

*Special  
Olympics  
Southern California*

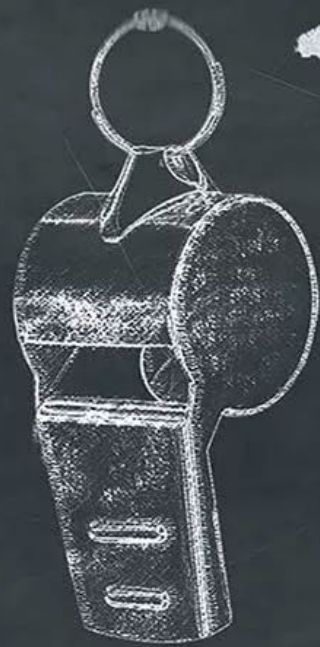


**COACHES  
SYMPOSIUM**

**WELCOME**

*EMPOWERING COACHES TO INSPIRE GREATNESS*





Thanks  
Coach!

# Identify Influences & Purpose



1. List a positive memory coaching.
2. What values or characteristics are most important to you?
3. Who do you admire as a coach and why?
4. What do you want your coaching style to look like to others?
5. What do your athletes need?

A good coach  
can change a  
game. A great  
coach can  
change a life.

John Wooden





Why do you coach?

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# Why?

- Passion for sport
- Developing athletes
- Positive Impact
- Giving back to the community
- Sharing knowledge/experience

## Less noble reasons:

- Nobody else would do it
- They begged me
- I didn't like the other coach who was there
- I am a warm body

# They deserve it...





# The next 50 years...

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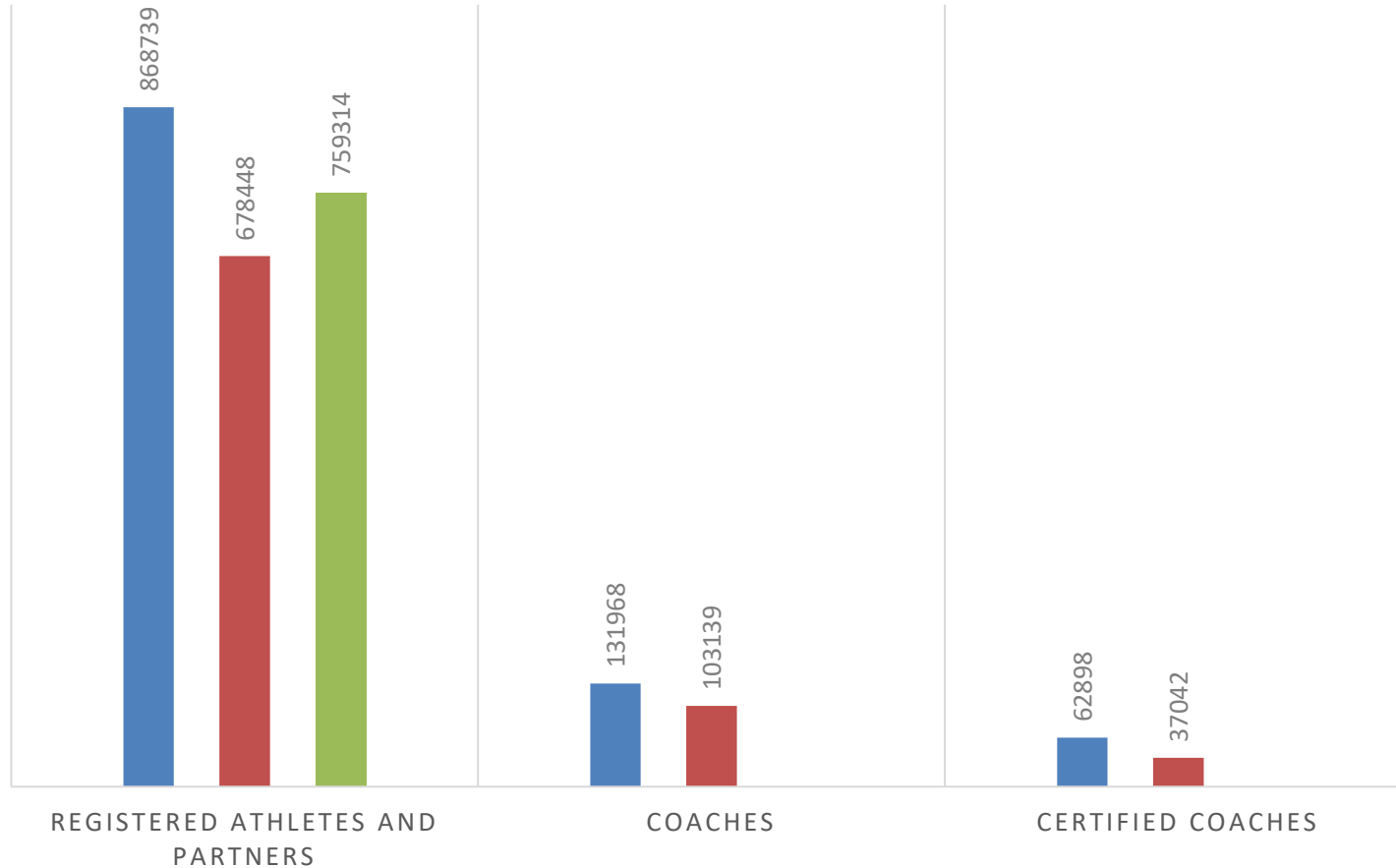
- Athlete/Coach Relationship
- Consistent & High standards
- Focus on the whole athlete
- All coaches at all levels (UCS / Community)



