



Winter 2024-2025

**Snowshoeing** 

Nov. 13, 2024

## Today's Agenda

- Snowshoeing Updates
- Pre-Season Reminders
- 2025 State Competition
- Questions









# **Snowshoeing UPDATES**

# Sport Management Team (SMT)

- Tom Mereen, Sport Director
- Jessie Merckle, SOPA
- 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 Jessie Merckle imerckle@specialolympicspa.org





# **SOPA Website - Sports Offered Page**



- •Links to all the sport pages
  - Sports Offered
  - Seasonal Sign-up
- •Lots of great resources!

## **2024 Rule Changes**



#### **SOI Additions**

- Addition of a 4x50 Meter Relay Race
- Each Zone will be 10m in length and clearly marked

#### **SOPA Additions**

- Multi-team relays
  - Team preferably within regions
  - Must practice appropriate legs and practice together 2-3 times before competition
  - Must REGISTER as a team prior to competition in order to receive awards

## **Recommended Snowshoes**



- Lightweight
- Easy to run in
- Affordable



https://crescentmoonsnowshoes.com/

## **Attire**



#### **Layer 1** (against your body):

- Liner socks (thin polypropylene)
- Long underwear (polypro, Lycra tights)
- Polypropylene shirt (or some other wicking material)

#### Layer 2:

- Wool socks (or wool blend ski socks)
- Polar fleece pants or long underwear
- Polar fleece top or wool sweater
- Lightweight gloves

#### Layer 3:

- Wind pants or lightweight ski pants
- Lightweight jacket (windbreaker) or vest
- Headband or hat
- Leg/ankle Gaiters & Neck gaiter
- Mittens or overmits

## **Attire**



## **NO COTTON**



# Cotton gets cold when it gets wet!

## **SOI Sport Rules & Resources**



### **Special Olympics Resources**

- Coaches Guide
- Fact Sheets
- Rules (2024)
- Rule Changes (2024)

### Direct Links:

**Snowshoeing Resources** 



#### RESOURCES

Participants in the 2022 World Winter Games will compete under the 2018 versions of the Sport-specific Rules.

Coaching Guide 2021 (Online)

Coaching Guide 2021 (PDF)

Fact Sheet

Rules (2022)

Rules Changes (2022)

Rules (2020)

# PRE-SEASON REMINDERS



**Special Olympics**Pennsylvania



## Season at a Glance

#### SEASONS AT A GLANCE







	FALL	WINTER	SPRING
Training Site Registration (see link below)	April 1 - May 1	Sept. 1 - Oct. 1	Nov. 1 - Dec. 1
Athlete, Unified Partner, Volunteer Signup	May 15 - July 15	Oct. 15 - Nov. 15	Dec. 15 - March 1
Season Length	August 9 - Nov. 3	Dec. 1 - March 2	March 14 - June 7
Eligibility Deadline	August 23	December 20	March 28
Sports Offered	Bocce, Bowling, Flag Football, Long Distance Running /Walking, Powerlifting, Soccer, Volleyball	Alpine Skiing, Bowling, Figure Skating, Floor Hockey, Snowboard, Snowshoe, Speed Skating	Athletics (Track & Field) Basketball, Equestrian, Gymnastics, 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 beginsDecember 1
- Seasonal Eligibility/Age Group
   Exemption deadline –
   December 20

# Sports Season Prep



## **Important Winter Dates:**

- Winter Calendar:
  - https://specialolympicspa.org/images/2024/Competition/winter-2024.25-calendar.pdf
- Found on SOPA website under sports then competition
- Eligibility Deadline: December 20
- Season Dates: December March

## **Air Quality**





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 <a href="https://www.airnow.gov/">https://www.airnow.gov/</a> 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



#### 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



### **Volunteers who CANNOT supervise athletes and volunteers:**

- <u>Unified Partner</u>: 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.
- <u>General Volunteer:</u> 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



#### **Volunteers who CAN supervise athletes and volunteers:**

- <u>Head Coach</u>: 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.
- <u>Assistant Coach:</u> 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.
- <u>Chaperone/Training Site Volunteer:</u> 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**



- 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: <a href="https://example.com/Athlete as Coach Webinar">Athlete as Coach Webinar</a>
- All interested Athletes as Coaches must fill out the Athletes as Coaches <u>request form</u> 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 <u>ischubert@specialolympicspa.org</u> 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



## **In-Season Communication**



#### **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





- 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

## **New Portal**

- Volunteers can log into our new <u>Online</u>
   <u>Portal</u> (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 <u>portalsupport@specialolympicspa.org</u>.
- 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:
	Showshoeing Virtual Training: 6:00 PM EST - 8:00 PM EST	General Volunteer	11/19	9/30
	Snowshoeing Virtual Training: 8:30 AM EST - 10:30 AM EST	General Volunteer	11/23	1/30
	Bowling Virtual Training: 6:00 PM EST - 9:00 PM EST	General Volunteer	11/21	11 / 45
0	Bowling Virtual Training: 12:00 PM EST - 3:00 PM EST	General Volunteer	11/23	6/45

