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# **POWERLIFTING**

**Pre-Season Webinar**

**July 16, 2024**

# Today's Agenda

- Powerlifting
- Pre-Season Reminders
- Tracker
- Athlete Performance Training
- Fall Season Competitions
- New Portal
- Questions

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# POWERLIFTING

# Sport Management Team

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**Technical Director Powerlifting: Ron Lobb**

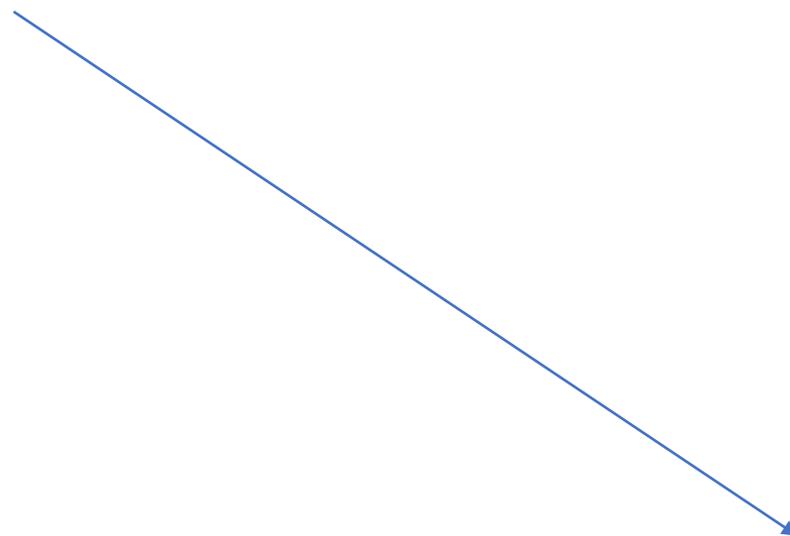
**Phone: 484-542-0432**

**Email: [ronaldlobb@gmail.com](mailto:ronaldlobb@gmail.com)**

# SOPA Website - Sports Offered

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

Video - How to's



## Powerlifting



Powerlifting was introduced to Special Olympics in 1983. The training season is usually year round with a culminating event in November at Fall Festival - Villanova University.



### 2023 Powerlifting Preseason Coaches Meeting

Monday, July 17, 2023 @ 7:00 PM

Register in advance for this meeting: [Powerlifting Preseason Coaches Meeting](#)

### Coaching Resources

- [Powerlifting Resources](#) – rules, coaching guides, fact sheets, etc.
- [Squat Assessment Checklist](#)
- [Pounds to Kg Conversion Chart](#)
- [Powerlifting – Bench Press, Squat and Deadlift](#)

# Powerlifting Rules Book

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## Powerlifting Sport Rules

SOPA will be using the 2022 Rules.



# 2022 Rule Updates



- New Weight Class for females:
  - 69 kg (152 lb.) and 76 kg (167.5 lb.) weight classes are new. Previously there was only 72kg (158.75 lb.) between 63kg and 84kg
- New scoring for combined weight classes:
  - IPF Formula replaces Wilkes Formula
  - New competition software will replace Next Lifter

Female	
Kilograms	Pounds
43 kg	94.75 lb
47 kg	103.5 lb
52 kg	114.50 lb
57 kg	125.50 lb
63 kg	139 lb
69 kg	152 lb
76k	167.5lb
84 kg	185 lb
84+ kg	185.25+ lb



# Sports Essentials

**Links to all the sport pages**  
[SOI Sports and Coaching](#)

Sports Essentials Include: Coaching Guides, warm up and cool down activities, and more.

