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**LDR/W
Pre-Season Webinar**

July 15, 2024

Today's Agenda

- LDR/W
- Pre-Season Reminders
- Tracker
- Athlete Performance Training
- Fall Season Competitions
- New Portal
- Questions

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LDR/W



Sport Management Team

Technical Director LDR/W: Scott Otterbein

Email: scottotterbein@gmail.com

SOPA Lead: Jessie Merckle

Email: jmerckle@specialolympicspa.org

Open Positions:

The Wilds (Region 2) - athlete

Susquehanna Valley (Region 3) - athlete

Northeast Region (Region 4) - athlete & volunteer

GLVPR (Region 5) - athlete & volunteer

Ridge & Valley Region - athlete & volunteer

SOPA Website - Sports Offered Page

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

Long Distance Running/Walking

LDR and LDW Training Season is usually year-round with a culminating event at Fall Festival in November at Villanova University.



2023 LDR/W Preseason Coaches Meeting

Tuesday, July 18, 2023 @ 7:00 PM

Register in advance for this meeting: [LDR/W Preseason Coaches Meeting](#)

Coaching Resources

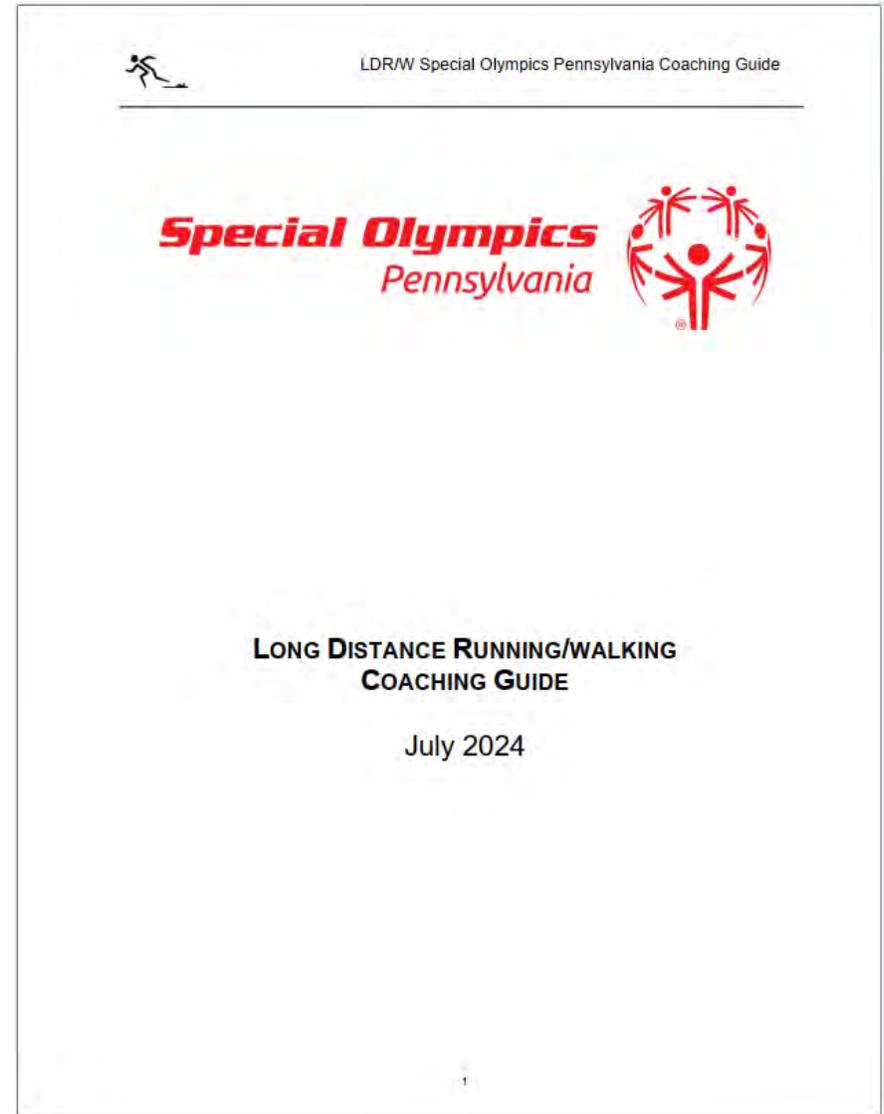
- [Athletics Resources](#) – rules, coaching guides, fact sheets, etc.
- [Long Distance Running - Race Walking Guide 2021](#)