### **Tracker Updates**



**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** 

_	7.7		L.								District of the second of the	
	ROSTER STATUS	ACTIVE ▼	Team Name	Lycoming C	ounty	Training Site	Faxon Lanes		Sport	Bowling		
Tra	aditional/Unified	Traditi ▼	Training Site Lead Name	Lester Lone	r	Email				Cell Phone		
	Meets 4:1 Ratio	NO	# Athletes	41	#	Unified Partners	4	# General Volunteer	5			
	# Head Coaches	3	# Assistant Coaches	4	# Total He	ad/Asst Coaches	7	# Certified Coaches	7			Ι.

#### 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 'Af 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:

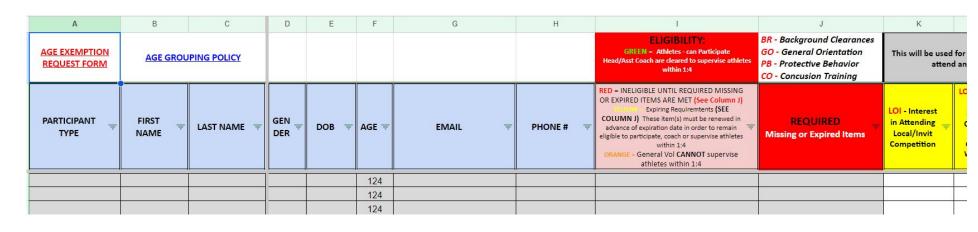
· Color- coded key to indicate ranges that athlete data falls into for: 6 Minute Run/Walk, BMI, and Blood Pressure (OPTIONAL)

#### 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



## Tracker (Tab 2) - Athlete/Volunteer Tab Eligibility, LOI, Attendance



Eligibility - Red Event Interest - Yellow Attendance – Blue

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

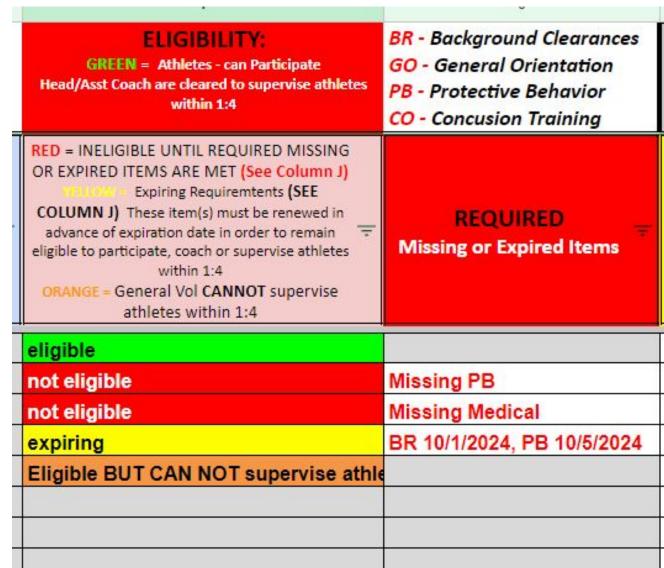
Specific
Column
instructions
can be found
in first 2 rows

			ELIGIBILITY: 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 - Concusion Training	The second secon	d for your LOI - if ATHL d an event mark with	Control of the contro	At end of the season Head Coach will need to mark which atl list practice		ich athletes hav ractice dates in		
PARTICIPANT =	FIRST -	LAST NAME =	RED = INELIGIBLE UNTIL REQUIRED MISSING OR EXPIRED ITEMS ARE MET (See Column I) DISTRIBUTION OF 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	REQUIRED  Missing or Expired Items	DEADLINE =	DEADLINES: Regional Bowling Event: 01/12/2025 This column due 12/28/2024	Deadline: =	Athlete Trained for = 8 weeks	10/5/24 =	10/12/2, =	LO/19/2· <del>=</del>	10/26/2; = 1:
General/Sport Volunte	Gerald	Anderson	Eligible - Can Participate		х	х		( <b>v</b>		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	х		
Athlete: Special Olymp	Sean	Brink	Eligible - Can Participate		x	x		( •)	x	х		
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 <u>YOUR</u> responsibility to track this.



