

# Alpine Skiing & Snowboarding

Winter 2022/2023  
Pre-season Webinar

**Special Olympics**  
Pennsylvania



# Today's Agenda



- Welcome
- Reminders
- Alpine Skiing
- Snowboarding
- Athlete Performance Training
- Training
- Winter Competitions
- Questions



# Reminders

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# Qualifying Sports



## Qualifying Sports

### Winter

- **Bowling**
  - Sectional events qualifier for Indoor Winter Games

## Allocations

- [Allocation Process](#)
- Allocations for Fall are posted here  
[State & Sectional Events](#)

# Athlete & Volunteer Eligibility Requirements



**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.

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

- **Local Programs + Regions**
  - 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.

# Athlete Training Requirement



- Coaches should begin training at least 10 weeks prior to the state culminating event.
  - Winter Games: 10 weeks is Dec. 6
- Athletes must be trained according to the minimum standards acceptable, for at least eight (8) weeks in the appropriate sport, and must have several opportunities to compete during that period.



# Volunteer Q & A

What is the minimum age for a Head Coach? **18**

What is the minimum age for an Assistant Coach at training? **14**

What is the minimum age for Assistant Coaches to attend events?

- **1 day events - 16**
- **Overnight events - 18**

What is the youngest age of a Unified Partner? **8**

What age do you need a Young Athlete Chaperone for? **Overnight events for 8 & 9 year olds**

**For a summary of Class A and Class B volunteer requirements, please [follow this link](#).**

# Alpine Skiing & Snowboarding

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# Sport Director



## Alpine

- Mike Suman
- Aaron Yothers

## Snowboarding

- Ashley Amato
- Laura Waite





# Sports Offered Page

- [Sports Offered](#) page on SOPA website
- One place to find all SOPA sport specific resources
- Will also link you to SOI sport resources

## Alpine Skiing

Alpine skiing was first introduced as an Official Special Olympics Sport in 1977 at the Special Olympics World Winter Games in Steamboat Springs, Colorado. The training season is usually from December to February.



- [Alpine Skiing Resources](#) – rules, coaching guides, fact sheets, etc.
- [Skiing Exercises for Special Olympics Skiers – Dry Land Training](#)
- [Helmet Safety Fact Sheets \(CDC\)](#)

Questions? Email Mike Suman, Alpine Sport Director  
- [alpine@specialolympicspa.org](mailto:alpine@specialolympicspa.org)

## Snowboarding

Snowboarding is a sport that involves descending a slope that is covered with snow on a snowboard that is attached to a rider's feet using a special boot set onto mounted binding. Snowboarding was first introduced to the Olympic Games in 1998 at Nagano, Japan and became an official Special Olympics Sport in 2001. The training season is usually from December to February.



- [Snowboarding Resources](#)
- [Helmet Safety Fact Sheets \(CDC\)](#)

Questions? Email Ashley Amato & Laura Waite, Snowboarding Co-Sport Director - [Snowboarding@specialolympicspa.org](mailto:Snowboarding@specialolympicspa.org)

