

Virtual Sports Leagues
Team Volunteer Information Packet



March 29, 2021 – June 5, 2021

www.sosc.org/vsl

Special Olympics Southern California

Table of Contents

What is VSL?	3
Detailed look into VSL	3
Team and League Overview	3
What is needed from athletes?	3
Season Schedule and Breakdown	4
Point Breakdown	5
Team Volunteer Roles	6
Head Coach	7
Team Tech	8
Season Calendar/Schedule	9
VSL Committee Leads and Contact List	11
Zoom Meeting Instructions	12

What is VSL?

Virtual Sport Leagues, or VSL, is an opportunity for athletes to compete virtually with their team, earning points by completing various workouts and team meetings throughout the six-week regular season. This virtual event will begin on **Monday, March 29th**, and conclude on **Saturday, June 5th**. This interactive experience is an amazing way to get back into training and help your team become virtual league champions!

How will VSL work?

The Virtual Sports Leagues are comprised of these five sports: athletics, basketball, bocce, flag football, and swimming. Over the 6-week regular season, teams in each league will compete against each other head-to-head, to see which team will accumulate the most points. The team that scores the most points at the end of their weekly matchup is the winner. Each new week and match-up begins on Mondays. Points will be turned in on Sunday, with league standings for each sport being updated on Wednesdays. Those with the best regular season record will move on to compete in the 4-week postseason. A schedule of the regular season can be found [here](#).

Detailed look into VSL

Team and League Overview

Teams will be formed based on the regular spring sport that athletes participate in, led by their regular spring sport coach. Teams must have a minimum of 6 athletes and a maximum of 12; roster size does not include the coach or other volunteers. Teams will be a part of one of five sports leagues (athletics, basketball, bocce, flag football, and swimming) and will participate in match-ups against teams in both the same sport and different sports. These five sports leagues will be in 8 separate geographical regions. San Luis Obispo, Santa Barbara/Ventura, Kern, and Santa Clarita Valley will make up the North Division, and Los Angeles, Orange County, Inland Empire, and San Diego will make up the South Division.

What is needed from athletes?

Athletes will earn points for their team by completing qualifying activities throughout the week. This could be going for a walk or run, completing a workout, attending a weekly team meeting over zoom, etc. A list of all activities that can be completed for points can be found on page 5. You could also find more details of activities [here](#). These activities will be tracked by the head coach and team tech throughout the week/season.

But what if an athlete does not have access to the internet or the technology needed but wants to participate on their team? Although this will be different for every athlete and team, we ask that the SOSC coach and other team volunteers work with the athlete to find the best methods to keep them involved in their VSL team. That might look like scheduling weekly calls or communication with that athlete to track their activity, as well as connecting over the phone for weekly Zoom meetings with the team. SOSC staff will also be available to work out technology issues and provide available resources.

Season Schedule and Breakdown

The regular season will be six weeks in length, with each team competing weekly against another team in their league. Following the regular season will be a 4-week postseason for each sport with both a championship bracket as well as a consolation bracket. The top two teams from each sport in every region will make up the championship bracket, found on page 10. The 3rd and 4th place teams in each region will move on to the consolation bracket. The winners will move on through weeks 7-10, with the SOSC Championship match-up consisting of the top North and South division teams. A calendar breakdown of the season can be found on page 9.

Post Season Details

Week 7: Regional Semi-Finals – Top 2 teams from each sport in each division advance (8 teams from each division).

Week 8: Regional Finals – Winners from week 7 advance to regional finals (4 teams from each division).

Week 9: SOSC Semi-Finals – Winners from week 8 advance (2 teams from each division).

Week 10: SOSC Championship – Winner from North division plays winner from South.

Postseason breakdown scheduled to change due to amount of participating teams.

Point Breakdown

Throughout the week, athletes will be completing point scoring opportunities. At the end of each week, participation from each athlete will be accumulated to show the team's overall points. Point scoring opportunities include:

- Sport specific workout (one per week)
- Team practice: weekly meeting or workout with entire team
- Bonus activities held Wednesdays and Fridays

Sport-specific workouts and Team meetings

- Half or more of team participation earns 12 points
- Less than half of team participation earns 8 points

Bonus activities

- Half or more of team participation earns 8 points
- Less than half of team participation earns 6 points

All activities must be completed by Sunday. The team tech should gather the weekly points and submit no later than Monday at 9 am. When submitting team points, please use the following subject line in your email: VSL Points | Week X | Team Name.

Points must be turned in on Sundays; Sunday is the last day of the competitive week for teams to complete any point qualifying activities during their weekly team v team match ups.