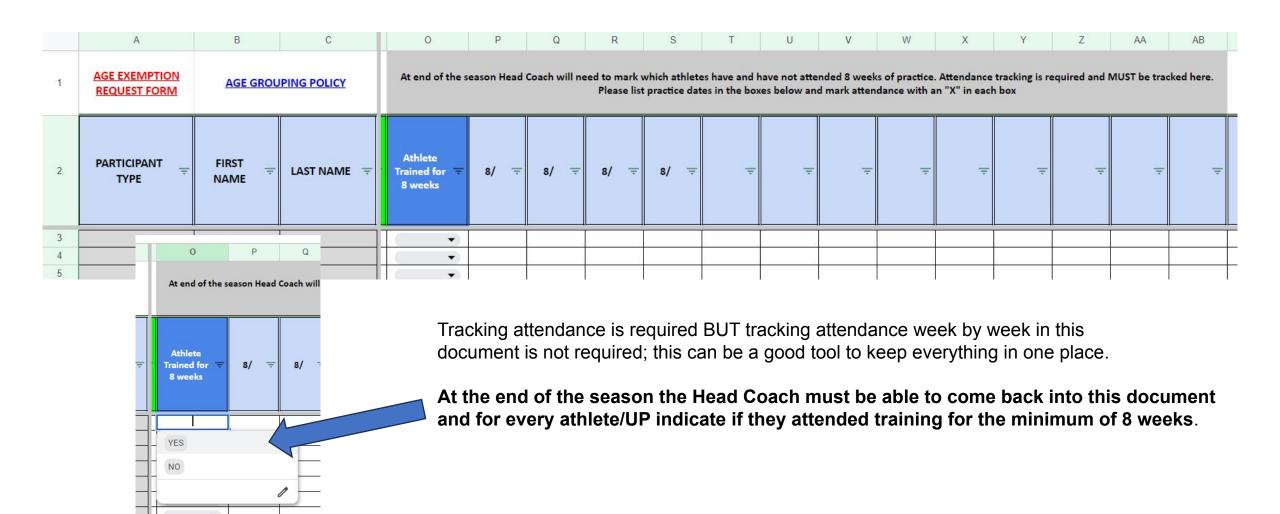
## **Tracker - Athlete/Volunteer Tab (cont)**

				for your LOI - if ATHLE d an event mark with a	
PARTICIPANT =	FIRST =	LAST NAME =	DEADLINE =	DEADLINES: Regional Bowling Event: 01/12/2025 This column due 12/28/2024	Deadline: 〒
General/Sport Volunte	Gerald	Anderson	x	х	5
Athlete: Special Olymp	Timothy	Balzer	х	x	
Athlete: Special Olymp	Amir	Beckett	х	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	
Athlete: Special Olymp	Jacob	Carey	x	x	
Assistant Coach: Help	Pamela	Carev	x	X	

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

- 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

## Tracker - Athlete/Volunteer Tab (cont) Attendance



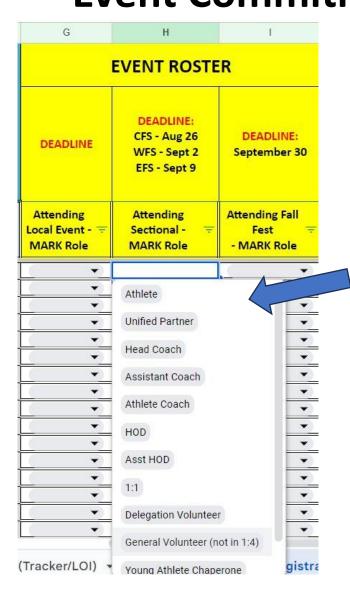
## Tracker (Tab 3) - SPORT Roster Tab Event Commitment and Registration



Event Commitment and Role

Event – Sport specific Registration

## Tracker - SPORT Roster Tab (cont) Event Commitment



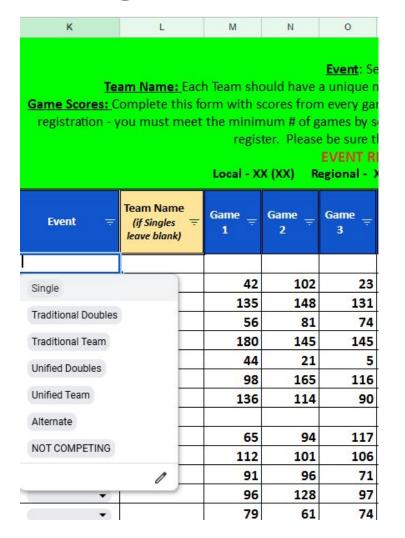
Select role for each individual attending the event (can not exceed the total # of your final allocations)



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

G	Н
	EVENT ROST
DEADLINE	DEADLINE: CFS - Aug 26 WFS - Sept 2 EFS - Sept 9
Attending Local Event - = MARK Role	Attending Sectional MARK Role
Athlete ▼	· ·
Athlete ▼	_
Athlete ▼	_
Athlete ▼	·
Athlete ▼	·
Athlete ▼	•
Athlete ▼	·
Athlete ▼	_
Athlete ▼	_
Assistant ▼	_
Assistant ▼	_
Assistant ▼	_
Assistant ▼	·
Head Co ▼	