# 2023 Census Data State of the U.S.

## ATHLETES & COACHES

■ 2019 ■ 2023 ■ 2024 Projections



- There is a **22% decline in Athlete and Partner participation** from 2019-2023 (868,739-678,448). Projections for 2024 show a 12% increase (678,448-759,314).
- There is a **22% decline in the number of Coaches** from 2019 to 2023 (131,968-103,139).
- There is a **41% decline in the number of Certified Coaches** from 2019 to 2023 (62,898-37,042).

# Sports, Health & Fitness

*Why is it important for those with intellectual disabilities?*



**6.5 million** people in the United States have an Intellectual Disability



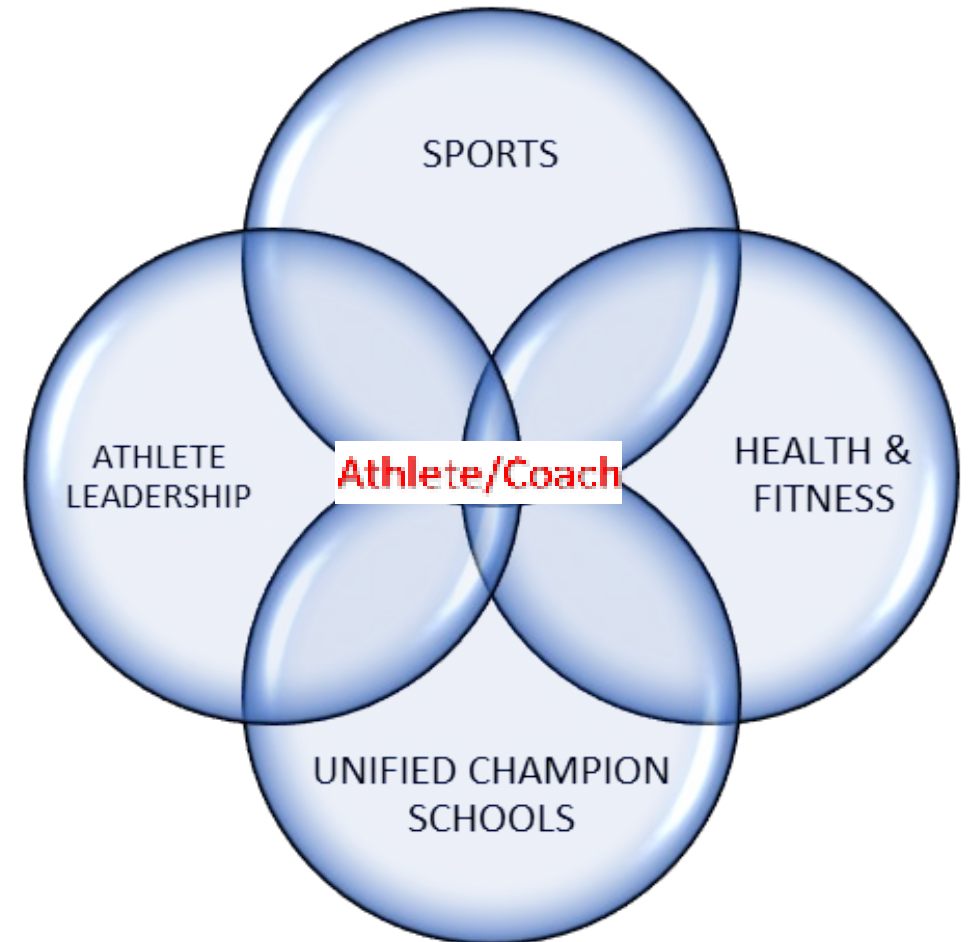
**"Nothing is more important than the answer to this question: Are our athletes getting healthier and fitter with a chance to get better and win (on and off the playing field)."**