Sport Director: Scott Otterbein

Sport Rules and Coaching Guide

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

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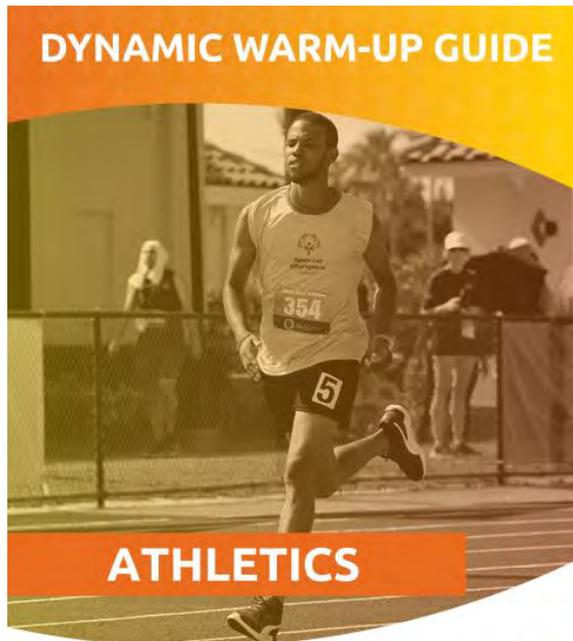


Warm-ups and Cool Downs

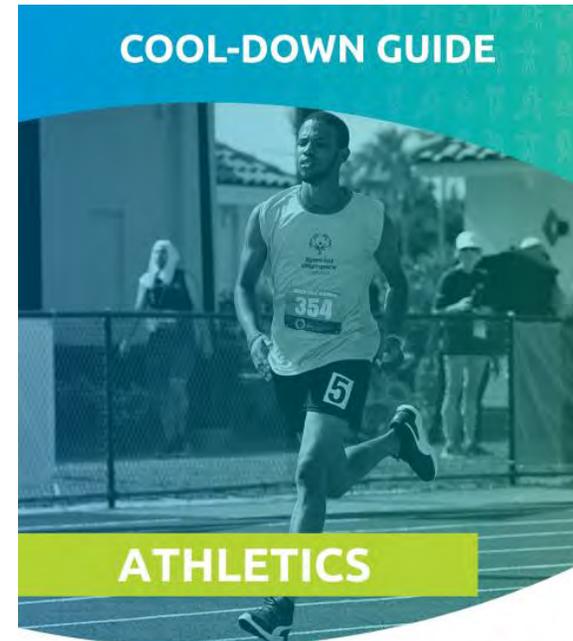
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LDR/W Warm-Up Guide



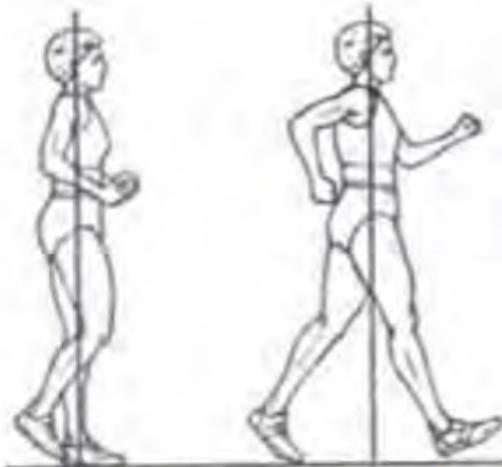
LDR/W Cool Down Guide





Race Walking Form

- Correct form - upright

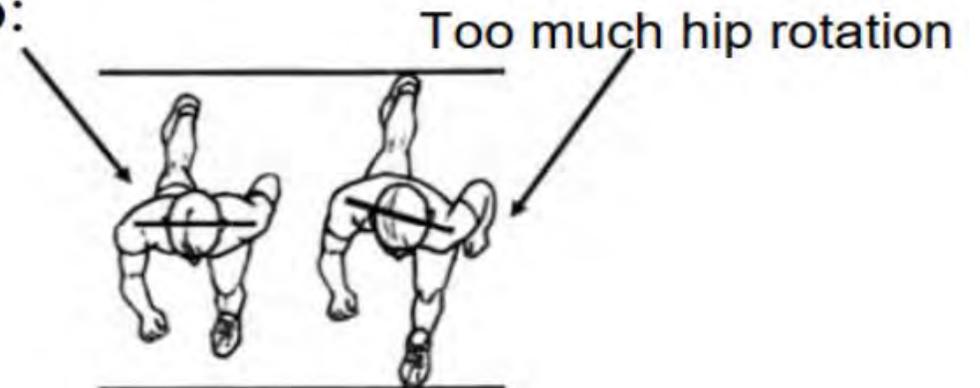


- Incorrect form - leaning forward or backward



- And do not twist across the torso:

One foot on the ground **at all times!**
Heel to toe, heel to toe



Long Distance Running

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Reminders:

- This is not a sprint!
- Take shorter strides
 - Prevents pain
 - Prevents Injury
- Arms swing front to back, not sided to side
- Keep shoulders & upper body aligned over the hips

Events Offered

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- 1500 meters (.94 miles) - Walk, Run & Unified Walk, Run
- 3000 meters (1.8 miles) - Walk, Run & Unified Walk, Run
- 5000 meters (3.1 miles) - Walk, Run & Unified Walk, Run
- 10,000 meters (6.2 miles) Run Only

Events

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- Athletes and Unified Partners must elect to run in all their events or walk in all their events.

Event Participation:

- Sectionals – 3 events
- States – 3 Events + the 10,000 meters.

Unified Events

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- The two-member Unified team runs (walks) with all other individual and Unified teams in that event.
- The entry time is the total of the Athlete and Unified Partner times.
- During the race athlete/partner run (walk) separately and as fast as they can.
- They do not stay side by side.
- Their finish times are totaled and compared against the total times of other Unified teams in their division to determine the place award.

Attire

- ✓ Sneakers – good soles and padding. Good fit!
- ✓ Socks – No holes in the heel
- ✓ Shorts, track suit, or running tights - Should be well fitted
- ✓ T-shirt/sleeveless shirt - Should be clean, covers the entire torso and comfortable.

[SOPA Brand and Uniform Guidelines](#)





Honest Effort Rule (HER)

If a participant competes 25% faster than their entry score the athlete will receive a participation ribbon.

Remember to :

- ✓ Accurately time your athletes
- ✓ Check the distance of the course your participants are using to ensure it is the correct distance
- ✓ Use a competition like setting when gating entry times

Safety

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Along with Air Quality checks make sure you check the following:

- ✓ Know the address of the location you are training
- ✓ Remind athletes to have water bottles with them and have water coolers available for refills
- ✓ Walk the venue prior to practice to ensure there is no glass or trash on the paths
- ✓ Sunscreen, sunglasses and hats!
- ✓ Predetermined safety zone! Where is it, make sure everyone is aware



Thunder & Lightning

Every time you see lightening or hear thunder:

Stop practice and seek shelter for 30 minutes.

Remember this is every time you see lightening or hear thunder





Practice

Practice running on different surfaces:

Grass

Dirt trail

Concrete

Asphalt

All Weather Track

Add hills

This way your athletes will be prepared for whatever surface the venue has.

LDR/W Virtual Training Schools

- Coaches looking to get certified MUST pre-register for one of these webinars on their portal account
- These virtual training schools are conducted via Zoom webinar by Scott Otterbein
- Saturday, August 3; 9:00 to 11:30AM
- Monday, August 19; 6:30 to 8:30PM

Keyword:

Show only roles I'm qualified for (Roles you have completed the required courses and paperwork)
[Learn how to apply for more roles](#)

Sort By:

	Type of Role:	Role:	Date:	Spots:
<input type="checkbox"/>	LDRW Virtual Training: 9:00 AM EDT - 11:00 AM EDT	General Volunteer	08/03	0 / 30
<input type="checkbox"/>	LDRW Virtual Training: 6:30 PM EDT - 8:30 PM EDT	General Volunteer	08/19	0 / 30
<input type="checkbox"/>	Bocce Skills Virtual Training: 12:00 PM EDT - 3:00 PM EDT	General Volunteer	08/03	0 / 30
<input type="checkbox"/>	Bocce Skills Virtual Training: 6:00 PM EDT - 9:00 PM EDT	General Volunteer	08/20	0 / 30
<input type="checkbox"/>	Bocce Officials Virtual Training: 6:00 PM EDT - 8:00 PM EDT	General Volunteer	08/25	0 / 0