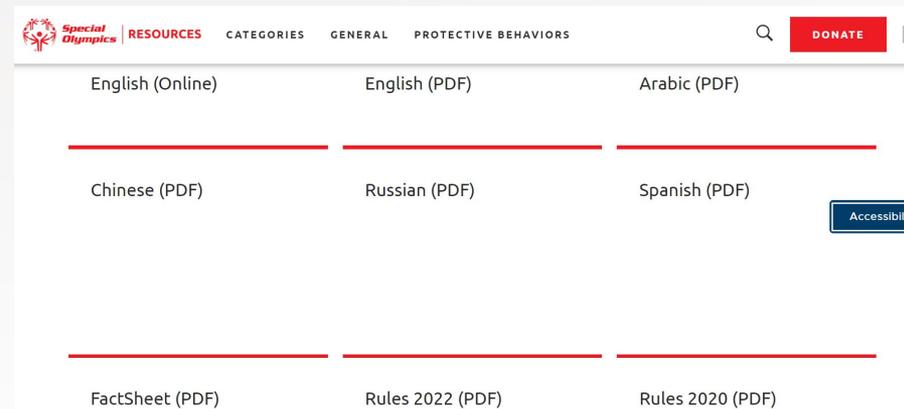
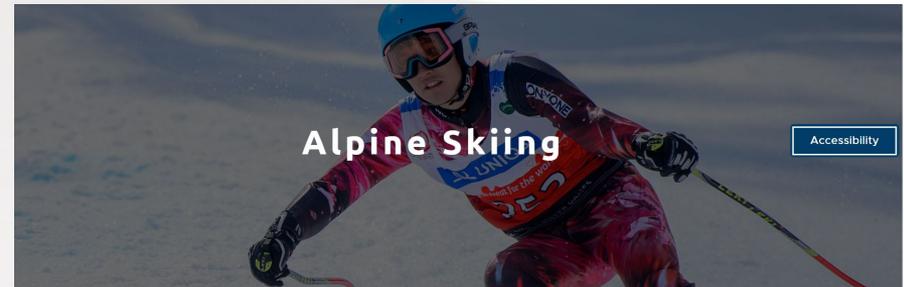
# SOI Sports Rules/Resources



Links to all the sport pages

[SOI Sports and Coaching](#)

- Coaches Guide
- Fact Sheets
- Rules (2022)
- Rule Changes (2022)





