Olympics (SOI) general rules a certification is currently good for three (3) years. Below are the steps that will be taken to meet our vision:

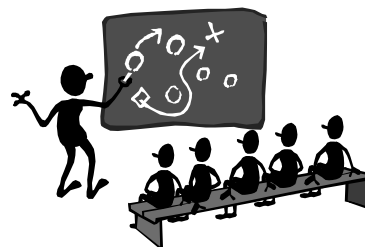
- 1) System implemented of follow up to coaches with expired certification or no certification.
- 2) Notify programs attending events their status with certified coaches

Training Calendar

The 2010 Training Calendar has been included in this manual to inform all programs of upcoming training sessions being offered by Special Olympics Wyoming. We strongly encourage all programs to plan ahead and begin the process of getting coaches certified in each sport they offer.

Coaches Training Session

Special Olympics Wyoming will continue to focus on providing quality trainings. We are committed to providing our coaches with meaningful and informative training sessions that ultimately our athletes can benefit from. Well trained volunteer coaches will assure our athletes are prepared for competition.



Any coach with questions about certification or looking for more information about training please contact Shane Kiesner, Director of Competition and Training at the Special Olympics Wyoming office at (307) 235-3062 or skiesner@specialolympicswy.org.

C. Training Opportunities

Be sure to look on-line!
www.specialolympicswy.org
www.specialolympics.org

The following is a list of trainings that Special Olympics Wyoming offers on a state wide and Area basis. Any of these training sessions may be requested by an Area or local program for a minimum of 5 people.

Areas or local teams looking to offer one of the following trainings can do so by contacting Shane Kiesner at Special Olympics Wyoming (307) 235-3062 or skiesner@specialolympicswy.org.

Introduction to Special Olympics (General Session): (60 minutes)

This session is the “nuts and bolts” of our organization. It includes a look at the history and set up of Special Olympics Wyoming, our constituency, the sports and training side of Special Olympics Wyoming, benefits of the organization, and the direction we are going.



Go to: www.specialolympicswy.org

- ▶ Events
 - ▶ Competition and Training
 - ▶ Training
 - ▶ General Session

Target: All Volunteers

Protective Behaviors: (20 minutes)

Every coach, family member and Unified Sports partner must complete the protective behaviors training online. This 20 minute session will provide information for all of us to assure a safe environment for our athletes.



Go to: www.specialolympicswy.org

- ▶ Events
 - ▶ Competition and Training
 - ▶ Training
 - ▶ Protective Behaviors

Target: All Stakeholders working directly with athletes

Sports Specific: (6 hours)

Special Olympics Wyoming currently provides the opportunity for all coaches to become certified in the sports that they coach. These sport specific trainings are offered once a year at one of three seasonal training schools. The training schools include in each: sport sample practice and training schedules, drills and sport specific information, progressions, Special Olympics Wyoming event information and other information valuable to any coach. These courses are hands on as coaches participate in the actual playing of the specific training.

At the completion of this course and a 10-hour practicum of working with athletes, coaches can become certified through Special Olympics North America in their respective sport.

Target: Any Coach

Unified Sports® Coaches Training (3 hours)

Unified Sports is a program that combines approximately equal numbers of Special Olympics athletes with athletes without intellectual disabilities (partners) on sports teams for training and competition. Age and ability matching of athletes and partners is specifically defined on a sport by sport basis.

Target: Any Unified Sports Coach

Principles of Coaching: (6 hours)

This course covers the general principles of coaching athletes with intellectual disabilities. Included are Understanding Philosophy, Using Sport Management Teams, Coaching Sport Skills, Physical Preparation, and Sport Safety.

Every volunteer, family member and professional who works with or coaches Special Olympics Athletes can benefit from this course and is encouraged to complete this course.

Target: Coach/Team Leaders

Coaching Special Olympics Athletes: (6 hours)

This course focuses on overcoming obstacles and disabilities facing a Special Olympics athlete when learning new sport skills and rules. This course also discusses developing practice and training plans, successful competition day strategies, and the necessary skills a coach should develop to make themselves and their athletes successful. As part of the coaches' education continuum, this course is recommended for those with a particular sports background or those folks who have completed a sports specific training.

Target: Sports Specific Coaches seeking information on athletes with intellectual disabilities

Games Management Training: (8 hours)

This course is for the volunteer who is involved in organizing and managing events or interested in becoming more involved in the management and planning of events. Topics include event structure, timelines, budgeting, keys to volunteer recruitment and training, and effective venue development. This course is valuable to anyone who is interested in event management. While focused on the organization of Special Olympics related events the principles involved apply to any event. This course also includes a 10 hour practicum as a member of a Games Organizing Committee prior to certification.

Target: Volunteers involved with management of events

Local Program Orientation: (1 – 1 ½ hour each)

We strongly encourage local program to conduct their own orientation with new coaches, Volunteers and family member. The following is a suggested agenda. Please contact Special Olympics Wyoming for additional information and materials.

- Introductions 5 minutes
- SO Mission & Philosophy 5 minutes
- Your Coaching Philosophy 10 minutes
- Program Specifics 15 minutes
 - Practice Schedule
 - Competition Schedule
 - Communication
- Coaches Responsibilities 20 minutes
 - Code of Conduct
 - Protective behaviors
- Question and Answer 15 minutes

D. Metric Conversions

All entries must be submitted using metric measurements.

Any competition should record all scores in metric distances

We recognize that many facilities in the state do not use metrics so conversions are needed.

