



***Special  
Olympics  
Pennsylvania***



**Winter 2024-2025**

**FLOOR HOCKEY &  
FLOORBALL**

**Nov. 12, 2024**

# Today's Agenda

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- Pre-Season Reminders
- Athlete Performance Training
- Floor Hockey & Floorball updates
- Coach – Season Planning
- 2025 State Competitions
- Questions

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# PRE-SEASON REMINDERS

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# Season at a Glance



## SEASONS AT A GLANCE



|   | FALL   | WINTER   | SPRING  |
|---|--|--|---|
| <b>Training Site Registration</b><br>(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 - November 15**
- After this deadline anyone interested in signing-up must contact the Regional Sport Director.
  - Season officially begins December 1
  - Seasonal Eligibility/Age Group Exemption deadline – **December 20**

# Sports Season Prep

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## Important Winter Dates:

- [Winter Calendar](#)

- Found on SOPA website under sports then competition

- **Eligibility Deadline: December 20**

**Season Dates:** December - March

# 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.

**Coaches will check the trackers to ensure athletes and volunteers have completed their eligibility requirements.**

# Volunteer Eligibility: Volunteer Classifications

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## Volunteers who CANNOT supervise athletes and volunteers:

- **Unified Partner**: volunteer who trains and competes alongside an athlete. Required to have a volunteer application, background clearance, Protective Behaviors training, General Orientation training and health history form.
- **General Volunteer**: volunteer who assists only occasionally at a local training site and has limited contact with athletes, only under the supervision of coaches. They do NOT supervise, chaperone or travel with the team to competitions. These may be individuals who only are able to attend a few practices, or who want to better understand SOPA before becoming more involved. Required to have completed a volunteer application.

**Head Coaches are expected to enforce these classifications.**



# Volunteer Eligibility: Volunteer Classifications

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## Volunteers who CAN supervise athletes and volunteers:

- **Head Coach:** Volunteer who creates, organizes and leads a comprehensive sport training program for a team. Required to complete a volunteer application, background check, Protective Behaviors training, General Orientation training, Concussion training and a sports certification.
- **Assistant Coach:** Volunteer who helps organize practice and assist athletes in acquiring sports skills. Required to complete a volunteer application, background check, Protective Behaviors training, General Orientation and Concussion Training.
- **Chaperone/Training Site Volunteer:** Volunteer who supports a training site/team to cover the 1:4 ratio. Chaperones don't help with sports training, but they may support a team through supervision and administrative support. Chaperones are able to supervise athletes and travel with the team to competitions. Required to have a volunteer application, background check, Protective Behaviors Training, General Orientation and Concussion training.

**Head Coaches are expected to enforce these classifications.**

# 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



# Team Sport Age Groups

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SOPA sponsored Team Sports include:

- **Winter Season: floor hockey, floorball**

[Team Sport Age Group Resource](#) outlines the guidelines.

- This document includes links to two supporting documents: [Why Age Groups are Important](#) and [Exemption Process](#).
- **Exemption requests need to be submitted EVERY year. Even it was approved last year, it must be resubmitted.**
- **Winter Exemption Request Deadline is - Friday, December 20**
- Please review all documents for a full understanding of the age groups and how to submit exemptions. This [video](#) will explain these documents and how to submit exemption in more detail.

If you have questions, please contact your Regional Sport Director or Michelle Boone ([mboone@specialolympicspa.org](mailto:mboone@specialolympicspa.org)).

# In-Season Communication

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## SOPA Communication

- SOPA is in the midst of a communication overhaul and will be rolling a new communication plan starting with the Spring Sports Season, however there are a couple ways the plan will affect the Winter Sport Season:
  - All participants who qualify for a statewide competition event will get a "Welcome to Winter Games" or "Welcome to Indoor Winter Games" email which will highlight important updates and features for the games
  - Text Messaging – SOPA will be utilizing Text Message notifications at all Statewide competition events and to promote sports sign ups; please don't unsubscribe and add this number to your contacts:  
**1-267-341-0663**

## Head Coach Communication Reminders

- Please be sure that you are communicating with all your assistant coaches going into the season and during – *especially any new coaches!*
- Please be sure that you are using the most to up to date contact information for your athletes and their guardians, this can be found in the trackers

# Qualifiers

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- **Bowling is the only winter sport that is a qualifier to Indoor Winter Games.**

- **Qualifying events will be Regional Bowling Tournaments**
- Games Advancement slots per Regional will be dependent on total number of slots at Indoor Winter Games and % of interest in advancing from each Regional event.

## **WINTER**

- Alpine Skiing
- **Bowling**
- Figure Skating
- Floor Hockey/Floorball
- Snowboarding
- Snowshoeing
- Speed Skating

# Be Prepared for the Season!

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- Get everyone eligible.
- Understand and be aware of Air Quality
- 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.