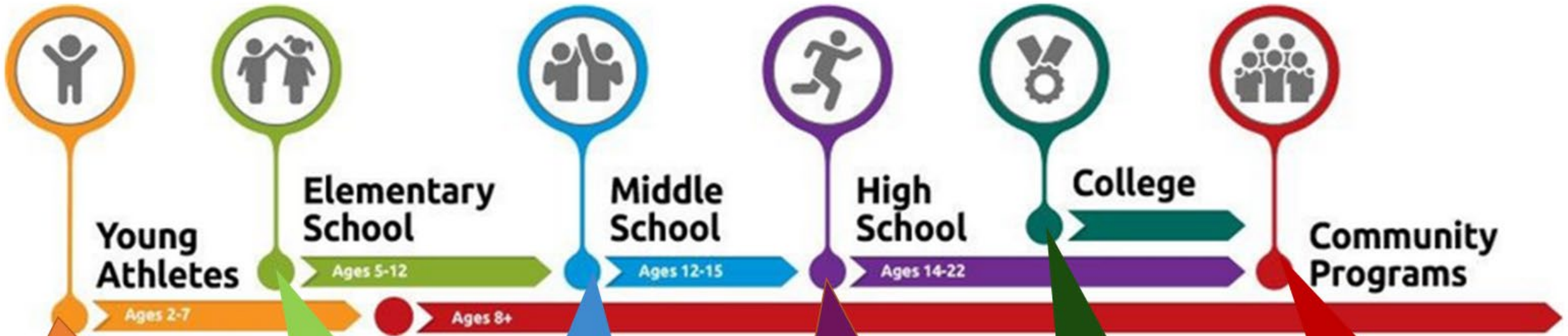
-Tim Shriver  
Chairman

Special Olympics International

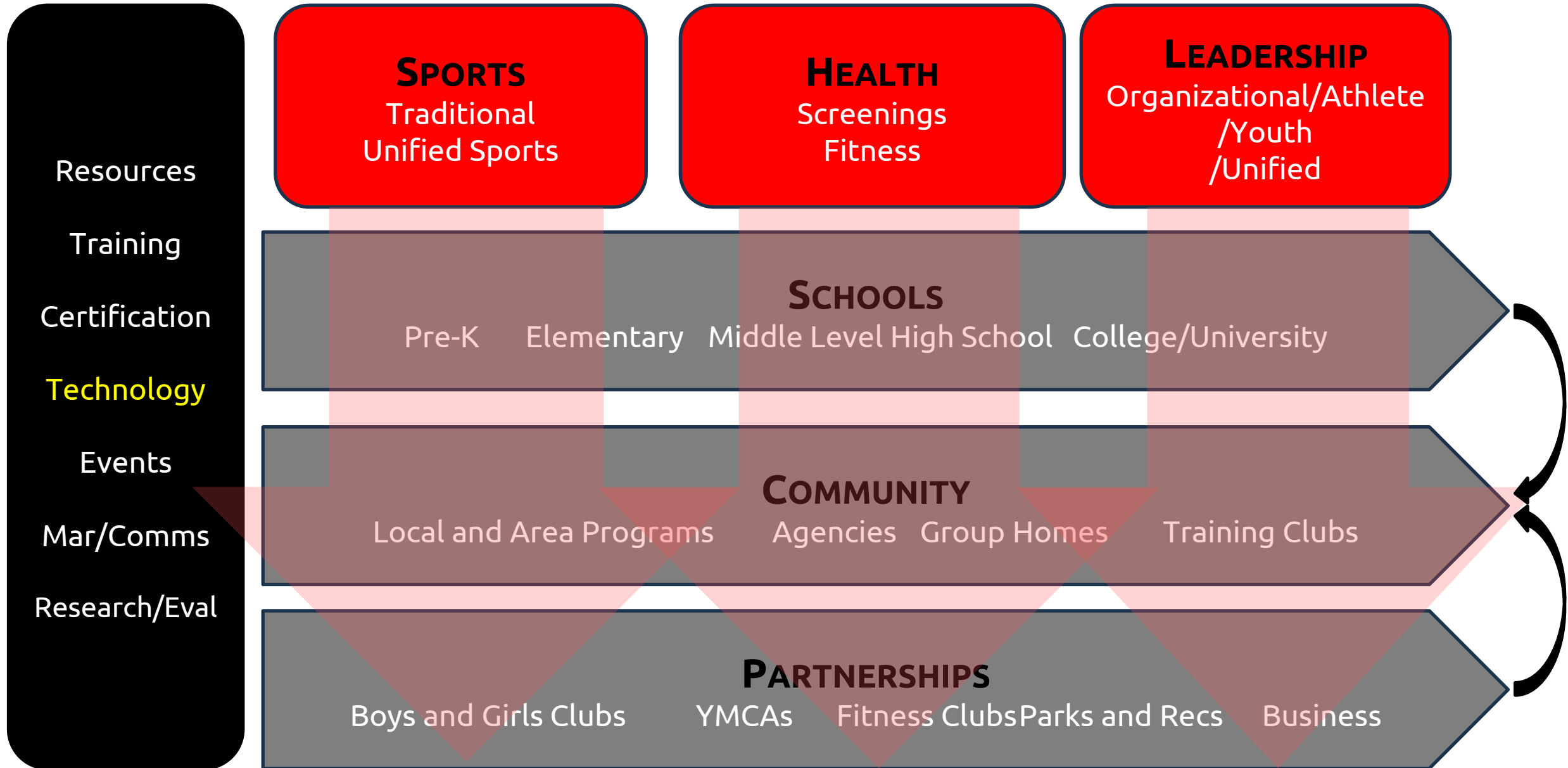
# Fitness in Sport, through Sport, with Sport

- Increase athlete **holistic** development focus through good coaching
- Integrate UCS, Health, Sports, Athlete Leadership to **best serve the athlete**





# SONA Programming and Service Delivery Model



# Desired Outcomes

**Individualized training** for participating athletes, taking them from where they are, and helping them become who they want to be.

Incorporation of **fitness into all sports practices**.

Creation of intensive **fitness training outside of sports practices**, including at-home workouts and preseason conditioning.

**Enhancement of the athlete experience** beyond culminating events for athletes who do not attend US Program state championships, USA Games, or World Games.

Formalized **coach recruitment strategy** with two key targets: strength & conditioning coaches and UCS partners.



WHERE WE ARE . . .	WHERE WE WANT TO BE . . .
8 weeks of training.	At least 12 weeks of training.
Training 1x per week.	Training at least 3x per week.
At home trainings are a bonus.	At-home trainings expected.
Training plan ad hoc or by coach.	Training plan inspired by NGB or SONA SRT.
Goals . . . Maybe.	Goals based on Maximum Potential.
At least one competition but may not be at US Program championship.	Multiple competitions at multiple levels.
Fitness is not a priority.	Fitness is priority and key component of the training plan.

# HOW – THROUGH COACH EDUCATION



1. Confidence to Coach
2. Empowers coaches to be effective, teach properly and create safer environments
3. Builds a quality base of true assets
4. Sets standards of quality and assurance of safety and well-being
5. Athletes will stay longer – 26% vs. 5% dropout rate
6. Reduce legal liabilities
7. Positive Experience



# DISCUSSION

Online education vs. In person education  
3 positive & 3 challenges of each

Snooze Options: 30 Seconds |  
1 Minute | 5 Minutes | 10  
Minutes

00 : 00 : 00



# Online vs In-person

## ***In-person Training Pros***

- Hands-On Learning
- Immediate Feedback
- Collaboration
- Engagement

## ***Online Training Pros***

- Flexibility
- Cost-Effective
- Scalability
- Standardization



## ***In-person Training Cons***

- Time and travel demands
- Higher costs
- Limited flexibility and availability

## ***Online Training Cons***

- Not Hands-on
- Less Feedback
- Accessibility (internet/computer)
- Lower Engagement