<u>Sport specific workouts</u>	<u>Column A</u>	<u>Column B</u>	<u>Column C</u>		
Help the athletes get back in shape and be ready for when we return to in-person activities	Go for a walk Ride your bike Stretch Go for a hike Go for a run Go for a swim	Anytime Fitness – Facebook School of Strength Fit 5 HLC Fitness Kit	Participate in a team meeting Participate in a virtual workout with your coach/team	These workouts and meetings can be done any day throughout the week that is most convenient for everyone. The new week starts on Sunday.	Any exercises that are outside the athletes' comfort zone should be modified.

Team Volunteer Roles

Although VSL will be a completely virtual event, the help of volunteers will be crucial for its success. If you have received this packet, it is because you have registered as a volunteer and been placed with a team in order to help with its success. Here are a few things to expect as a VSL volunteer:

- Attending weekly team meetings, connecting with athletes and the team coaches, act as a conduit between SOSC sport managers and your assigned team.
- Connecting with and encouraging athletes to meet their sport specific team goals.
- Providing assistance for athletes without technology or internet access. They may need help reporting their participation in point scoring league activities.

The Team Tech role is in place to assist the athletes and coach when it comes to recording team participation points and reporting them to SOSC staff. They are encouraged to have open communication with coaches and athlete team members as well as attend team meetings, but they do not participate in workouts or contribute points. The Team Tech role description can be found on page 8. Above all, the Team Tech is expected to work in conjunction with their assigned team throughout the 6-week regular season and the 4-week post season if their team advances.

Optional Question & Answer Sessions:

- Thursday, March 18th at 6 PM
- Saturday, March 20th at 10 AM
- Tuesday, March 23rd at 12 PM

Zoom link to attend:

<https://zoom.us/j/92032031981?pwd=NjYvOGwrSFISVDB0NjRDd3R0dHJmdz09>

Please note: VSL is a **completely virtual program**, meaning that although you are participating as a team, there should **be no reason why any team members should be meeting in-person with any team volunteers or other teammates.** The only exception to this is if team members or volunteers are from the same household.

Head Coach

The Head Coach of an athlete team is typically the head or assistant coach of those athletes in a normal SOSC sport season. They will take on similar responsibilities as they would if they were coaching their team during the season. First and foremost, **they will engage with the athletes and create a team atmosphere**. They will also be helping their athletes set goals throughout the season, as well as set team expectations that all athletes are aware of.

Going beyond supporting their athletes' goals, the Head Coach should review proper fitness techniques and provide fitness/workout tips to the team. It is important to keep the team motivated during the 10-week period, so creating fun and helpful workouts will be key to athlete attendance and participation.

Lastly, the Head Coach will take on the responsibility of leading team zoom meetings alongside the Team Tech volunteer. **The Head Coach will keep in contact with the Team Tech** in order to relay information to team members and plan content for team meetings. For Zoom meeting instructions and meeting agenda examples, go to page 12.

Head Coach Responsibilities:

- Make sure your athletes are registered before the **March 22nd** deadline
- Host weekly virtual team practices and keep attendance
- Assist Team Tech in tracking and reporting total weekly points
- **Encourage and motivate your athletes while maintaining a fun team atmosphere!**

Team Tech

***The Team Tech volunteer is a support role for the VSL team they are assigned to; they will not be responsible for participating in any of the league point qualifying activities or contributing to the team's weekly point total.**

The Team Tech role is responsible for providing technical assistance and tracking their team's weekly point totals throughout the season. The Team Tech will keep in contact with athletes and coaches every week, recording completed activities and converting those into the team's total points for that week. A breakdown detailing how points are determined can be found on page 5. The Team Tech will be provided with a point tracking document for their team that can be utilized throughout the season. At the end of every week, the point tracking document will be sent to that region's SOSC Sport Manager, who will input that team's total points. You can find and download the template for tracking your team's points [here](#). A contact list for regional sport managers can be found on page 11. In some cases, the team's coach will want to track these points as well, and if so, the Team Tech can be there for support. They will also assist the team's coach in scheduling Zoom meetings and sending invites to team members, as well as provide overall tech support during those meetings. Lastly, the Team Tech role will attend meetings or keep in touch with SOSC Staff and VSL committee leads for updates. For Zoom meeting instructions and meeting agenda examples, go to page 12.