PRE-SEASON REMINDERS



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Season at a Glance



	FALL	WINTER	SPRING
Training Site Registration (see link below)	April 1 - May 1	September 1 - October 1	November 1 - December 1
Athlete, Unified Partner, Volunteer Signup	May 15 - July 15	October 15 - November 15	December 15 - March 1
Season Length	August 9 - November 3	December 1 - March 2	March 14 - June 7
Eligibility Deadline	August 23	December 13	March 28
Sports Offered	Bocce, Bowling, Flag Football, Long Distance Running/Walking, Powerlifting, Soccer, Volleyball	Alpine Skiing, Bowling, Figure Skating, Floor Hockey, Snowboard, Snowshoe, Speed Skating	Athletics (Track & Field), Basketball, Equestrian, Golf, Gymnastics, Softball, Swimming, Tennis

- **Sign-ups Athletes and Volunteers - July 15th**
- After this deadline anyone interested in signing-up must contact the Regional Sport Director.
 - Season officially begins August 9th
 - Seasonal Eligibility/Age Group Exemption deadline – August 23

Sports Season Prep

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Important Fall Dates:

- **Fall Season Calendar:** [Central](#), [East](#), [West](#)
 - Since due dates are different for each Sectional, there is one calendar per section of the state.
 - Found on SOPA website under sports then competition
- **Eligibility Deadline: August 23**
- **Season Dates:** August – November

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

- Athlete Medical / 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.

Qualifiers

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- **All Fall sport athletes MUST** attend their respective Sectional event to be considered for Fall Fest.
- Games Advancement slots per Sectional will be dependent on total number of slots at Fall Fest and % of interest in advancing from each Sectional. These will be shared on September 20th

FALL

- Bocce
- LDR/W
- Flag Football: Team & skills
- Powerlifting
- Soccer: 5v5, 7v7, skills
- Volleyball: Team & skills

Allocations

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- Fall Initial allocations will be shared in weekly email next week
- Fall Allocations can be found: [SOPA State Games Paperwork Webpage](#)
- Please remember that the Coaches can request additional allocations via the LOI column on their tracker.

Be Prepared for the Season!

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- Get everyone eligible.
- Understand and be aware of Air Quality and Heat Risk.
- Keep a pulse on illness/disease outbreaks within your community – remind athletes not to attend training if they are sick and to practice healthy habits and good hygiene.
- Know your facilities Emergency Action Plan and Evacuation route.
- Updated yourself on sport rules and work with assistant coaches on a seasonal plan – identify who will manage each task during practice. Recruit additional assistance if needed.

Athlete as Coach

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- Athletes can participate in sports in more ways than just an athlete.
- Prior to each sports season, SOPA provides seasonal webinars to any current/interested Athletes as Coaches to help them learn what is expected as a coach vs. an athlete and how to go about getting certified.
- In addition to athletes, these webinars are also for coaches, Team Leaders and other volunteers to better understand how they can support current/potential Athletes as Coaches.
- In the event an interested Athlete as Coach does not want to wait for the next webinar, here is the link to the recording of the most recent one: [Athlete as Coach Webinar](#)
- All interested Athletes as Coaches must fill out the Athletes as Coaches [request form](#) with approval from the head coach they would be working with. From there, they will be interviewed by their Regional Sports Director to determine if they are appropriate to attend a training school.
- Please contact Jordan Schubert at jschubert@specialolympicspa.org with any questions about Athletes as Coaches.

Coaching Requirements



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

Example: If you have 26 athletes you would need 2 certified coaches.



TRACKER



1	ROSTER STATUS	ACTIVE ▼	Team Name	Wicked Fast		Training Site	Heebner Park / MCCC		Sport	L
2	Traditional/Unified	Unifie... ▼	Training Site Lead Name	Katie Malcolm & Scott Otter		Email			Cell Phone	
3	Meets 4:1 Ratio	YES	# Athletes	73	# Unified Partners	16	# General Volunteer	7		
4	# Head Coaches	2	# Assistant Coaches	27	# Total Head/Asst Coaches	29	# Certified Coaches	12		

TRACKER COMPLETION INSTRUCTIONS:
 Team Roster, Attendance & Competition Participation

Tracker:
 This tracker is **EXTREMELY IMPORTANT** and the **ONE** place the Head/Assistant Coach/Site Coordinator will enter all **KEY** information for the season for site participant. Event LOI and registration will now be pulled directly from this form.