# New Portal

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- Volunteers can log into our new [Online Portal](#) ([portals.specialolympics.org](https://portals.specialolympics.org)) to check and update their eligibility requirements.
- Any volunteer who has not logged into the new portal and needs support with claiming their profile can reach out to us at [portalsupport@specialolympicspa.org](mailto:portalsupport@specialolympicspa.org).
- **New volunteers:** When a new volunteer registers in the portal, they will need to click on "Do More with Special Olympics" to sign up for the role of their choice (coach, chaperone, Unified Partner, etc.).





# Portal = Coach Training Schools

- Sign up for event – Training School Registration
- Virtual Training School will be offered for Snowshoeing, Bowling
- In-person Training Schools will need to be scheduled for Alpine Skiing, Snowboarding, Floorball, Figure Skating, Speed Skating
- Please contact your Regional Sports Direction ASAP if you need an in-person training scheduled in your Region

|                          | Shift Name:  | Role:             | Date: | Spots:  |
|--------------------------|--|-------------------|-------|---------|
| <input type="checkbox"/> | <a href="#">Snowshoeing Virtual Training: 6:00 PM EST - 8:00 PM EST</a>  | General Volunteer | 11/19 | 9 / 30  |
| <input type="checkbox"/> | <a href="#">Snowshoeing Virtual Training: 8:30 AM EST - 10:30 AM EST</a> | General Volunteer | 11/23 | 1 / 30  |
| <input type="checkbox"/> | <a href="#">Bowling Virtual Training: 6:00 PM EST - 9:00 PM EST</a>      | General Volunteer | 11/21 | 11 / 45 |
| <input type="checkbox"/> | <a href="#">Bowling Virtual Training: 12:00 PM EST - 3:00 PM EST</a>     | General Volunteer | 11/23 | 6 / 45  |

# 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.

### • **Athlete Performance Training (APT):**

- Data collection tool for training sites participating in this program (WE ENCOURAGE YOU ALL TO DO THIS)

# Tracker (Tab 1) - Instruction Tab

## Training Site Info and Data

|                            |            |                                |                 |                                  |             |                            |         |
|----------------------------|------------|--------------------------------|-----------------|----------------------------------|-------------|----------------------------|---------|
| <b>ROSTER STATUS</b>       | ACTIVE     | <b>Team Name</b>               | Lycoming County | <b>Training Site</b>             | Faxon Lanes | <b>Sport</b>               | Bowling |
| <b>Traditional/Unified</b> | Traditi... | <b>Training Site Lead Name</b> | Lester Loner    | <b>Email</b>                     |             | <b>Cell Phone</b>          |         |
| <b>Meets 4:1 Ratio</b>     | NO         | <b># Athletes</b>              | 41              | <b># Unified Partners</b>        | 4           | <b># General Volunteer</b> | 5       |
| <b># Head Coaches</b>      | 3          | <b># Assistant Coaches</b>     | 4               | <b># Total Head/Asst Coaches</b> | 7           | <b># Certified Coaches</b> | 7       |

### 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

Form  
Instructions

# Tracker - Instruction Tab – APT instructions

## TRACKER COMPLETION INSTRUCTIONS:

### Athlete Performance Training

Below are the instructions on how collect and report your athletes health and fitness metrics if your team is participating in Athlete Performance Training. See tab labelled 'APT Tracker'. For more information on Athlete Performance Training and to sign up, visit <https://specialolympicspa.org/apt>.

Reporting Instruction includes:

- Instructions for data collection
- Instructions for data reporting

Key includes:

- Color- coded key to indicate ranges that athlete data falls into for: 6 Minute Run/Walk, BMI, and Blood Pressure (OPTIONAL)

Final Pre & Post Data Collection includes:

- Report athlete information
- **Athlete Number:** Automatically filled
- **First Name:** Enter athletes first name
- **Last Name:** Enter athletes last name
- **Age:** Enter athletes age in years
- **Gender:** Enter athletes gender, M for male, F for female
- **Height:** Enter the height in inches (i.e. a 5 foot 6 inch tall athletes= 65 inches)
- **Weight:** Enter weight in pounds
- **Systolic Blood Pressure (OPTIONAL):** Enter the systolic bp number (top number)
- **Diastolic Blood Pressure (OPTIONAL):** Enter the diastolic bp number (bottom number)
- **6 Minute Run/Walk:** Enter the 6 Minute run/walk test score
- **BMI:** Automatically calculated (based on the height and weight)
- **Nutrition:** Enter the athletes answer from the nutrition question from the lifestyle survey
- **Hydration:** Enter the athletes answer from the hydration question from the lifestyle survey
- **Physical Activity:** Enter the athletes answer from the physical activity question from the lifestyle survey
- Compare pre and post data using color coded key