Weekly To-Do's for Team Tech Role:

- Monitor team's progress by regularly contacting coach and athletes throughout the week.
- Keep log of activities and points earned by team members throughout season, then send log to SOSC Sport Manager. Log will be provided.
- Connect with coach to schedule and plan team zoom meetings. Distribute meeting details with team members.
- Track athlete attendance in weekly team meetings.
- Keep an eye on VSL league standings and relay information to coach and team, standings will be updated every Wednesday.
- Above all, be a source of encouragement to the athletes throughout the season.

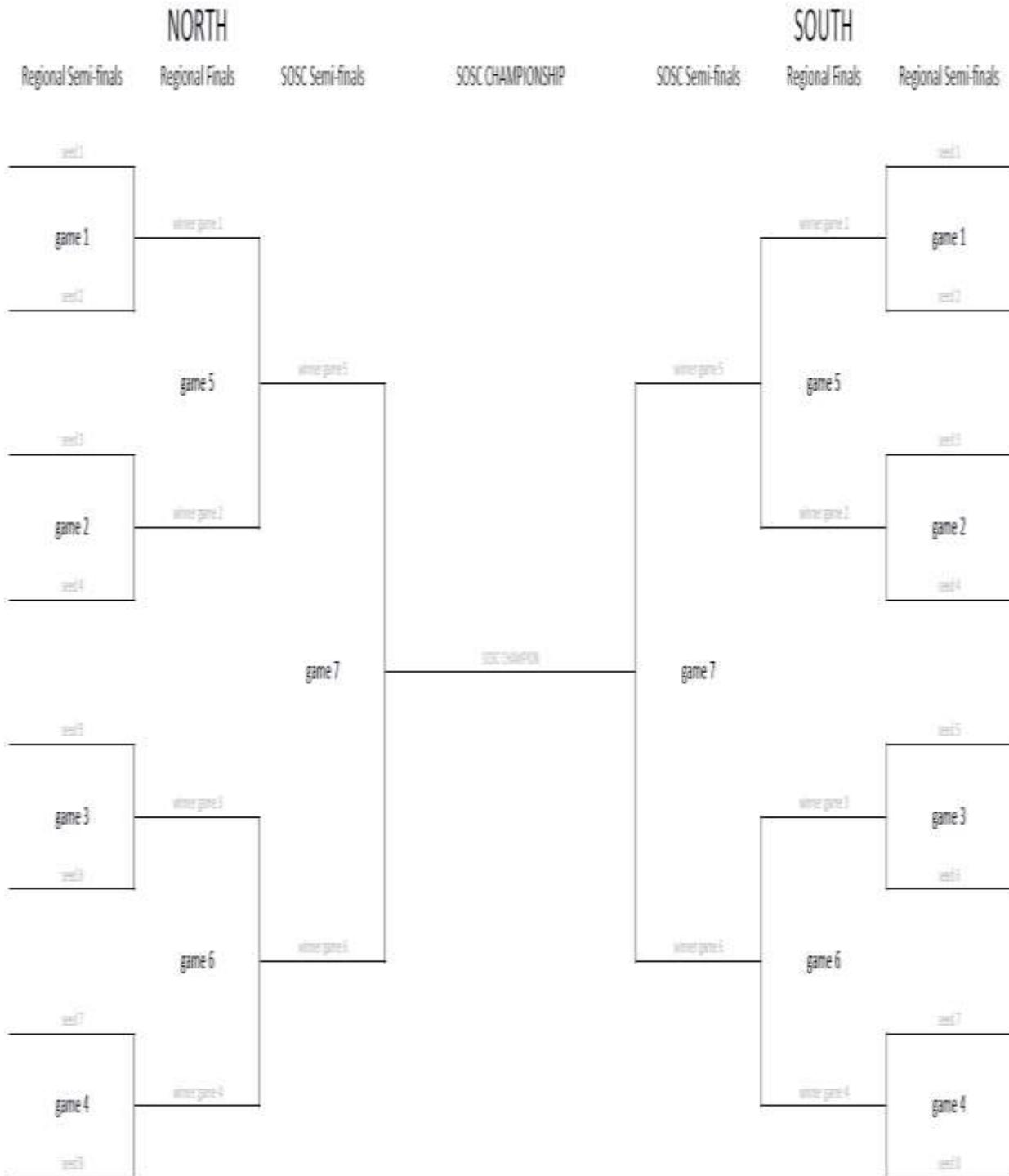
The Team Tech will be given their team's roster, which may contain personal and contact information. It is important to remember to keep our athletes' and other volunteers' information (phone number, address, email, etc.) confidential. Please keep this information safe and do not share with others outside of VSL team.