Populating Your Tracker:
 Participants will automatically populate to your tracker when a SIGN UP form is completed for your site. Athletes and volunteers **MUST** complete the online sign up form. Participant data (Columns A - J) are **locked and cannot be modified**. If you need someone removed from your roster or something is incorrect, you must request a change from the **Regional Sport Director - they will be happy to update the form**.

Athlete / Volunteer Tab:
Columns A-J will populate automatically from the SIGN-UP form
Eligibility: Column I will indicate Eligibility for participation as an athlete, coach or volunteer.

Tracker Updates

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TRACKER- is now the ONE place to manage your team: Attendance, eligibility and event registration.

Every individual that signed-up for your training site via the Sign-Up form will appear on your Tracker.

TABS:

Instruction:

- Explains what is contained on each tab and what needs to be completed by the coach during the season.
- Includes total people count and verifies 1:4 ratio is being met.
- **Athlete/Volunteer:**
 - View Sign-ups, pull contact information, check eligibility
 - Actions to take here - complete LOI, track attendance
- **Sport Specific Roster:**
 - Manage roster, track athlete data throughout the season
 - Actions to take here: assign roles for events, enter sport specific data required for events
- **Rating Form (Team Sports):**
 - We have added a roster to this page, please complete along with jersey number
 - Enter player initials into appropriate box under each evaluation category.

Tracker - Instruction Tab

Training Site Info and Data

ROSTER STATUS	ACTIVE	Team Name		Training Site		Sport	
Traditional/Unified		Training Site Lead Name		Email		Cell Phone	
Meets 4:1 Ratio	#DIV/0!	# Athletes	0	# Unified Partners	0	# General Volunteer	0
# Head Coaches	0	# Assistant Coaches	0	# Total Head/Asst Coaches	0	# Certified Coaches	0

TRACKER COMPLETION INSTRUCTIONS:

Team Roster, Attendance & Competition Participation



Tracker:

This tracker is **EXTREMELY IMPORTANT** and the **ONE** place the Head/Assistant Coach/Site Coordinator will enter all **KEY** information for the season for each team/training site participant. Event LOI and registration will now be pulled directly from this form.

Populating Your Tracker:

Participants will automatically populate to your tracker when a SIGN UP form is completed for your site. Athletes and volunteers **MUST** complete the online sign up form. The participant data (Columns A - J) are **locked and cannot be modified**. If you need someone removed from your roster or something is incorrect, you must reach out to your **Regional Sport Director - they will be happy to update the form**.

Athlete / Volunteer Tab:

Columns A-J will populate automatically from the SIGN-UP form

Eligibility: Column I will indicate Eligibility for participation as an athlete, coach or volunteer.

- * **RED** - indicates that an athlete, assistant/head coach is either missing or has an expired **Required** item(s), these are listed in **Column J** and are **INELIGIBLE** to participate until required missing or expired item(s) are up to date. RAMs will update Eligibility every Monday until the Seasonal Eligibility deadline.
- * **YELLOW** - indicates that the a participants has a Required item(s) that will expiring during the current season. These Required item(s) (listed in Column J) **MUST** be renewed in advance of expiration date in order to remain eligible to participate as an athlete, unified partner, coach or supervise athletes within 1:4
- * **ORANGE** - this person is considered a (Class B) General Volunteer and **CANNOT** supervise athletes within 1:4
- * **GREEN** - This indicates the participant has met all Requirements and is eligible to participate as an athlete, unified partner, assistant coach or head coach.

LOI Data: Columns K, L, M will collect Letter of Intent data for events. If athletes are interested in going to events it should be indicated with an "X" by the deadline listed. After this time people cannot be added.

USA Games Interest: Please mark YES if an athlete is interested in USA Games, any blank cells or "No" cells will not be considered for USA Games drawing.