INSTRUCTIONS

Athletes / Volunteers Attendance

Alpine Roster (Event Registration)

APT Tracker

# Tracker (Tab 2) - Athlete/Volunteer Tab

## Eligibility, LOI, Attendance

Eligibility - Red  
 LOI - Yellow  
 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  |
|--|-------------------------------------|------------------|----------------|------------|------------|--------------|----------------|---|--|--|
| <a href="#">AGE EXEMPTION REQUEST FORM</a> | <a href="#">AGE GROUPING POLICY</a> |                  |                |            |            |              |                | <b>ELIGIBILITY:</b><br><b>GREEN</b> = Athletes - can Participate<br>Head/Asst Coach are cleared to supervise athletes within 1:4  | <i>BR - Background Clearances</i><br><i>GO - General Orientation</i><br><i>PB - Protective Behavior</i><br><i>CO - Concussion Training</i> | This will be used for attend an                            |
| <b>PARTICIPANT TYPE</b>                    | <b>FIRST NAME</b>                   | <b>LAST NAME</b> | <b>GEN DER</b> | <b>DOB</b> | <b>AGE</b> | <b>EMAIL</b> | <b>PHONE #</b> | <b>RED</b> = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J)<br><b>YELLOW</b> = 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<br><b>ORANGE</b> = General Vol CANNOT supervise athletes within 1:4 | <b>REQUIRED Missing or Expired Items</b>   | <b>LOI - Interest in Attending Local/Invit Competition</b> |
|  |                                     |                  |                |            | 124        |              |                |   |  |  |
|  |                                     |                  |                |            | 124        |              |                |   |  |  |
|  |                                     |                  |                |            | 124        |              |                |   |  |  |

Specific Column instructions can be found in first 2 rows

|                         |                   |                  | <b>ELIGIBILITY:</b><br><b>GREEN</b> = Athletes - can Participate<br>Head/Asst Coach are cleared to supervise athletes within 1:4  | <i>BR - Background Clearances</i><br><i>GO - General Orientation</i><br><i>PB - Protective Behavior</i><br><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 to mark which athletes have list practice dates in |         |         |         |         |        |
|-------------------------|-------------------|------------------|---|--|---|--|------------------|--|---------|---------|---------|---------|--------|
| <b>PARTICIPANT TYPE</b> | <b>FIRST NAME</b> | <b>LAST NAME</b> | <b>RED</b> = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J)<br><b>YELLOW</b> = 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<br><b>ORANGE</b> = General Vol CANNOT supervise | <b>REQUIRED Missing or Expired Items</b>   | <b>DEADLINE</b>   | <b>DEADLINES:</b><br>Regional Bowling Event:<br>01/12/2025<br>This column due 12/28/2024 | <b>Deadline:</b> | <b>Athlete Trained for 8 weeks</b>   | 10/5/24 | 10/12/2 | 10/19/2 | 10/26/2 | 11/2/2 |
| General/Sport Volunte   | Gerald            | Anderson         | Eligible - Can Participate  |  | x   | x  |                  |  |         |         |         |         |        |
| Athlete: Special Olymp  | Timothy           | Balzer           | Eligible - Can Participate  |  | x   | x  |                  |  |         |         |         |         |        |
| Athlete: Special Olymp  | Amir              | Beckett          | Eligible - Can Participate  |  | x   | x  |                  |  | x       | x       |         |         |        |
| Athlete: Special Olymp  | Kevin             | Boyles           | Eligible - Can Participate  |  | x   | x  |                  |  | x       | x       |         |         |        |
| Athlete: Special Olymp  | Sean              | Brink            | Eligible - Can Participate  |  | x   | x  |                  |  | x       | x       |         |         |        |
| Athlete: Special Olymp  | Andrew            | Butters          | Eligible - Can Participate  |  |   |  |                  |  |         | x       |         |         |        |

RSDs will sort alphabetically, if you would like a specific sort just ASK them!

# Tracker - Athlete/Volunteer Tab (cont)

## Eligibility

- The ELIGIBILITY tab on each of your attendance trackers will be updated on a weekly basis from Oct 15 – Dec 13 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 Winter is December 20th**
- 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><br><b>GREEN = Athletes - can Participate</b><br><b>Head/Asst Coach are cleared to supervise athletes within 1:4</b>   | <i>BR - Background Clearances</i><br><i>GO - General Orientation</i><br><i>PB - Protective Behavior</i><br><i>CO - Concussion Training</i> |
| <b>RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column J)</b><br><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<br><b>ORANGE = General Vol CANNOT supervise athletes within 1:4</b> | <b>REQUIRED</b><br><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)