# SONA Objective – BOTH ARE NEEDED



## ***SONA Focus***

Online Resources (CSOA, Unified, General Orientation, Sport intro courses)

NGB Partnerships

## ***Program Focus***

In person Trainings

(On the field, on the court, in the pool...working with athletes and learning how to coach)

Coach Recruitment



# SONA Coach Education - Certification Pathway



**X**

**Sport Assistant**

**Class A Form/Background**

**Protective Behaviors Training – 15 minutes**

**General Orientation**

**Concussion Course – 1 hour**

**1**

**Level 1**

**Not sport specific**

Coaching Special Olympics Athletes  
-In-person training by approved trainer or online – 60-75 minutes

Coaching Unified Sports  
- Online NFHS course 60 minutes

**2**

**Level 2**

**Sport Specific Course**

Online or in-person classroom Sport Specific intro course  
-1 hour

Covers sport overview, Special Olympics rules & modifications

**3**

**Level 3**

**Sport Specific Course**

In person training conducted by a Program approved trainer  
- Minimum 2 hours

\*Covers coaching techniques, practice plans, competition and other topics and when possible, should be held on the sports field of play working directly with athletes\*

\*Required for USA Games



**World Games**

Principles of Coaching Course  
online training via CoachTube

Online courses as determined by SOI  
(TBD for each event)

NGB Certification – varies per sport

\*Required for World Games

# AVAILABLE RESOURCES

Learn management System (LMS)

SOI Coaching Guides

Sport Resource Teams (SRT)

Sport Dashboards



Sports Homepage

IN PROGRESS <sup>9</sup>

NOT STARTED <sup>1</sup>

DEADLINES



Fitness Coach Online Training

English | Learner



Sport: Coaching Level 2 Coaching Assistant

English | Learner



Introduction to Intellectual & Developmental Disabilities

English | Learner

VIEW ALL



Coaches



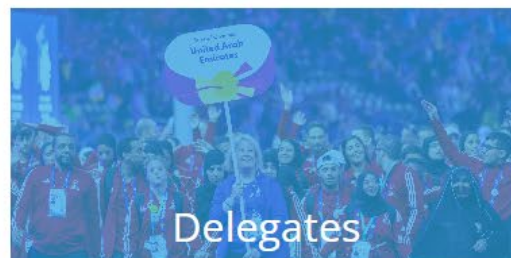
Athletes



Volunteers



Sports Officials



Delegates



Local Organizing Committee



Certification Courses



Leadership



SO Program Staff

Certifications & Retraining



Protective Behaviors

Expiration: 06/5/2027 | Renew in: 2 years | Issued: 06/5/2024

RENEW



Sports: Complete Course Catalogue

1/6





# Flag Football



## Sports Info - Est. 2010

### 5v5 No Contact Events for Competition

- Traditional Team
- Unified Team
- Individual Skills

## SONA Competition Opportunities

### 2025 USA Football

TBD

### NIRSA Championships

[Website](#)

## Ask a Question...

Have a question about Special Olympics flag football?

[Click here](#) to ask a question about rules, implementation, how to get started, equipment, etc.



# Flag Football Resources

## Skills and Drills - Courtesy NFL Flag

- Running Back Drills
- Quarterback Drills
- Wide Receiver Skills
- Football Agility Drills
- Flag Pulling Drills
- How to Throw a football
- How to Snap a football
- How to Catch a football

## Special Olympics Flag Football Rules

- 2024 Flag Football Rules
- 2024 Rule Changes - Summary

## NFL Flag Additional Resources

- Formations and Pass Routes
- Playbook examples
- Flag Football Positions Explained
- What is Flag Guarding

## Approved Triple Threat Flag Vendors

- Martin Sports
- Amazon
- BSN
- Epic Sports

## Penalty Videos

- Flag Guarding
- Illegal Contact

## Level Videos - Special Olympics

- Unified Advanced
- Unified Novice
- Traditional Intermediate
- Traditional Advanced
- SO College Unified Novice