Form Instructions

Tracker - Athlete/Volunteer Tab

Eligibility, LOI, Attendance

Eligibility - Red
 LOI - Yellow
 USA Games – Green
 Attendance – Blue

A, B, C are frozen
 and will remain as you
 scroll over

A	B	C	D	E	F	G	H	I	J	K
AGE EXEMPTION REQUEST FORM	AGE GROUPING POLICY							ELIGIBILITY: GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4	<i>BR - Background Clearances</i> <i>GO - General Orientation</i> <i>PB - Protective Behavior</i> <i>CO - Concussion Training</i>	This will be used for attend an
PARTICIPANT TYPE	FIRST NAME	LAST NAME	GEN DER	DOB	AGE	EMAIL	PHONE #	RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items	LOI - Interest in Attending Local/Invit Competition
					124					
					124					
					124					

Specific Column instructions can be found in first 2 rows

A	B	C	I	J	K	L	M	N	O	P	Q
AGE EXEMPTION REQUEST FORM	AGE GROUPING POLICY		ELIGIBILITY: GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4	<i>BR - Background Clearances</i> <i>GO - General Orientation</i> <i>PB - Protective Behavior</i> <i>CO - Concussion Training</i>	This will be used for your LOI - if ATHLETE is planning to attend an event mark with an "X"				At end of the season Head Coach will need		
PARTICIPANT TYPE	FIRST NAME	LAST NAME	RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise athletes within 1:4	REQUIRED Missing or Expired Items	LOI - Interest in Attending Local/Invit Competition	LOI - Interest in Attending SECTIONAL Competition DEADLINE: CFS - Aug 23, WFS - Aug 29, EFS - Sept 5	LOI - Interest in Attending FALL FEST DEADLINE: Sept 26	Interested in USA Games 2026 in this sport	Athlete Trained for 8 weeks	8/	8/

RSDs will sort by participant type then alphabetical on a weekly basis through end of August (roster should not change after this time)

Tracker - Athlete/Volunteer Tab (cont)

Eligibility

- The ELIGIBILITY tab on each of your attendance trackers will be updated on a weekly basis from July 19th-Aug 23 by your Regional Team. **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 23rd**
- Athletes and Volunteer CANNOT participate in trainings if they have not met all eligibility requirements - it is YOUR responsibility to track this.

ELIGIBILITY:	
<p>GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4</p>	<p><i>BR - Background Clearances</i> <i>GO - General Orientation</i> <i>PB - Protective Behavior</i> <i>CO - Concussion Training</i></p>
<p>RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J) YELLOW = Expiring Requirements (SEE COLUMN J) These item(s) must be renewed in advance of expiration date in order to remain eligible to participate, coach or supervise athletes within 1:4 ORANGE = General Vol CANNOT supervise athletes within 1:4</p>	<p>REQUIRED Missing or Expired Items</p>
eligible	
not eligible	Missing PB
not eligible	Missing Medical
expiring	BR 10/1/2024, PB 10/5/2024
Eligible BUT CAN NOT supervise athlete	

Tracker - Athlete/Volunteer Tab (cont)

Event LOI

	A	B	C	K	L	M	N
1	<u>AGE EXEMPTION REQUEST FORM</u>	<u>AGE GROUPING POLICY</u>		This will be used for your LOI - if ATHLETE is planning to attend an event mark with an "X"			
2	PARTICIPANT TYPE	FIRST NAME	LAST NAME	LOI - Interest in Attending Local/Invit Competition	LOI - Interest in Attending SECTIONAL Competition DEADLINE: CFS - Aug 23, WFS - Aug 29, EFS - Sept 5	LOI - Interest in Attending FALL FEST DEADLINE: Sept 26	Interested in USA Games 2026 in this sport
3							<input type="checkbox"/>
4							<input type="checkbox"/>
5							<input type="checkbox"/>
6							<input type="checkbox"/>
7							<input type="checkbox"/>

You will mark here with Yes/No if individuals are interested and appropriate to attend USA Games



Here is where you will complete your LOI – indicating with an "X" which athletes and volunteers have interest in attending an event.

Tracker - Athlete/Volunteer Tab (cont)

Attendance

	A	B	C	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB
1	AGE EXEMPTION REQUEST FORM	AGE GROUPING POLICY	At end of the season Head Coach will need to mark which athletes have and have not attended 8 weeks of practice. Attendance tracking is required and MUST be tracked here. Please list practice dates in the boxes below and mark attendance with an "X" in each box														
2	PARTICIPANT TYPE	FIRST NAME	LAST NAME	Athlete Trained for 8 weeks	8/	8/	8/	8/									
3																	
4																	
5																	

At end of the season Head Coach will

Athlete Trained for 8 weeks

8/

8/

YES

NO

Tracking attendance is required BUT tracking attendance week by week in this document is not required; this can be a good tool to keep everything in one place.