|                         |            |           | This will be used for your LOI - if ATHLETE is planning to attend an event mark with an "X" |   |           |
|-------------------------|------------|-----------|---|---|-----------|
| PARTICIPANT TYPE        | FIRST NAME | LAST NAME | DEADLINE  | DEADLINES:<br>Regional Bowling Event:<br>01/12/2025<br>This column due 12/28/2024 | Deadline: |
| General/Sport Volunteer | Gerald     | Anderson  | x   | x   |           |
| Athlete: Special Olymp  | Timothy    | Balzer    | x   | x   |           |
| Athlete: Special Olymp  | Amir       | Beckett   | x   | x   |           |
| Athlete: Special Olymp  | Kevin      | Boyles    | x   | x   |           |
| Athlete: Special Olymp  | Sean       | Brink     | x   | x   |           |
| Athlete: Special Olymp  | Andrew     | Butters   |   |   |           |
| Athlete: Special Olymp  | Airik      | Carey     | x   | x   |           |
| Athlete: Special Olymp  | Jacob      | Carey     | x   | x   |           |
| Assistant Coach: Help   | Pamela     | Carev     | x   | x   |           |

- LOIs will be collected in the same way these always have, this is just a place for you to keep track of who is interested in attending events.
- LOI request will come from your Regional team or Program Leadership

Here is where you will complete your INTENT to participate in an event – indicating with an "X" for both athletes and volunteers

# 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 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 (Tab 3) - SPORT Roster Tab

## Event Commitment and Registration

| Instructions:   |            |           | EVENT ROSTER                         |   |                                 | BOWLING   |              |   |               |               |               |               |               |               |  |
|---|------------|-----------|--------------------------------------|---|---------------------------------|---|--------------|---|---------------|---------------|---------------|---------------|---------------|---------------|--|
| <b>STEP 1:</b> Complete Yellow Box - Event Roster for each event by selecting role for each individual.<br><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>DEADLINE</b>                      | <b>DEADLINES:</b><br>Regional Bowling Event: 01/12/2025<br>This column due 12/28/2024 | <b>Deadline:</b>                | <b>Event:</b> Select event for each athlete<br><b>Team Name:</b> Each Team should have a unique name that begins with the C<br><b>Game Scores:</b> Complete this form with scores from every game bowled during practice. registration - you must meet the minimum # of games by scratch/activation/score upd<br>register. Please be sure the scores are updated in thi<br><b>EVENT REGISTRATION DEADLINE:</b><br>Local - XX (XX) Regional - XX (XX) Indoor Winter Game | <b>Event</b> | <b>Team Name</b><br><i>(if Singles leave blank)</i> | <b>Game 1</b> | <b>Game 2</b> | <b>Game 3</b> | <b>Game 4</b> | <b>Game 5</b> | <b>Game 6</b> |  |
| Participant Type:<br>Athlete, Unified Partner,<br>Head Coach, Assistant<br>Coach, General Volunteer   | FIRST NAME | LAST NAME | Attending Local<br>Event - MARK Role | Attending<br>Regional -<br>MARK Role  | Attending<br>IWG<br>- MARK Role | COACH<br>CERTIFIED IN<br>THIS SPORT?  | Event        | Team Name<br><i>(if Singles<br/>leave blank)</i>    | Game 1        | Game 2        | Game 3        | Game 4        | Game 5        | Game 6        |  |
| General/Sport Volunteer: Vol  | Gerald     | Anderson  |                                      |   |                                 | No  |              |   |               |               |               |               |               |               |  |
| Athlete: Special Olympics at  | Timothy    | Balzer    |                                      |   |                                 |   |              |   | 42            | 102           | 23            | 83            |               |               |  |
| Athlete: Special Olympics at  | Amir       | Beckett   |                                      |   |                                 |   |              |   | 135           | 148           | 131           | 141           | 141           | 15            |  |
| Athlete: Special Olympics at  | Kevin      | Boyles    |                                      |   |                                 |   |              |   | 56            | 81            | 74            | 60            | 61            | 4             |  |
| Athlete: Special Olympics at  | Sean       | Brink     |                                      |   |                                 |   |              |   | 180           | 145           | 145           | 158           | 122           | 16            |  |
| Athlete: Special Olympics at  | Andrew     | Butters   |                                      |   |                                 |   |              |   | 44            | 21            | 5             | 3             | 36            | 2             |  |
| Athlete: Special Olympics at  | Airik      | Carey     |                                      |   |                                 |   |              |   | 98            | 165           | 116           | 94            | 112           | 9             |  |
| Athlete: Special Olympics at  | Jacob      | Carey     |                                      |   |                                 |   |              |   | 136           | 114           | 90            | 112           | 74            | 10            |  |
| Assistant Coach: Help to org  | Pamela     | Carey     |                                      |   |                                 | Yes   |              |   |               |               |               |               |               |               |  |