Season Calendar/Schedule

Regular Season						
Postseason						

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March 29 Week 1	3-30	3-31	April 1	4-2	4-3	4-4
4-5 W2	4-6	4-7	4-8	4-9	4-10	4-11
4-12 W3	4-13	4-14	4-15	4-16	4-17	4-18
4-19 W4	4-20	4-21	4-22	4-23	4-24	4-25
4-26 W5	4-27	4-28	4-29	4-30	May 1	5-2
5-3 W6	5-4	5-5	5-6	5-7	5-8	5-9
5-10 W7 Regional Semi's	5-11	5-12	5-13	5-14	5-15	5-16
5-17 W8 Regional Finals	5-18	5-19	5-20	5-21	5-22	5-23
5-24 W9 SOSC Semi's	5-25	5-26	5-27	5-28	5-29	5-30
5-31 W10 SOSC Finals	June 1	6-2	6-3	6-4	6-5	6-6

Post-season brackets for both champions and consolation



VSL Committee Leads and Contact List

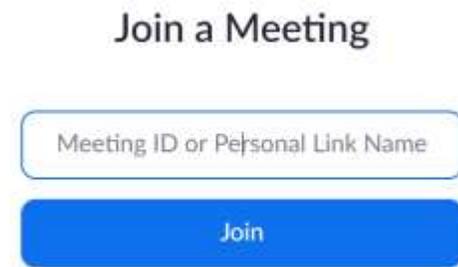
For any questions or concerns please feel free to reach out to the following:

Functional Area:	SoCal Staff Lead:
Event Managers	Don Culbertson dculbertson@sosc.org Lindsay Marksbury lmarksbury@sosc.org
Volunteer Recruitment:	Lisa Carpenter lcarpenter@sosc.org
Sport Managers by Region:	<p>San Diego: Don Culbertson – dculbertson@sosc.org</p> <p>Orange County: Don Culbertson – dculbertson@sosc.org</p> <p>Inland Empire: Blake English – benglish@sosc.org</p> <p>Los Angeles: Teresa Borunda – tborunda@sosc.org</p> <p>Santa Clarita Valley: Wendy Ellet – wellet@sosc.org</p> <p>Santa Barbara/Ventura: Tim Philibosian – tphilibosian@sosc.org</p> <p>San Luis Obispo: Lindsay Franklin – lfranklin@sosc.org</p> <p>Kern: Kellie Peterson – kpeterson@sosc.org</p>

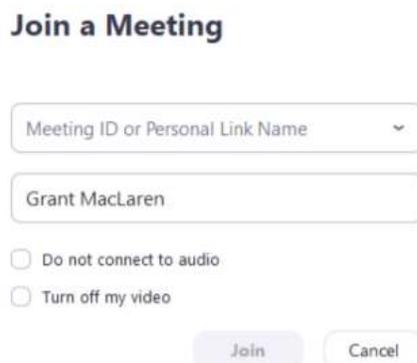
Zoom Meeting Instructions

How to Attend:

1. Open the Zoom desktop client (free to use): <https://zoom.us/>
2. Join a meeting using one of these methods:
 - a. Click Join a Meeting if you want to join without signing in.



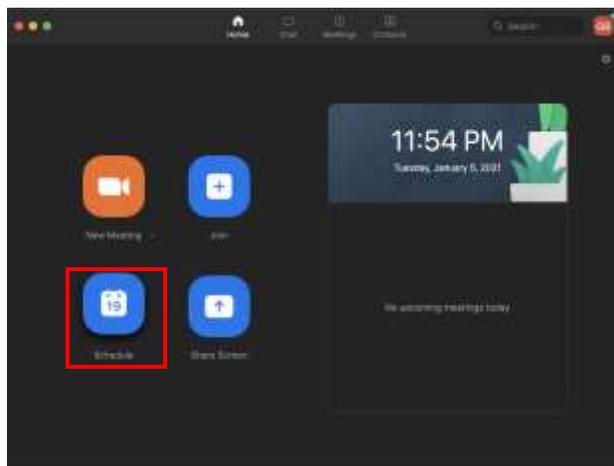
- b. Sign in to Zoom then click **Join**
3. Enter the [meeting ID](#) number and your display name
 - a. If you're signed in, change your name if you don't want your [default name](#) to appear
 - b. If you're not signed in, enter a display name.