At the end of the season the Head Coach must be able to come back into this document and for every athlete/UP indicate if they attended training for the minimum of 8 weeks.

Tracker - SPORT Roster Tab

Event Commitment and Registration

	A	B	C	D	E	F	G	H	I	J	K	L	
1	Instructions: STEP 1: Complete Yellow Box - Event Roster for each event by selecting role for each individual. STEP 2: Complete Blue boxes - Event Registration with event, team name, skill score. Each athlete may only be entered in 1 event.			Tip for DropDown selection cells: You can copy (Ctrl - C) and paste (Ctrl - V) the role in dropdown OR you once you select a role, the cell is outlined in a blue box with a small circle in lower right hand corner, you can click and pull that role down - this would be a quick way to select Athlete role for all athletes. If a person is not going you can highlight that cell with the blue box and then hit delete and it will remove the role.			EVENT ROSTER			EVENT REGISTRATION			
2							DEADLINE			DEADLINE: CFS - Aug 26 WFS - Sept 2 EFS - Sept 9		DEADLINE: September 30	
3	Participant Type: Athlete, Unified Partner, Head Coach, Assistant Coach, General Volunteer	FIRST NAME	LAST NAME	GENDER	DOB	AGE	Attending Local Event - MARK Role	Attending Sectional - MARK Role	Attending Fall Fest - MARK Role	Team Athletes & Coaches Select level	Team Name	Individual Skills Select Level	
4						124							
5						124							
6						124							
7						124							
8						124							

Tracker - SPORT Roster Tab (cont)

Event Registration - Bocce

<p align="center">BOCCE</p> <p align="center">Event: Select Traditional/Unified for each athlete and coach</p> <p align="center">Team Name: Each Team should have a unique name that begins with the County/School (i.e. Berks Smith/Jones)</p> <p align="center">Skills Total Assessment Scores - good players should have low scores 300 or less and lower skilled players 1700+; be sure to measure in CENTIMETERS</p> <p align="center">Please be sure the times are updated in this document by</p> <p align="center">EVENT REGISTRATION DEADLINE:</p> <p align="center">EFS - Sept 19</p> <p align="center">Fall Fest - October 10</p>						
Event	Team Name	30-foot line (total of 3 closest balls)	40-foot spot (total of 3 closest balls)	50-foot line (total of 3 closest balls)	Skill Assessment Score	COACH CERTIFIED IN THIS SPORT?
▼					0	
▼					0	
▼					0	
▼					0	

Event	Team Name
<ul style="list-style-type: none"> Doubles Traditional Doubles Unified Alternate NOT COMPETING 	
▼	
▼	
▼	
▼	

Tracker - SPORT Roster Tab

Event Registration - LDR/W

J4

Event 1 Event 1 Time

5000 Meter Run

10K Meter Run (EFS/FF only)

1500 Meter Walk

3000 Meter Walk

5000 Meter Walk

Unified 1500 Run

Unified 3000 Run

Unified 5000 Run

Unified 10K Run

Unified 1500 Walk

Unified 3000 Walk

J	K	L	M	N	O	P	Q	R	S
<p>LONG DISTANCE RUNNING & WALKING</p> <p>EVENT: Select events for each individual, up to 3 events per person (Fall Fest - 10K Run can be 4th event) - can only walk or run - each event must be either traditional or unified. TIMES should be entered with just periods (not colons), i.e.: 23.24.55</p> <p>UNIFIED TEAM NAME: Each Team should have a unique name that begins with the County/School (i.e. Berks Smith/Jones)</p> <p>You can track in here all season, please be sure the times are updated in this document by:</p> <p>EVENT REGISTRATION DEADLINE:</p> <p>CFS- Sept 5 WFS - Sept 12 EFS - Sept 19</p> <p>Fall Fest - October 10</p>									
Event 1	Event 1 Time	Event 2	Event 2 Time	Event 3	Event 3 Time	Unified Team Name	Event 4 - 10K (FF only)	10K Time	COACH CERTIFIED IN THIS SPORT?
▼		▼		▼			▼		
▼		▼		▼			▼		
▼		▼		▼			▼		