Event Commitment and Role

Event – Sport specific Registration

# Tracker - SPORT Roster Tab (cont)

## Event Commitment

| EVENT ROSTER                      |  |                                  |
|-----------------------------------|--|----------------------------------|
| <b>DEADLINE</b>                   | <b>DEADLINE:</b><br>CFS - Aug 26<br>WFS - Sept 2<br>EFS - Sept 9 | <b>DEADLINE:</b><br>September 30 |
| Attending Local Event - MARK Role | Attending Sectional - MARK Role                                  | Attending Fall Fest - MARK Role  |
| ▼                                 | ▼  | ▼                                |
| ▼                                 | Athlete  | ▼                                |
| ▼                                 | Unified Partner  | ▼                                |
| ▼                                 | Head Coach   | ▼                                |
| ▼                                 | Assistant Coach  | ▼                                |
| ▼                                 | Athlete Coach  | ▼                                |
| ▼                                 | HOD  | ▼                                |
| ▼                                 | Asst HOD   | ▼                                |
| ▼                                 | 1:1  | ▼                                |
| ▼                                 | Delegation Volunteer   | ▼                                |
| ▼                                 | General Volunteer (not in 1:4)                                   | ▼                                |
| (Tracker/LOI) ▼                   | Young Athlete Chaperone  | gistra                           |

Select role for each individual attending the event (can not exceed the total # of your final allocations)

| EVENT ROSTER                      |  |
|-----------------------------------|--|
| <b>DEADLINE</b>                   | <b>DEADLINE:</b><br>CFS - Aug 26<br>WFS - Sept 2<br>EFS - Sept 9 |
| Attending Local Event - MARK Role | Attending Sectional - MARK Role                                  |
| ▼                                 | ▼  |
| Athlete                           | ▼  |

Once a selection is made you can pull down on the blue circle in lower right corner to copy that selection to cells below.

| EVENT ROSTER                      |  |
|-----------------------------------|--|
| <b>DEADLINE</b>                   | <b>DEADLINE:</b><br>CFS - Aug 26<br>WFS - Sept 2<br>EFS - Sept 9 |
| Attending Local Event - MARK Role | Attending Sectional - MARK Role                                  |
| ▼                                 | ▼  |
| Athlete                           | ▼  |
| Athlete                           | ▼  |
| Athlete                           | ▼  |
| Athlete                           | ▼  |
| Athlete                           | ▼  |
| Athlete                           | ▼  |
| Athlete                           | ▼  |
| Athlete                           | ▼  |
| Athlete                           | ▼  |
| Athlete                           | ▼  |
| Athlete                           | ▼  |
| Athlete                           | ▼  |
| Assistant...                      | ▼  |
| Assistant...                      | ▼  |
| Assistant...                      | ▼  |
| Assistant...                      | ▼  |
| Head Co...                        | ▼  |

# Tracker - SPORT Roster Tab

## Event Registration

| Event               | Team Name<br>(if Singles<br>leave blank) | Game<br>1 | Game<br>2 | Game<br>3 |
|---------------------|--|-----------|-----------|-----------|
| Single              |  | 42        | 102       | 23        |
| Traditional Doubles |  | 135       | 148       | 131       |
| Traditional Team    |  | 56        | 81        | 74        |
| Unified Doubles     |  | 180       | 145       | 145       |
| Unified Team        |  | 44        | 21        | 5         |
| Alternate           |  | 98        | 165       | 116       |
| NOT COMPETING       |  | 136       | 114       | 90        |
|                     |  | 65        | 94        | 117       |
|                     |  | 112       | 101       | 106       |
|                     |  | 91        | 96        | 71        |
|                     |  | 96        | 128       | 97        |
|                     |  | 79        | 61        | 74        |

| EVENT REGISTRATION   |              |                             |               |         |               |
|--|--------------|-----------------------------|---------------|---------|---------------|
| ALPINE SKIING  |              |                             |               |         |               |
| <p><b>EVENT:</b> Select events for each individual, up to 3 events per person<br/> <b>EVENT TIMES</b> should be entered with just periods (not colons), i.e.: 23.24.55</p> <p>You should track your athletes events and times in this document, please be sure the times are updated in this document by:<br/> <b>WINTER GAMES REGISTRATION DEADLINE:</b><br/> <b>January 23, 2025</b></p> |              |                             |               |         |               |
| EVENT 1  | EVENT 1 TIME | EVENT 2                     | EVENT 2 TIME: | EVENT 3 | EVENT 3 TIME: |
|  |              |                             |               |         |               |
|  |              | Advanced - Giant Slalom     |               |         |               |
|  |              | Advanced - Slalom           |               |         |               |
|  |              | Advanced - Super G          |               |         |               |
|  |              | Intermediate - Giant Slalom |               |         |               |
|  |              | Intermediate - Slalom       |               |         |               |
|  |              | Intermediate - Super G      |               |         |               |
|  |              | Novice - Giant Slalom       |               |         |               |
|  |              | Novice - Slalom             |               |         |               |
|  |              | Novice - Super G            |               |         |               |
|  |              | Entry Level - 10M Walk      |               |         |               |
|  |              | Entry Level - Glide         |               |         |               |