# Rule Book - No New Rules



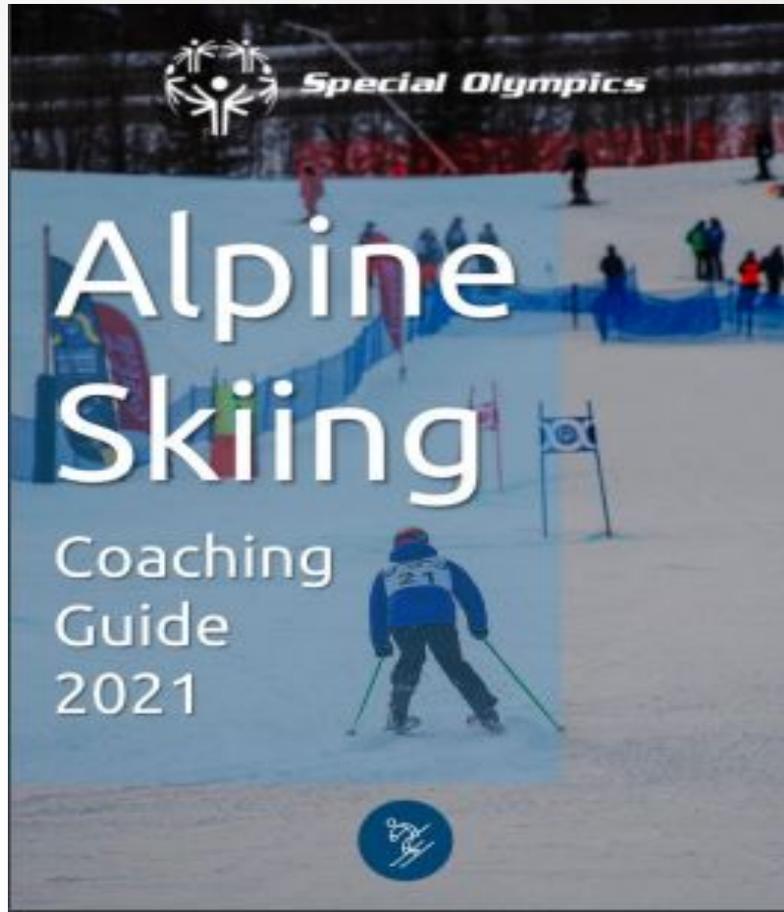
**Alpine Skiing**  
Sport Rules



**Snowboarding**  
Sport Rules



# New Coaches Guides



# New Coaches Guides Includes



Appropriate Attire

Teaching Skiing and Snowboarding

Modifications for the sport

Fitness

Sports Psychology

Role of the Coach

Teaching the rules

Glossary of terms

# Attire



Socks, Helmet, Goggles, Insulated Gators for Neck, Waterproof Gloves

Snowboarding: snowboarding boots - Lace Up or Button Wire System, snowboard

Alpine skiing: ski boots, ski poles, and skiis

## Clothing Layers

- **Inside Layer - Wicking Layer**
  - Long Underwear ( Synthetic material / quick dry material to reduce wet clothes from sweat)
- **Middle Layer - Insulating Layer**
  - Wool, Fleece or Sweatshirt Material
- **Outer Layer - Blocking Layer**
  - Insulated Pants or Insulated Overall Pants



# Helmet Requirement

**HELMET REQUIREMENT:** All competitors and forerunners must wear a crash helmet for official training as well as for the race that meets the FIS Equipment Specifications. Soft ear protection is only permitted for helmets used in Slalom. All helmets must carry an approved tag. Competitors without an approved tag will not be allowed to start. (FIS rule 707)

# Accessories for both



- Rain Gear
- Sunscreen
- Ski Mask/Neck Warmer

# 5 Essentials of Ski-Specific Exercising



## #1 Flexibility:

- Your range of motion or mobility is of prime importance.
- Static stretching to maintain muscle elasticity, which decreases with age, is vital for skiing

# 5 Essentials of Ski-Specific Exercising



## #2 Cardiovascular Endurance:

- Aerobic capacity is very important for stamina and endurance to ski all day long.
- **Cardio Endurance activities:**
  - Lap swimming, Brisk walking, Jogging, Rowing machine, Treadmill, Cross-country skiing, Cycling & Inline skating
  - Perform Cardio activities every other day.

# 5 Essentials of Ski-Specific Exercising



## #3 Strength and Endurance:

- Muscular strength improves one's ability to relax, yet still maintain control, and handle the quick adjustments needed in skiing.
- Lower body muscle groups to target:
  - Quadriceps, hamstrings, hips, calves, and ankles

# 5 Essentials of Ski-Specific Exercising



## #4 Stability and Balance:

- Good balance helps keep your form encountering changing terrain and snow conditions; resulting in better skiing and fewer spills.
- To enhance stability and balance, target the core muscle groups:
  - Abdominals, hip flexors, glutes, and lower back

# 5 Essentials of Ski-Specific Exercising



## #5 Power and Quickness:

- To improve your reflexes and foot-to-foot quickness, you need dynamic, ski-specific drills that simulate movements you do on the hill.
- Plyometric exercise drills:
  - Squats, lateral jumps, and sprints

# Athlete Performance Training

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# Athlete Performance Training

Coaches Introduction

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## 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.
- Health metrics of athletes are collected and 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 completing a modified Coopers Test at the start and end of training and recording results.





## 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 **Commit to Fit**

## 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.



# Training

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# Weekly Training Plans



## Elements of a Training Plan

1. Arrival
2. Warm-up
3. Skills
4. Competition situations
5. Cool Downs
6. Athlete Performance Training (APT)
7. Water Breaks



# Arrival & Warm-Up

## Arrival

- Coach - Greets the athlete and starts them on their warm-up

## Warm-up - 10 - 15 minutes

- 2 laps around the rink/field/court/parking lot - walk, speed walk, jog
- Exercises that get the heart pumping
  - Jog in place, Jumping Jacks, High Knees circles, Hip Circles
- Warm- up each part of the body



# Skills & Competition Situations



**Skills** - practice the basics of the sport

**Competition Situations** - Fun activity that includes the skills of the game or fitness components

# Cool Downs



## Cool Downs - 10-15 Minutes

- 2 laps around the rink/ field/court/parking lot - walk, speed walk, jog
- Exercises that slow the heart down, stretches
  - Reach for the sky, lean to the left, right etc.
- Cool Down each part of the body

## At this time remind athletes

- Next Practice or information on upcoming event
- Stretch before bed - Every night (use cool down stretches to build flexibility and prevent injury)
- Bring your own water bottle

# APT & Water Breaks



## Athlete Performance Training

- APT can be completed with warm-ups & cooldowns
- Remind athletes 5 bottles of water and 5 fruit and vegetables a day.
- Cooper Test - Complete the 2nd week of training and the 8th week of training.
- At Home Fitness Training - should be done the days you are not at practice.