## SPORTS ESSENTIALS

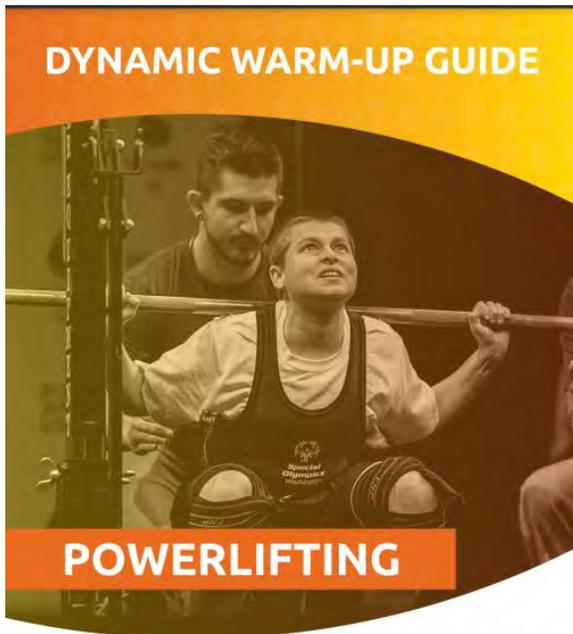
### Powerlifting

- Coaching Guide 2022 (Online): [English](#)
- Coaching Guide 2022 (PDF): [English](#)
- [FactSheet \(PDF\)](#)
- Rules (PDF): [2022](#) • [2020](#)
- Rules Changes (PDF): [2022](#) • [2020](#)
- Warm-Up (PDF): [English](#) • [Chinese](#) • [French](#)  
• [Russian](#) • [Spanish](#)
- Cool-Down (PDF): [English](#) • [Chinese](#) •  
[French](#) • [Russian](#) • [Spanish](#)
- [Warm-Up & Cool-Down Videos](#)

# Warm-ups and Cool Downs



## Warm-Up Guide



## Cool Down Guide



# Training Reminders

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- Minimum age to compete is 14
- Ages 8 to 13
  - Teach proper form first – Then work on strength
- Use the proper commands in your training
  - Bench – Bench, Press, Rack
  - Dead Lift - Down
  - Squat – Squat, Rack

# Events Offered

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## Three lifting events:

- Squat
- Bench Press
- Deadlift

## Combination events:

- 2-lift combo (bench press & Deadlift)
- 3-lift combo (squat, bench press & Deadlift)
  - Note that combination events are totals of the results from the lifts; not separate lifting events.



# Lifts

Each event has three attempted lifts.

- The standard is that all lifts are using kg weights.
- Weights must increase between lifts or may stay the same if the lift was unsuccessful.
- Minimum weight is bar with no collars - usu. 20 kg; minimum weight for deadlift is 25 kg.
- Athletes have one minute after bar is loaded to start their lift.
- Coaches have one minutes to submit the next lift weight after the athlete completes their first and second lift.

# Attire



The non-supportive lifting suit must conform to the following specifications:

- The suit shall be one-piece and form fitting without any looseness when worn.
- The suit must be constructed entirely of fabric or synthetic textile material, such that no support is given to the lifter by the suit in the execution of any lift.
- The suit's material shall be of a single thickness, other than a second thickness of material of up to 12cm x 24cm allowed in the area of the crotch.
- There must be legs to the suit, extending a minimum of 3cm and a maximum of 25cm, from the top of the crotch down the inside of the leg, as measured when worn by the lifter in a standing position.



# Attire Con't

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A t-shirt must be worn under the lifting suit by all lifters in the Squat and Bench Press and the Deadlift.

- The t-shirt must conform to the following specifications:
  - The shirt must be constructed entirely of fabric or a synthetic textile and shall not consist, in whole or part, of any rubberized or similar stretch material, nor have any reinforced seams or pockets, buttons, zippers, other than a round neck collar.
  - The t-shirt must have sleeves.
  - Those sleeves must terminate below the lifters' deltoid and must not extend onto or below the lifter's elbow.
  - The sleeves may not be pushed or rolled up onto the deltoid when the lifter is competing.
- The t-shirt may be plain, i.e. of a single color.

# Additional Attire

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**Socks** – Must cover shins but may not touch knee sleeves.

**Briefs** - standard commercial “athletic supporter” or briefs of any mixture of cotton, nylon, or polyester. Women may wear a commercial sports bra.

**Sneakers/Lifting Boots** – no hiking boots.

**Belt** – See regulations on page 13 and 14 of Rules Book.

**Knee Sleeves** - being cylinders of neoprene, may be worn only on the knees, sleeves cannot be worn or used on any part of the body other than the knees.

**Wraps** - Wrist wraps shall not exceed 1m in length and 8cm in width. Standard Commercial sweat bands are legal. For more information see page 14 of Rules Book.