Tracker - Team Sport – Rating Form Tab

**ONE FORM PER TEAM		Flag Football - Team Rating Form									
Please be sure to complete all information on the right → (To do so, double click in each row)	HEAD COACH:										
	Program / Team Name:										
	Team Composition (Indicate with X): _____ Male _____ Female _____ Coed/Mixed Gender										
	Team Type (Indicate with X): _____ Traditional _____ Unified _____ Unified Player Development										
This Teams level (Indicate with X): _____ High Level _____ Average Level _____ Low Level _____ Developing Level											
<i>Based on Fall Sectionals/Fall Festival</i> <i>(Div 1-2)</i> <i>(Div 3-4)</i> <i>(Div 5-6)</i> <i>(Div 7-8)</i>											
Please list all Team Athletes and their Jersey #'s ----> START WITH YOUR TOP 5 PLAYERS!	Athlete's First & Last Name	Jersey #		Athlete's First & Last Name	Jersey #		ALTERNATE ATHLETES		Jersey #		
	1			6			ALT 1				
	2			7			ALT 2				
	3			8			ALT 3				
	4			9			ALT 4				
	5			10			ALT 5				

	Team Level	Level 1 - Novice				Level 2 - Intermediate				Level 3 - Advanced											
	Player Competency Point Values	1				2				3				4				5			
Competency - Offense	Catching/Receiving	Inconsistent catching passes at shorter distances w/loose coverage; understands only basic routes/patterns; limited catch range/reach; attempts to advance the ball after catch w/uncertainty				Player's skill range would fall in between a score of a 1 and 3				Average receiving skills; runs simple routes consistently; can catch short/medium passes while on the move; limited ability to adapt to defense; average catch range/reach; can advance the ball after catch with certainty				Player's skill range would fall in between a 3 and a 5				Can catch various types and distances of passes w/varying types of coverage; advances the ball with conviction after catch; excellent route runner and can adapt to defensive pressure on QB; excellent pass catching range/reach			
	Pass/Run Blocking	Limited understanding of pass/run blocking principles; lacks agility/balance and can be easily beaten by defenders/pass rushers; plays more of a fixed/limited movement blocking role; often out of position on plays that change direction				Player's skill range would fall in between a score of a 1 and 3				Average understanding of blocking; able to legally block on less complex plays; occasionally can make some blocking adjustments based upon movement of QB; may sometimes be called for blocking penalties, especially against quicker defensive				Player's skill range would fall in between a 3 and a 5				Proficient understanding of blocking; implements offensive strategies and capable of maintaining legal blocks during complicated plays; quickly reacts to defender's rush movements; infrequently penalized			



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Pennsylvania***



ATHLETE PERFORMANCE TRAINING

If you are looking to volunteer or learn more, please reach out to [Charla Stein, Healthy Communities Coordinator](#), 610-630-9450 ext. 254.



FALL SEASON COMPETITIONS

Local, Invitational, Regional Competitions

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- We would like to develop a comprehensive **SOPA Competition Calendar**, but we need your HELP!
- We want to better capture ALL the AMAZING work that you and our volunteers are doing within the community
- We also want to create as many opportunities as possible, having a better understanding of when and where events are already occurring will help the Regional Teams to plan out a season

We are asking event leads to fill out this quick form to let us know when you have competitions planned.

[SOPA Competition Calendar Submission Form](#)

Fall Sectionals

Central Fall Sectional:

- Juniata College
September 22

Western Fall Sectional:

- Slippery Rock University
September 29

Eastern Fall Sectional

- DeSales University
October 6



Fall Fest: Nov. 1 - 3

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Villanova University

Important Dates:

- Reg Info: Will be out by 9/6
- LOI: Due 9/26
- Final Allocations: 9/27
- Rosters: Due 10/1
- Google links sent: 10/3
- Registration: Due 10/10
- Scratch/Activation: Due 10/24



2026 USA Games

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- Quota timeline
 - SOPA will receive in mid-August
- Athlete communication
 - We will share the list of qualified individuals (1st place finish in quota sport) with RSDs and Team Leaders for review
 - Athletes will be emailed and asked to complete Pre-Selection questionnaire to be entered into the Selection Process
- Additional Staff Roles applications
 - SOPA will be looking for staff, athletes or volunteers to fill a few roles on our PA Management Team – these opportunities will be shared in August via weekly email
- Coach/Medical staff applications
 - Sept 1 – October 1



SPECIAL OLYMPICS
USA GAMES
MINNESOTA 2026

New Portal



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THANK YOU