## Water Breaks

- Every 20 minutes take a break and drink up!



# Coaches Skill Trainings



## **Snowshoeing Training Virtual on Sat. December 3rd Cross Country Skiing by Request!**

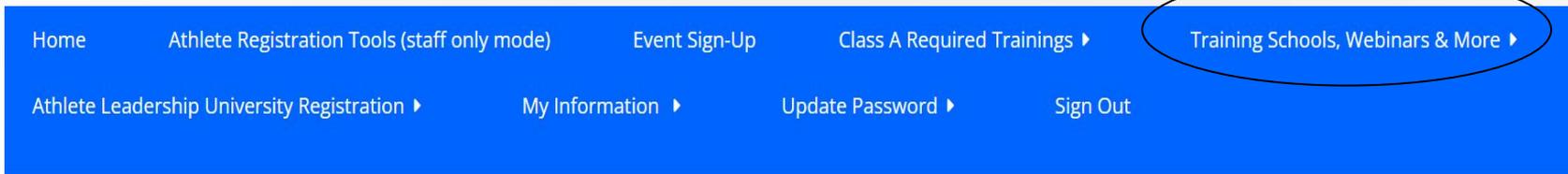
Please let your Regional Sport Director know if you have coaches in need of a training:

- Region 1 Northwest - Deanna Renauld/James Binz
- Region 2 The Wilds - Kristen Leniq
- Region 3 & 8 - Michelle Baranowski
- Region 4 Northeast - Heather Schreiner
- Region 5 GLVPR - Jason Merola
- Region 6 Gina Reid
- Region 7 The Capitol - Shannon Pechart
- Region 9 Three Rivers - Jessie Merckle

Check the [Training Page](#) on the SOPA Website for more details.



## Training Schools, Webinars & More



**Welcome, Jennifer!** Thank you for signing into Special Olympics Pennsylvania's Online Portal.

**Team/Local Program:** Special Olympics Pennsylvania

**Registration Details:** Staff Class A adult

# Training Schools Webinars & More



Click on **SEARCH** - Then **SCROLL DOWN** to see training schools

If you are interested in a Sports Certification training that is not listed as a search option, please submit the "Sports Skills Training Interest (Track 1)" form located under the tab "Training Schools, Webinars & More."

## Find Trainings

Start date  End date  Subject  Invitation code

Search:

↑ Description	Location	Start	More info
Coaching Special Olympics Athletes - August 20-21, 2022	Online Trainings	08/20/2022 08:00AM	<input type="button" value="Sign up"/>

# Entering Training School Hours



<https://specialolympicspa.org/training-schools>

- **Practicum Hours** – After completing your in-person training you will need to participate in 10 hours of practicum (working with the athletes).
- Directions on submitting your 10 hours of practicum:
  - Sport Training Application: [How to Enter Your Practicum Hours](#)
  - [Entering your Hours PowerPoint Presentation](#)

# Winter Competitions

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# Winter Games

February 14 - 16

Seven Springs Resort

Important Dates:

- Event info shared Dec. 16
- LOI due Jan. 5
- Final Allocations shared Jan. 6
- VSys rosters due Jan. 9
- Registration sheets shared Jan. 10
- Registration due Jan. 19
- Scratch, activation, score updates due Feb. 9

# USA/World Games



- 2022/23 season is not a qualifying year for USA or World Games
- Stay Tuned!



# Local Program Invitational

## Are you having an Invitational?

Please Contact Mike Ermer @  
[mermer@specialolympicspa.org](mailto:mermer@specialolympicspa.org)

with the following information

- Date -
- Time -
- Location -
- Sports Offered -
- Contact -

# Questions?

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