**Medical Tape** – 2 layers around the thumb is allowed.

# Divisioning

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- Divisioning is how athletes are grouped to be awarded.
- The divisioning process is defined in the Powerlifting sports rules, and also in Special Olympics Rules, Article 1:
  1. Athletes placed in divisions by gender, weight class, age and ability.
  2. Divisions within the same weight class, gender and age should be based on opening attempts, which should be based on a previous competition.
  3. If fewer than three athletes in a division, athletes are combined by age groups and/or weight classes to create divisions with 3 to 8 participants.
  4. The IPF factor is applied to divisions with more than one weight class.



# Safety Spotters

Three spotters are required for lifts:

- one in back, responsible only for the lifter
- two on either side responsible only for the weights



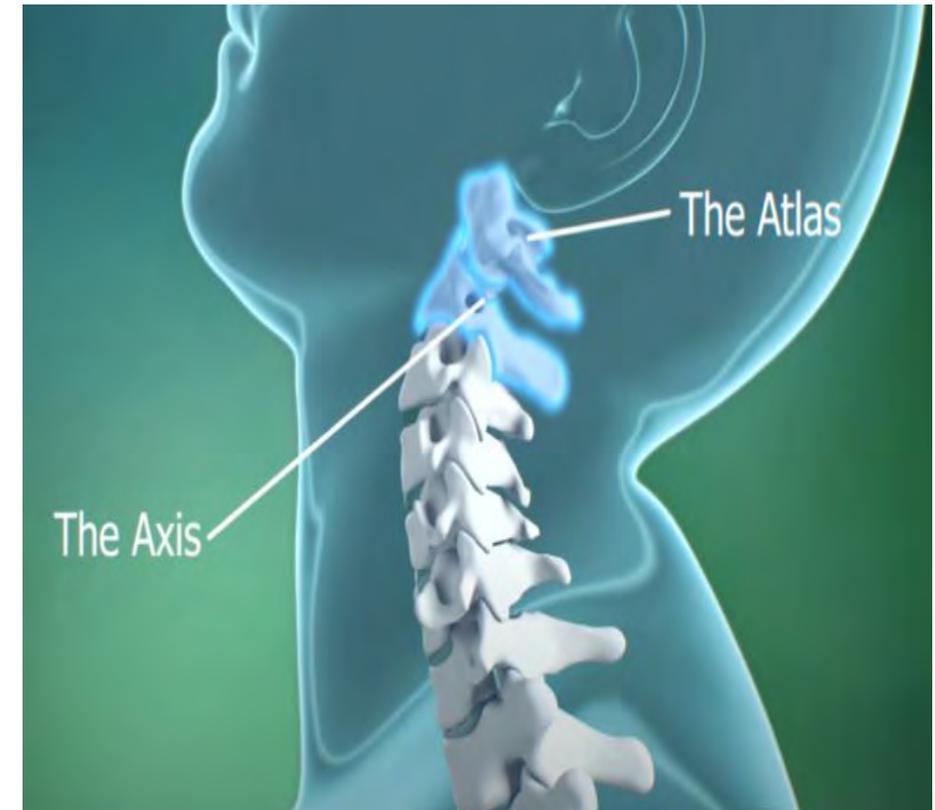


# Atlantoaxial Instability (AAI)

An athlete with Down syndrome who has been diagnosed with Atlantoaxial Instability may not participate in the **squat lift** in powerlifting.

For additional information and the procedure for waiver of this restriction, please refer to [General Rules Article 2, Section 2.02H](#).

Atlantoaxial instability (AAI) is characterized by excessive movement at the junction between the atlas (C1) and axis (C2) as a result of either a bony or a ligamentous abnormality.





# Squat Assessments

Due to the degree of danger, and safety of the athlete competing in the squat event, all athletes must pass this assessment checklist to demonstrate their proficiency in the squat lift.

Athletes must demonstrate proficiency in the lift utilizing all the mechanics on this assessment checklist in order to compete in the Squat lift at Sectional and State Competitions.

Link: [Powerlifting Squat Assessment](#)

**Special Olympics PA Powerlifting Squat Assessment Checklist**

Special Olympics Pennsylvania

Athlete Name \_\_\_\_\_ Delegation: \_\_\_\_\_

**Background** Because of the degree of danger, and safety of the athlete competing in the squat event, all athletes must pass this assessment checklist to demonstrate and then further compete in the squat lift in Special Olympics Pennsylvania sanctioned powerlifting meets (sectional events and Fall Festival). Assessments will be done at sectionals and at Fall Festival for anyone not in attendance at sectionals. Athletes must demonstrate proficiency in the lift utilizing all of the mechanics on this assessment checklist.