## Flag Football Partners

- USA Football

## Education Resource

- Intro to Flag Football Training .ppt

## Sports Resource Team

- Brooke Turner - NIRSA
- Scott George - SONA
- Paden Alie - NIRSA
- Amanda Jessee - NIRSA
- Sean Stake - SONA

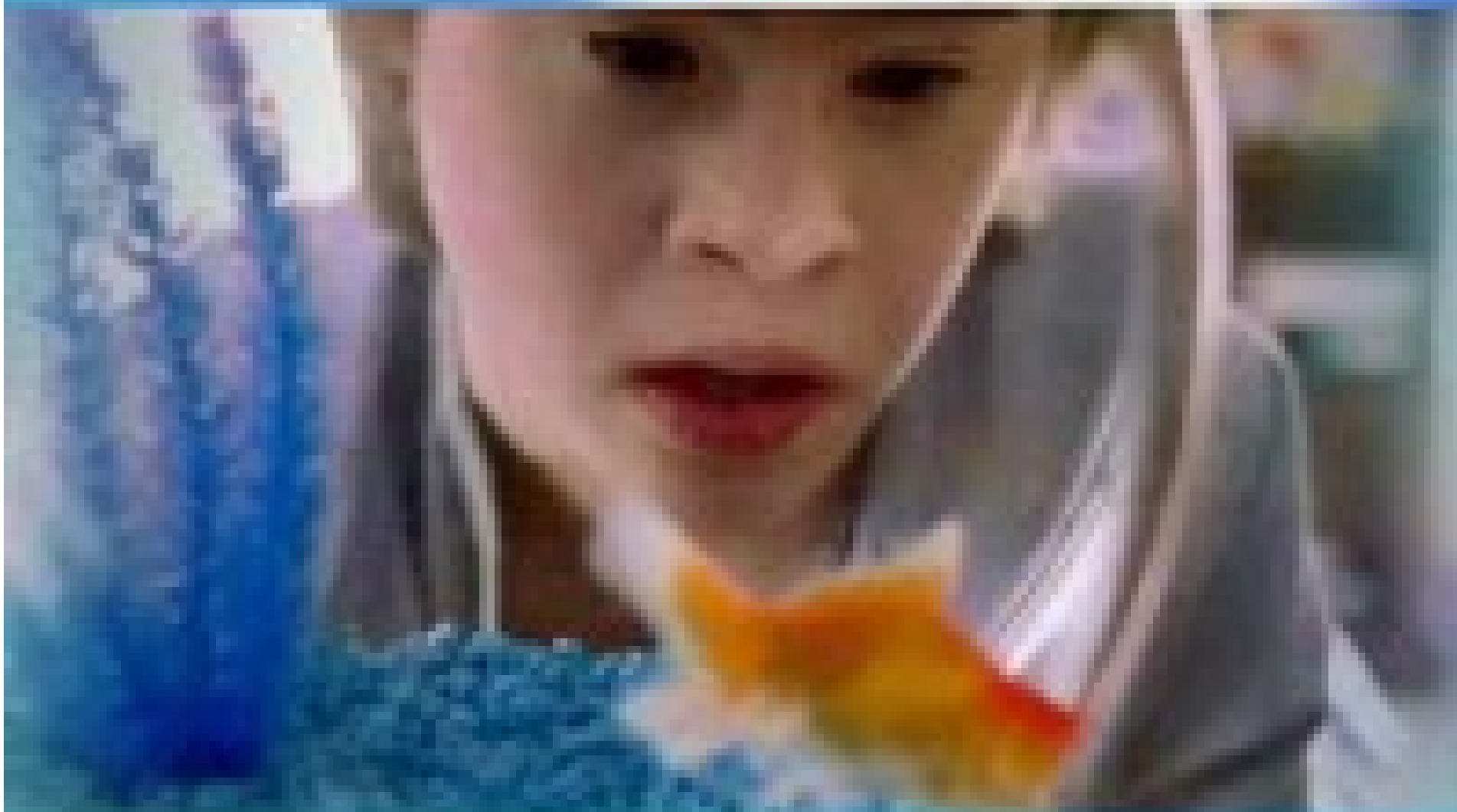
# DISCUSSION

Your best/favorite coaching moment or experience  
in Special Olympics?