4. Select if you would like to connect audio and/or video and click **Join**

How to Schedule/Host:

1. To sign up for your own free account, visit zoom.us/signup and enter your email address. You will receive an email from Zoom (no-reply@zoom.us). In this email, click **Activate Account**.
2. You can sign in to your Zoom account on the web at any time, at zoom.us/signin. Once you're logged in, use the panel on the left side to navigate the Zoom web portal. You can update your profile, schedule a meeting, edit your settings, and more.
3. **Downloading the Zoom client:** You can download the Zoom Desktop Client for [Mac](#), [Windows](#), [ChromeOS](#) and [Linux](#), as well as the Zoom Mobile App for [iOS](#) and [Android](#)
4. **Scheduling your first meeting:**
 - i. Go to the home tab
 - ii. Click Schedule



- iii. Choose the name, date, and time for your meeting
- iv. Select any other settings you would like to use.
- v. Click Save.

Schedule Meeting

Topic
My Zoom Meeting

Date & Time
1/ 6/ 2021 12:00 AM to 12:30 AM 1/ 6/ 2021
 Recurring meeting Time Zone: Pacific Time (US and Canada)

Meeting ID
 Generate Automatically Personal Meeting ID 995 733 3062

Security
 Passcode 032973
Only users who have the invite link or passcode can join the meeting.
 Waiting Room
Only users admitted by the host can join the meeting.
 Only authenticated users can join

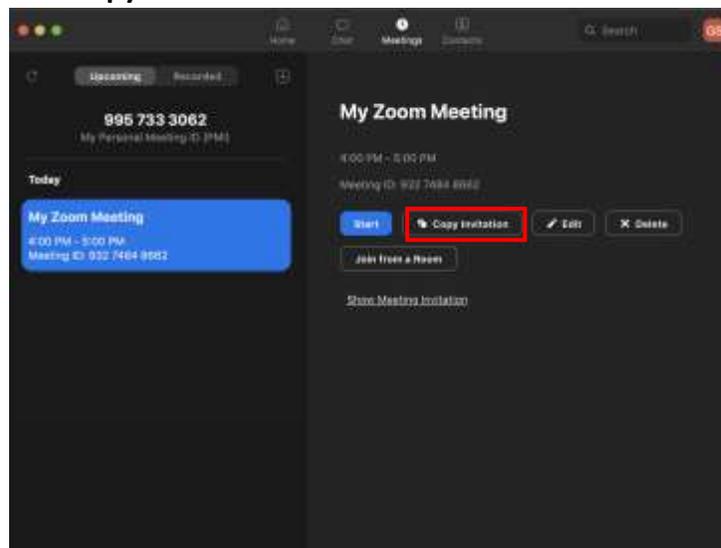
Video
 Host On Off Participants On Off

Audio
 Telephone Computer audio Telephone and computer audio
Dial in from United States: 509

Cancel Save

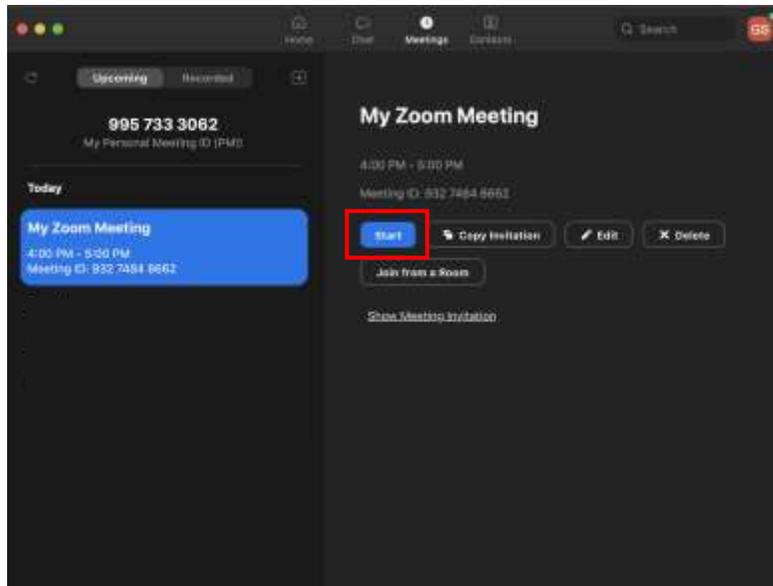
5. Inviting others to join your meeting:

- a. After scheduling your meeting, go to the meetings tab and select the meeting you would like to invite others to.
- b. Click **copy the invitation** and share with others.



6. Starting your meeting as the host:

- a. Your upcoming meetings will be listed in the Meetings tab of your Zoom desktop client or mobile app. You can click **Start** by the meeting name.



Please refer to <https://support.zoom.us/hc/en-us/articles/360034967471-Getting-started-guide-for-new-users> for more information.