# Tracker - Team Sport – Rating Form Tab

- DUE with REGISTRATION

| FLOORBALL  |               |                    |     |          |                          |                     |                |                    |                         |       |
|--|---------------|--------------------|-----|----------|--------------------------|---------------------|----------------|--------------------|-------------------------|-------|
| TEAM RATING FORM / ROSTER - <i>Must Complete 1 Form per Team</i>   |               |                    |     |          |                          |                     |                |                    |                         |       |
| Head Coach   |               |                    |     |          | Delegation and Team Name |                     |                |                    |                         |       |
| Cell Phone   |               |                    |     |          | Team Uniform Color       |                     |                |                    |                         |       |
| Email  |               |                    |     |          | Traditional or Unified   |                     |                |                    |                         |       |
| Total Team Rating: (total team score divided by number of players)   |               |                    |     |          |                          |                     |                |                    |                         |       |
| Team Age Group:  |               |                    |     |          |                          |                     |                |                    |                         |       |
| <b>How do you rate your team:</b> <i>Developing (lowest div); Low (lower divisions); Average (middle divisions); High (top division)</i> |               |                    |     |          |                          |                     | High           |                    |                         |       |
|  | PLAYER'S NAME | ATHLETE OR PARTNER | AGE | JERSEY # | SHOOT AROUND THE GOAL    | RECEIVING & PASSING | STICK HANDLING | SHOOT FOR ACCURACY | FLIP PASS OVER OBSTACLE | TOTAL |
| 1  |               |                    |     |          |                          |                     |                |                    |                         | 0     |
| 2  |               |                    |     |          |                          |                     |                |                    |                         | 0     |
| 3  |               |                    |     |          |                          |                     |                |                    |                         | 0     |
| 4  |               |                    |     |          |                          |                     |                |                    |                         | 0     |
| 5  |               |                    |     |          |                          |                     |                |                    |                         | 0     |
| 6  |               |                    |     |          |                          |                     |                |                    |                         | 0     |
| 7  |               |                    |     |          |                          |                     |                |                    |                         | 0     |
| 8  |               |                    |     |          |                          |                     |                |                    |                         | 0     |
| 9  |               |                    |     |          |                          |                     |                |                    |                         | 0     |
| 10   |               |                    |     |          |                          |                     |                |                    |                         | 0     |
| Alt  |               |                    |     |          |                          |                     |                |                    |                         | 0     |

Make sure to complete top section

# Tracker (Last tab) - APT Data Collection Form

| Key  |            |           |        |     |                        |              |                   |                       |                         |              |                 |                 |                         |                         |               |
|--|------------|-----------|--------|-----|------------------------|--------------|-------------------|-----------------------|-------------------------|--------------|-----------------|-----------------|-------------------------|-------------------------|---------------|
| Blood Pressure Key                         |            |           |        |     |                        |              |                   | 6 Minute Run/Walk Key |                         |              |                 | BMI Key         |                         |                         |               |
| Normal                                     |            |           |        |     |                        |              |                   | Very Good             |                         | Developing 1 |                 | Underweight     |                         |                         |               |
| Elevated                                   |            |           |        |     |                        |              |                   | Good                  |                         | Developing 2 |                 | Healthy         |                         |                         |               |
| High Blood Pressure (Hypertension) Stage 1 |            |           |        |     |                        |              |                   | Average               |                         | Developing 3 |                 | Overweight      |                         |                         |               |
| High Blood Pressure (Hypertension) Stage 2 |            |           |        |     |                        |              |                   | Advancing             |                         | Developing 4 |                 | Obese           |                         |                         |               |
| Hypertensive Crisis                        |            |           |        |     |                        |              |                   |                       |                         |              |                 |                 |                         |                         |               |
| Pre Data: First Training                   |            |           |        |     |                        |              |                   |                       |                         |              |                 |                 |                         |                         |               |
| Athlete #                                  | First Name | Last Name | Gender | Age | Height in inches (pre) | Weight (pre) | Systolic BP (pre) | Diastolic BP (pre)    | 6 Minute Run/Walk (pre) | BMI (pre)    | Nutrition (pre) | Hydration (pre) | Physical Activity (pre) | Height in inches (post) | Weight (post) |
| 1  |            |           |        |     |                        |              |                   |                       |                         | n/a          |                 |                 |                         |                         |               |
|  |            |           |        |     |                        |              |                   |                       |                         | n/a          |                 |                 |                         |                         |               |
|  |            |           |        |     |                        |              |                   |                       |                         | n/a          |                 |                 |                         |                         |               |
|  |            |           |        |     |                        |              |                   |                       |                         | n/a          |                 |                 |                         |                         |               |
|  |            |           |        |     |                        |              |                   |                       |                         | n/a          |                 |                 |                         |                         |               |
|  |            |           |        |     |                        |              |                   |                       |                         | n/a          |                 |                 |                         |                         |               |
|  |            |           |        |     |                        |              |                   |                       |                         | n/a          |                 |                 |                         |                         |               |

- We HIGHLY encourage you to add Athlete Performance Training to your practice routine.
- If opting in this is where you will keep the data collect during the season
- This is a great way to help the athlete set personal Health and Fitness goals and improve their overall well-being



Athlete Performance Training

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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.