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# OUR COACH

LEADS BY EXAMPLE

**DEDICATED & DETERMINED**

TEACHES TEAMWORK

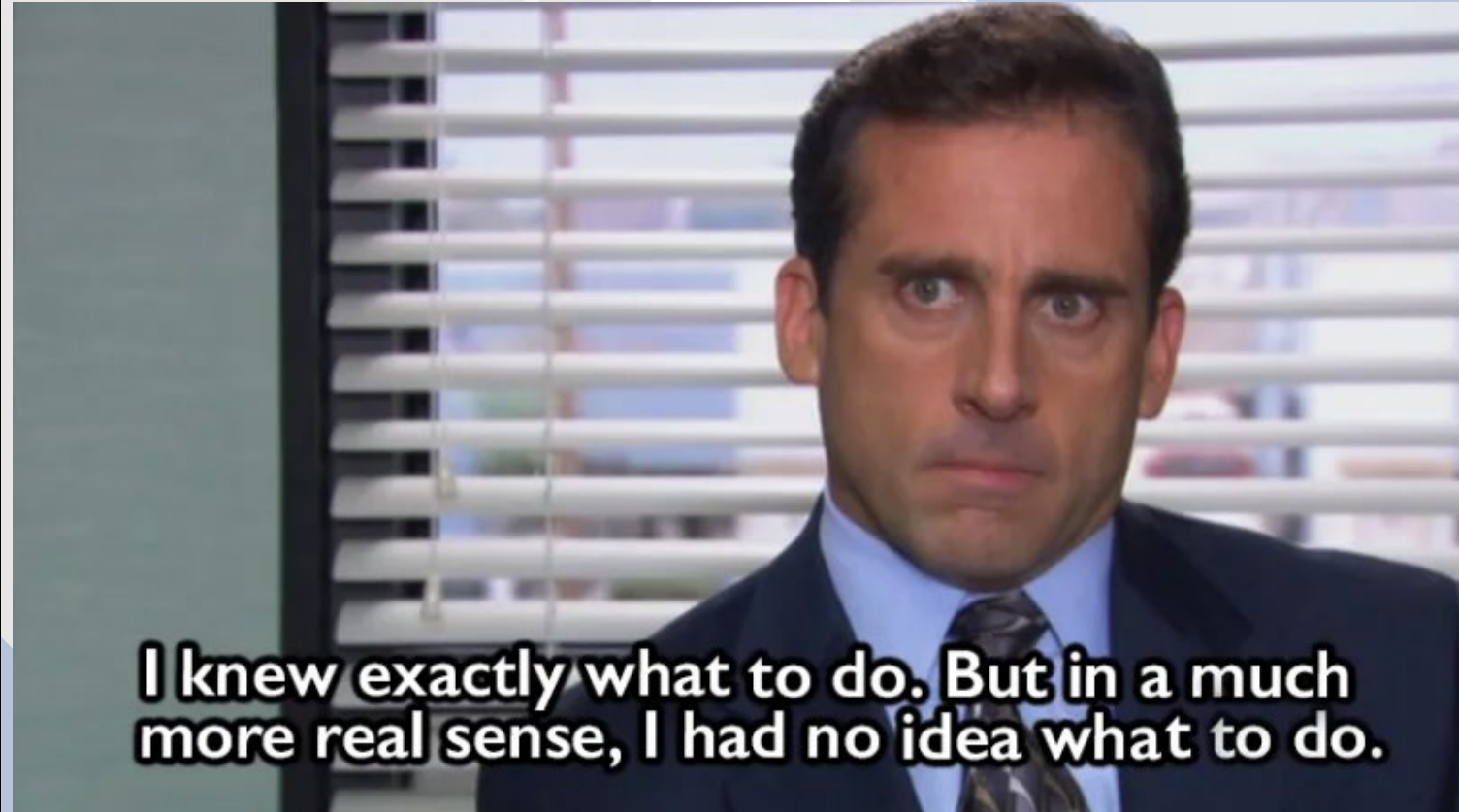
MOTIVATES and LISTENS

**BUILDS CHARACTER**

**CHALLENGES** and **DEVELOPS**

Committed to OUR TEAM

Our **BIGGEST** Fan



I knew exactly what to do. But in a much more real sense, I had no idea what to do.