**Preparation Phase**

1. Athlete approaches the bar, grasps the bar with an overhand grip wider than the shoulders with a closed grip.
2. Athlete ducks under the bar centering the bar on the midline of their back.
3. The bar is positioned on the athletes at the mass of the back no more than 1.5 inches below the top of the shoulders with the hands positioned as close to the shoulders as your chest and shoulder flexibility will allow. In some cases (i.e. Down syndrome athletes) where the assessor feels as though there is an undue amount of stress on the shoulders capsule, this may be cause for temporary disqualification.
4. The athlete uses the hands to press the bar against the back, and not to support the weight.
5. Elbows pulled back and lifted up.
6. Head is straight up and you should be able to make direct streamline eye contact with the assessor.
7. Chest is out.
8. Feet are flat spaced slightly wider than the shoulders.
9. Toes turned out 15-30 degrees out from center.
10. Athlete can isometrically contract stomach in this position (tighten abs).
11. Before the descent, knees should be locked in position.

**Descent Phase**

1. Athlete descends with buttocks back as to simulate sitting on a bench
2. Athletes head does not drop
3. Athletes should be able to continue to make streamline eye contact through the entire squat descent motion. The body must not forward lean. Excessive forward lean is considered that which is 30 degrees or more.
4. The descent is slow and controlled. There is no double bouncing.
5. The knees do not move beyond the toes during the descent
6. The athlete can achieve the full depth of the squat. This means that the hip flexor joint is lower than the knee joint. Be careful on how you judge those with big quadriceps muscle mass as this may be deceiving. You are looking for the hip joint itself to be lower than the knee joint.
7. The weight should stay born over the midline of the body supported more from the heel than the toes.

**Ascent Phase**

1. After achieving the full squat depth position, the athlete starts the acceleration phase from the bottom of the lift using the quadriceps extension first.
2. There is no double bouncing to recover and ascend with the bar.
3. The athlete's abdominal muscles will be firm against the belt during the ascent of the lift.
4. The athlete does not hold breath during the ascent of the lift.
5. Feet stay flat on the floor during the entire lift and do not change position.
6. Athletes come to a full lockout position with knees fully locked, hips not rounded, back straight and making full streamline eye contact with the assessor judge.

# PRE-SEASON REMINDERS



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# Season at a Glance



## SEASONS AT A GLANCE



	FALL	WINTER	SPRING
<b>Training Site Registration</b> (see link below)	April 1 - May 1	September 1 - October 1	November 1 - December 1
<b>Athlete, Unified Partner, Volunteer Signup</b>	May 15 - July 15	October 15 - November 15	December 15 - March 1
<b>Season Length</b>	August 9 - November 3	December 1 - March 2	March 14 - June 7
<b>Eligibility Deadline</b>	August 23	December 13	March 28
<b>Sports Offered</b>	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 15<sup>th</sup>**
- After this deadline anyone interested in signing-up must contact the Regional Sport Director.
  - Season officially begins August 9<sup>th</sup>
  - 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 20<sup>th</sup>

## **FALL**

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

# Fall Allocations

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- Fall Initial allocations will be shared in weekly email this 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 Risks.
- 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](mailto: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 will need 2 certified coaches.



# TRACKER



<b>ROSTER STATUS</b>	ACTIVE ▼	<b>Team Name</b>	Team Bethlehem Powerliftin		<b>Training Site</b>	Nazareth Strength & Fitness		<b>Sport</b>	Powerlifting
<b>Traditional/Unified</b>	▼	<b>Training Site Lead Name</b>	Ronald Lobb		<b>Email</b>	ronaldlobb@gmail.com		<b>Cell Phone</b>	
<b>Meets 4:1 Ratio</b>	YES	<b># Athletes</b>	2	<b># Unified Partners</b>	0	<b># General Volunteer</b>	0		
<b># Head Coaches</b>	0	<b># Assistant Coaches</b>	3	<b># Total Head/Asst Coaches</b>	3	<b># Certified Coaches</b>	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/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**.