# FLOOR HOCKEY & FLOORBALL UPDATES

# SOPA Website - Sports Offered Page

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- Links to all the sport pages

- [Sports Offered](#)
- [Seasonal Sign-up](#)
- Lots of great resources!

## Winter Sports Sign-Ups!

We are gearing up for our **Winter season** and invite all athletes and volunteers to **SIGN UP TODAY!**

Whether you're a new or returning athlete or volunteer, [follow this link to sign up for Winter Sports!](#)



## Winter Sports

|  |   |
|--|---|
| <a href="#">Winter Season Rollout</a>  | > |
| <a href="#">Alpine Skiing</a>          | > |
| <a href="#">Bowling</a>                | > |
| <a href="#">Figure Skating</a>         | > |
| <a href="#">Floor Hockey/Floorball</a> | > |
| <a href="#">Snowboarding</a>           | > |
| <a href="#">Snowshoeing</a>            | > |
| <a href="#">Speed Skating</a>          | > |



# Sport Management Team (SMT)

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- Maryellen Brown – [snickersbrown5@gmail.com](mailto:snickersbrown5@gmail.com)
- Brynne Wacker - [bwacker@specialolympicspa.org](mailto:bwacker@specialolympicspa.org)
- Purpose of SMT is to determine future direction of the sport, plan/execute competitions and train coaches and officials.
- We are looking for 1 representative from each Region to form this team. If you are interested, please contact Brynne Wacker.



# Floor Hockey/Floorball

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## 2025 State Competition offerings *(both Floor Hockey and Floorball):*

- Individual Skills
- Team play will be available at Indoor Winter Games – Floor Hockey 22+, Floorball 16-21 and 22+

## Officials needed

- If you know anyone interested, please share their contact information with Jennifer Tresp.

## Sport Transition

- This is the last season Floor Hockey will be offered. All teams will be asked to transition to Floorball in 2026.

# SOI Sport Rules & Resources



## Special Olympics Resources

- Coaching Guide (2007)
- Fact Sheet
- Rules (2024)
- Rule Changes (2024)
- Warm Up and Cool Down Guides

Direct Links:

[Floorball Resources](#) & [Floor Hockey Resources](#)



### SPORTS ESSENTIALS

#### Floorball

- Coaching Guide 2014 (Online): English
- 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



### SPORTS ESSENTIALS

#### Floor Hockey

- Coaching Guide 2007 (Online): English
- Fact Sheet (PDF)
- Rules (PDF): 2022 • 2020
- Rules Changes (PDF): 2022
- Warm-Up (PDF): English • Chinese • French • Russian • Spanish
- Cool-Down (PDF): English • Chinese • French • Russian • Spanish
- Warm-Up & Cool-Down Videos

# Floor Hockey Team Assessment Form



- This form is the team assessment form we are using for IWG
- This is in the last tab of your Tracker

| FLOOR HOCKEY  |               |                    |     |                            |                          |                       |  |                |                    |               |          |
|---|---------------|--------------------|-----|----------------------------|--------------------------|-----------------------|--|----------------|--------------------|---------------|----------|
| TEAM RATING FORM / ROSTER - <i>Must Complete 1 Form per Team</i>  |               |                    |     |                            |                          |                       |  |                |                    |               |          |
| Head Coach  |               |                    |     |                            | Delegation and Team Name |                       |  |                |                    |               |          |
| Cell Phone  |               |                    |     |                            | Team Uniform Color       |                       |  |                |                    |               |          |
| Email   |               |                    |     |                            | Traditional or Unified   |                       |  |                |                    |               |          |
|   |               |                    |     |                            |                          |                       | Total Team Rating: (total team score divided by number of players) |                | 0                  |               |          |
|   |               |                    |     |                            |                          |                       | Team Age Group:  |                |                    |               |          |
| How do you rate your team: <i>Developing (lowest div); Low (lower divisions); Average (middle divisions); High (top division)</i> |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
|   | PLAYER'S NAME | ATHLETE OR PARTNER | AGE | RETURNING OR 1ST YR PLAYER | JERSEY #                 | SHOOT AROUND THE GOAL | PASS   | STICK HANDLING | SHOOT FOR ACCURACY | DEFENSE       | TOTAL    |
| 1   |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 2   |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 3   |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 4   |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 5   |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 6   |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 7   |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 8   |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 9   |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 10  |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 11  |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 12  |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 13  |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 14  |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 15  |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| 16  |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| Alt   |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| Alt   |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
| Alt   |               |                    |     |                            |                          |                       |  |                |                    |               | 0        |
|   |               |                    |     |                            |                          |                       |  |                |                    | <b>Total:</b> | <b>0</b> |