## Tracker - SPORT Roster Tab Event Registration



#### **EVENT REGISTRATION**

#### **ALPINE SKIING**

**EVENT**: Select events for each individual, up to 3 events per person **EVENT TIMES** should be entered with just periods (not colons), i.e.: 23.24.55

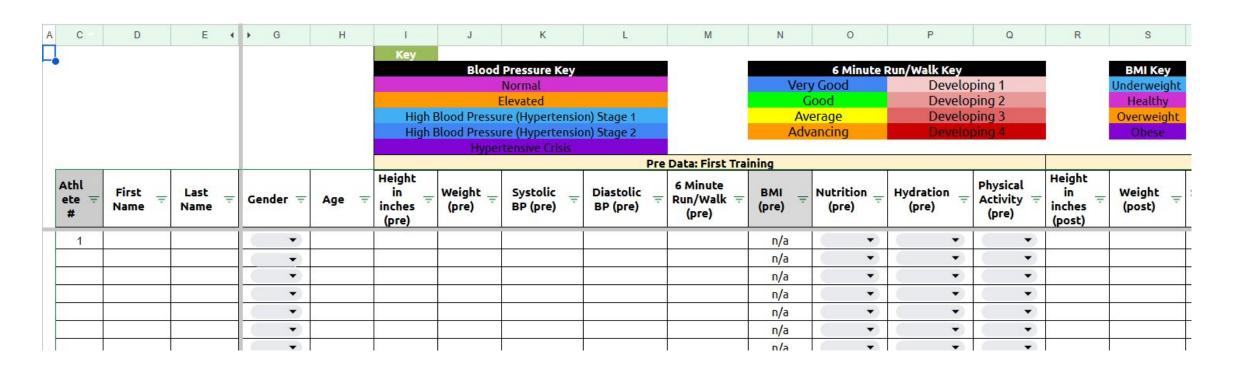
You should track your athletes events and times in this document, please be sure the times are updated in this document by:

WINTER GAMES REGISTRATION DEADLINE:

January 23, 2025

EVENT 1 =	EVENT 1 =	EVENT 2 =	EVENT 2 TIME:	EVENT3 ₹	EVENT 3 =
100		•		•	
Advanced - Giant	Slalom	( •		•	,
Advanced Glan	Oldioni	•		•	
Advanced - Slalo	m	•		•	
Advanced Over		•		•	
Advanced - Supe	16	( •		•	
Intermediate - Gi	ant Slalom	•		•	
		( •		( <b>*</b> )	
Intermediate - Sla	alom	•		•	
Intermediate - Su	iper G	( • • ·		•	
		•		•	
Novice - Giant Sla	alom	( •		( <b>v</b> )	
Novice - Slalom		•		•	
Novice - Statorii		( • • ·		•	
Novice - Super G	Novice - Super G			•	
(		( ·		•	
Entry Level - 10N	i Walk	•		•	
Fntry I evel - Glid	e	•		·	

## Tracker (Last tab) - APT Data Collection Form



- 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

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





## 2025 STATE COMPETITION

## Local, Invitational, Regional Competitions



- 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



Winter Games: Tues. February 11 - Thurs. February 13, 2025

Seven Springs Mountain Resort: Seven Springs, PA

• Reg Info: Will be out by 12/13

○ LOI: Due 1/9

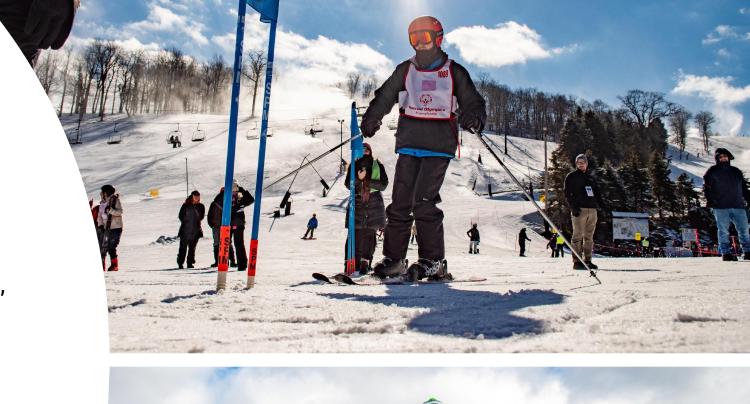
• Final Allocations: 1/10

• Rosters: Due 1/13

○ Google links sent: 1/16

• Registration: Due 1/23

Scratch/Activation: Due 2/4





## 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