A meter = 39.37 inches

There are two conversion charts you may use to convert your measurement into metrics. We recommend that your program purchase a fifty meter tape which typically will have meters on one side and feet/inches on the reverse side.

Swimming

$$\frac{\text{Time in seconds}}{\text{For yard race}} \quad .9144 \quad \frac{\text{Length of race}}{\text{X in meters}} \quad = \quad \frac{\text{Time in}}{\text{Seconds for}} \quad \text{meter race}$$

Example: Participant swims 25 yard freestyle in 26 seconds:

$$\frac{26 \text{ seconds}}{.9144} \quad \text{X} \quad \frac{25 \text{ meters}}{25 \text{ yards}} \quad = \quad 28.43 \text{ seconds for 25 meter freestyle}$$

Athletics

$$\frac{\text{Distance in feet}}{3.28} \quad = \quad \text{Distance in Meters}$$

Example: Participant jumps 9 feet in running long jump

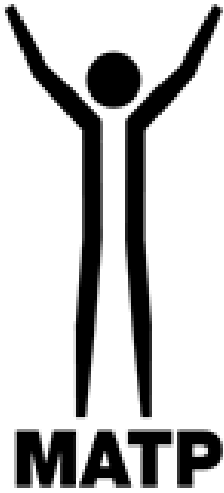
$$\frac{9 \text{ ft}}{3.28} \quad = \quad 2.74 \text{ Meters}$$

Converting inches to percentages:

Inches	1	2	3	4	5	6	7	8	9	10	11
Percentage	.08	.17	.25	.33	.42	.5	.58	.67	.77	.83	.92

All entries and competition should be measured in metrics for consistency

E. Motor Activities Training Program (MATP)



Motor Activities Training Program (MATP) provides comprehensive motor activity and recreation training for people with the greatest physical needs.

MATP is part of the commitment by Special Olympics Wyoming to offer sports training and competition to Special Olympics athletes of all abilities.

The goal of MATP is not necessarily to prepare athletes with the greatest physical needs to participate in sports. However, MATP participants may gain the skills required to compete in more traditional Special Olympics events.

MATP is a non-competitive program that provides motor and sports training activities to Special Olympics Athletes with greatest physical needs. In MATP, athletes are encouraged to strive for their "personal best" in a series of activities without comparison to others.

Events focus on:

- ♿ Mobility
- ♿ Dexterity
- ♿ Striking (a ball)
- ♿ Kicking (a ball)
- ♿ Manual wheelchair
- ♿ Electric wheelchair

Challenge Medals will be provided to any Area or Local Program interested in offering a Challenge Day Event



Do you have athletes that could benefit from an MATP Challenge Day?

Call Special Olympics Wyoming and get resources and ideas and conduct one in your community this year!

F. Sample Practice Schedule

Sample practice schedules are available through each of the Special Olympics Coaching Guides. The Special Olympics Website at <http://www.specialolympics.org/sports.aspx> provides a number of resources to volunteer coaches including Coaching guides, sports rules, and other materials to assist in training your athletes.

When designing your practice schedule consider the goals of your athletes, the athlete’s individual progress, and gradually working towards the goals of both the coach and athlete.

As outlined on the sample training plan below, it is important to provide athletes with training experiences that mimic competition in their sport. In order to be successful during any competition they must be familiar with the event in which they are participating and how that event will be conducted at competition. Area or State Games should not be the first time an athlete completes their event.

Drills and skill building exercises are important aspects of a successful training program and provide building blocks for the athlete to be successful in their events. Competition experiences can include scrimmages for team sports and “mock” or local competition days for individual sports. Competition experiences during training should be run as close as possible to the way Area of State Games competitions are run, so the athletes isn’t surprised by what takes place at those competitions.

Be sure to include athletes in the process of selecting events for competition and training. Consider what they can be successful at and what is going to challenge them. Setting your athletes up for success and challenging them at the same time are the most important factors when selecting specific events.

Your practice schedule should be based on a minimum of an eight-week training program and should start with basics, progressing towards being more event specific.

Remember training should be fun!

Practice Session Plan		
Sport:		Date:
# of Athletes:		# of Coaches
Safety Check: <input type="checkbox"/> Equipment <input type="checkbox"/> Playing Surface <input type="checkbox"/> Layout <input type="checkbox"/> Supervision		
Time	Session	Drills/Activities and Layout
	Warm-up & Stretching	
	Skills Instruction	
	Competition Experience	
	Cool-Down, Stretch & Reward	

G. Recommended Training Schedules

These guidelines present recommended length of training which should include competitive experiences including local and area competition leading up to State level events. Additional opportunities for general strength and fitness are always encouraged.

Sport	Weeks	Hours
<u>Winter</u>		
Alpine	8	12
Cross Country Skiing	8	12
Snow Boarding	8	12
Snow Shoe	8	12
<i>Strengthening and conditioning are excellent training opportunities for athletes and coaches when conditions prevent from actual training on snow.</i>		
<u>Summer</u>		
Aquatics	8	12
Athletics	8-10	16
Basketball Team	10-12	20
Basketball Skills	8	12
Gymnastics	10-12	20
Power Lifting	8-10	16
MATP	8	8
Golf	8	4-6 Games
Softball	10-12	20
<u>Fall</u>		
Bowling	8	10-15 Games
Cycling	8-10	16
Equestrian	10	20
Soccer	10-12	20