# Floor Hockey Uniform

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## Floor Hockey

- Shirt/Jersey with distinctive team color and markings and a 15 centimeter to 20 centimeter (6 in to 8 in) player number on the back of the shirt.
- Athletic Shorts, sweatpants or warm-up pants may be worn



# Floor Hockey Equipment

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All players must wear the following Mandatory Protective Equipment:

- Helmets with full face masks
  - Check helmets for secure padding as well as fit
- Gloves (i.e., padded gloves, street hockey gloves, field hockey gloves)
- Shin Guards (street hockey, ice hockey, soccer guards) the goalkeeper will be allowed to wear regulation size ice hockey goalkeeper pads not to exceed 31 centimeter (12 in) in width.
- Proper athletic footwear (i.e. running shoes)

It is advisable that players wear the following Recommended Protective Equipment:

- Elbow pads, Athletic supporter, Knee pads, Goalie chest protector, & Mouthpiece

**Prior to each game the referees will check for proper equipment.**

# Floor Hockey Rules Updates/Reminders

---

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- If the puck hits the referee and goes directly into the goal, the goal is disallowed.
- Games will consist of three 9-minute periods, with a 1-minute break between each period.
- The last three minutes of the third period (the 9th line) shall be stop time unless waived by both coaches prior to the start of the line.
- One 1-minute time-out is allowed per team per game. Coaches will signal their desire for a time-out to the referee by making a "T" sign with their hands.
- A time out will only be granted at a stoppage of play.

# Floorball Game and Equipment

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SOPA will play a 5v5 format

- Within the [SOI Rules](#) this falls under Unified Team Competition (Section 6, page 21-29)
- This will allow us to keep the same format and same sized field/goals for both Unified and Traditional teams
- **Roster size:** minimum 8, maximum 10 (Unified maximum 12) - suggested at least 8 field players and 2 goalies.
- **Periods:** Two (2) - 15-minute periods will be played with a 5-minute halftime
- Running clock except for goals, penalties and injuries

**Individual Skills** are outlined in the SOI Rule Book (Section 8, pages 43-45), similar to Floor Hockey

- 5 skills: Shoot Around Goal, Receiving and Passing, Stickhandling, Shoot for Accuracy, Flip Pass over an Obstacle
- A scoresheet will be developed and included on the Sports Offered page

**Required Field Player Equipment:**

- Stick (straight or curved, different lengths based on player height)



# Floorball Uniform and Goalie

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## Uniform:

- Jersey – number front (small) and back (large), numbers 2-99
- Shorts (long pants/tights are not allowed)
- Knee high socks
- Sneakers

## Goalkeeper

- Jersey – number front (small) and back (large), numbers 1-99
- Long Trousers over pads
- Does NOT use a stick
- Must wear IFF approved face mask
- Protective equipment
- Thin gloves allowed

# Floorball

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## Coach Training

- Held a Coach Training on November 9th & 10<sup>th</sup>; about 30 coaches and 10 officials trained from across the state. THANKS to all who attended!

## Plan for 2024-25

- Will have about 18 teams for 2024-25 season!!!
- Floorball team (16-21 and 22+) will be offered at Indoor Winter Games.
- Floorball skills will also be offered at Indoor Winter Games.
- You can find more information, equipment and resources: <https://www.floorballplanet.com/>
- Interested or have questions? Contact Brynne Wacker, [bwacker@specialolympicspa.org](mailto:bwacker@specialolympicspa.org)
- December meeting to review SOPA Floorball Rules document that is being created

# Brand and Uniform Guidelines

---

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- New Resource that include SO brand and uniform guidelines
- Includes mock-ups of sport specific uniforms - we will work with Marketing to get Floorball added in here.

[SOPA Brand and Uniform Guidelines](#)



# WINTER 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](#)

# Winter Events

## Winter Games

- Seven Springs Resort  
February 11-13, 2025

## Indoor Winter Games:

- York, PA  
March 1-2, 2025



# Indoor Winter Games: March 1-2, 2025

Various Venues throughout York, PA

- Reg Info: Will be out by 1/3
- LOI: Due 1/23
- Final Allocations: 1/24
- Rosters: Due 1/27
- Google links sent: 1/28
- Registration: Due 2/6
- Scratch/Activation: Due 2/20



**THANK YOU**