# 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

A	B	C	D	E	F	G	H	I	J	K
<a href="#">AGE EXEMPTION REQUEST FORM</a>	<a href="#">AGE GROUPING POLICY</a>							<b>ELIGIBILITY:</b> GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4	BR - Background Clearances GO - General Orientation PB - Protective Behavior CO - Concussion Training	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					

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

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

Specific Column instructions can be found in first 2 rows

A	B	C	I	J	K	L	M	N	O	P	Q
<a href="#">AGE EXEMPTION REQUEST FORM</a>	<a href="#">AGE GROUPING POLICY</a>		<b>ELIGIBILITY:</b> GREEN = Athletes - can Participate Head/Asst Coach are cleared to supervise athletes within 1:4	BR - Background Clearances GO - General Orientation PB - Protective Behavior CO - Concussion Training	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 23<sup>rd</sup>**
- Athletes and Volunteer CANNOT participate in trainings if they have not met all eligibility requirements - it is YOUR responsibility to track this.

<b>ELIGIBILITY:</b> <b>GREEN = Athletes - can Participate</b> <b>Head/Asst Coach are cleared to supervise athletes within 1:4</b>		<i>BR - Background Clearances</i> <i>GO - General Orientation</i> <i>PB - Protective Behavior</i> <i>CO - Concussion Training</i>
<b>RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J)</b> <b>YELLOW = Expiring Requirements (SEE COLUMN J)</b> 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 <b>ORANGE = General Vol CANNOT supervise athletes within 1:4</b>	<b>REQUIRED</b> <b>Missing or Expired Items</b>	
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	<a href="#"><u>AGE EXEMPTION REQUEST FORM</u></a>	<a href="#"><u>AGE GROUPING POLICY</u></a>		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 <b>DEADLINE:</b> CFS - Aug 23, WFS - Aug 29, EFS - Sept 5	LOI - Interest in Attending FALL FEST <b>DEADLINE:</b> 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	<a href="#">AGE EXEMPTION REQUEST FORM</a>	<a href="#">AGE GROUPING POLICY</a>	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 <b>MUST</b> 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	<b>Instructions:</b> <b>STEP 1:</b> Complete Yellow Box - Event Roster for each event by selecting role for each individual. <b>STEP 2:</b> Complete Blue boxes - Event Registration with event, team name, skill score. Each athlete may only be entered in 1 event.			<b>Tip for DropDown selection cells:</b> 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.			<b>EVENT ROSTER</b>			<b>EVENT REGISTRATION</b>		
2							<b>DEADLINE</b>			<b>DEADLINE:</b> CFS - Aug 26 WFS - Sept 2 EFS - Sept 9		<b>DEADLINE:</b> September 30
3	<b>Participant Type:</b> 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	<b>Team Athletes &amp;            Coaches</b> Select level	<b>Team Name</b>	<b>Individual Skills</b> Select Level
4						124						
5						124						
6						124						
7						124						
8						124						



# Tracker - Powerlifting Roster Tab

## Event Registration

- Coaches can track lifts all season long to track current lifts and personal bests
- MUST be sure information is updated by event deadlines**
- Enter lifted weight in kilograms**
- Coaches will still have the opportunity to UPDATE lifting weight with Score Updates a week before each event.

J	K	L	M	N	O	P	Q
Enter Weight in POUNDS into Column J, column K will convert to Kilograms		<b>POWERLIFTING - EVENT REGISTRATION</b> <b>EVENT:</b> Select events for each individual, up to 3 events per person. Enter the starting weight for each event in which they will participate and their personal best in that event.  You can track in here all season, please be sure the Weights are updated in this document by: <b>EVENT REGISTRATION DEADLINE:</b> CFS- Sept 5      WFS - Sept 12      EFS - Sept 19 Fall Fest - October 10					
Athlete Weight LBS	Conversion to KG	Dead Lift - Starting Weight in KG	Dead Lift - Personal Best	Bench - Starting Weight in KG	Bench - Personal Best	Squat - Starting Weight in KG	Squat - Personal Best
150	68.0388555						
100	45.359237						
	0						
	0						



***Special  
Olympics  
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

**Special  
Olympics**  
Pennsylvania



- 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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Pennsylvania



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

**Special  
Olympics**  
*Pennsylvania*



- **Quota timeline**
  - SOPA will receive in mid-August
- **Athlete communication**
  - We will share the list of qualified individuals (1<sup>st</sup> 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



**THANK YOU**

