



# Winter Season Preview

# Introduction



David Brown – Coaches Training & Games Logistics  
Manager

From Bristol, England (2 hours west of London)

Have coached soccer for over 10 years. Coached other  
sports while working in schools in the UK.

Have a dog, Birdie, & a one year old son, Otto.



# Class A Process

- Four Components:
  - Class A Volunteer Registration Form
  - Protective Behaviors
  - Background Check
  - CD Waiver



# Upcoming Healthy Athlete Opportunities

There are some upcoming events that our Health team is putting on. Flyers will be sent with the Newsletter on Thursday for more information.

- Strong Minds Challenge;
- **Goals of; Connecting with Others, Sleep 7-9 hours per day, using strategies like deep breathing, yoga, stretching, exercise and more!**
- Unified Triathlon
- **Saturday, July 12<sup>th</sup>**
- **Pardeeville, WI**
- **Sign up individually or with a Unified relay team**

For questions on any of the above, please reach out to Jeston Glish – [jGLISH@specialolympicswisconsin.org](mailto:jGLISH@specialolympicswisconsin.org)

# Healthy Athletes



## Fitness at Practice:

### FITNESS AT PRACTICE

WE HIGHLY RECOMMEND THESE COMPONENTS IN EVERY SPORTS PRACTICE.

1

#### WARM-UP

5-10 MINUTES OF DYNAMIC STRETCHES  
DYNAMIC STRETCHES ARE MOVEMENTS THAT GO THROUGH A FULL RANGE OF MOTION

2

#### COOL-DOWN

5-10 MINUTES WITH STATIC STRETCHES AT THE END OF PRACTICE  
STATIC STRETCHES ARE HELD IN A STILL POSITION

3

#### WATER BREAKS

EVERY 15-20 MINUTES

4

#### ACTIVE PRACTICE

INCLUDE DRILLS AND GAMES THAT KEEP ATHLETES CONSISTENTLY ENGAGED AND MOVING

5

#### HEALTHY FOODS

ENCOURAGED AT TEAM FUNCTIONS, INCLUDING FIELD OF PLAY

#### NEED MORE INFO?

VISIT THE FITNESS FOR COACHES RESOURCE PAGE

[HTTPS://RESOURCES.SPECIALOLYMPICS.ORG/HEALTH/FITNESS/FITNESS-FOR-SPORTS-COACHES](https://resources.specialolympics.org/health/fitness/fitness-for-sports-coaches)



Have questions or want additional information?

Contact Jeston Glish

[jglisch@specialolympicswisconsin.org](mailto:jglisch@specialolympicswisconsin.org)



# Polar Plunge



**February 1** | Wisconsin Rapids

**February 8** | Oshkosh

**February 15** | Madison

**February 22** | Green Bay

**March 1** | Milwaukee

**March 1** | La Crosse

**March 8** | Chippewa Falls

**March 15** | Whitewater

**Special  
Olympics**  
Wisconsin



**POLAR  
PLUNGE**

# Coaching Resources



About ▾ Sports ▾ Beyond Sports ▾ **Get Involved ▾** Events

## Coaches Corner

Become a Coach

General Coaches Certification

Coaching Resources

## Give

Give

Sponsor

Fundraising Events

Host a Fundraiser

New Coaching Resource page on the website!

**Below are links to the forms and training you'll need for coaching:**

Forms

+

General Resources

+

Fit5 Information

+

Coaches Certification & Trainings

+

2025 Coaches Calls Dates

+

**Please see below for Sport Specific Links to Resource Pages:**



Alpine Skiing



Basketball



Bocce



Bowling



Cornhole

# Coaching Resources



## Alpine Skiing Coaching Resources

Please find resources on this page for coaching Alpine Skiing!

[Alpine Skiing Rules \(2025\)](#)

**Warm Ups**

+

**Coaching different levels of Skiers**

+

**Cool Downs**

+

If you would like to contribute a session plan, or activity to this page, please send a copy of your session to [David Brown](#) – Coaches Training & Logistics Manager

**Video Resources – Teaching Beginners**

–

[How to Snow Plough](#)

[How to Snow Plough Turn](#)

[Basic Skiing Stance](#)

[Standing Up after a Fall](#)

[Turning Practice – Commitment Exercise](#)

[How to Parallel Ski](#)

[Snowplough – Problems & Solutions](#)

[Crossed Skis Solution](#)

**Video Resources – Teaching Intermediate**

+

**Video Resources – Teaching Advanced**

+

**Information, Forms & Templates for Coaches**

–

[Blank Session Plan Template](#)



# Winter Games Dates & Logistics



- Registration Deadline: Monday 01/20/2025
- Scratch Deadline: Saturday 02/01/2025
- Coaches Meeting: Tuesday 02/04/2025 at 7pm
- Competition: Sat 02/08/2025 – Sun 02/09/2025
  
- Cross Country Ski + Snowshoe: Nine Mile Forest
- Alpine Skiing + Snowboarding: Granite Peak
- Lodging + Celebration Dinner/Dance: Cedar Creek in Rothschild

# Tentative Competition Schedule



Date: Saturday, February 8, 2025

11:00am – 2:00pm: Alpine Skiing & Snowboarding

12:00pm – 3:00pm: Snowshoe & Cross Country Ski  
Competition

5:00pm – 6:30pm: Dinner Buffet

6:00pm: Alpine & Snowboard awards

6:30pm: Celebration Ceremony

7:00pm – 9:00pm: Dance

# Tentative Competition Schedule



Date: Sunday, February 9, 2025

8:30am – 9:30am – Pancake Breakfast

10am – 12:30pm – Snowshoe & Cross Country ski finals

# Meals & Activities Schedule



- Sat, February 8, 2025
    - Lunch: Granite Peak bagged lunch; Nine Mile boxed lunch
    - TBD Recreational Swimming @ Hotel 3-6pm
    - Dinner: Ceremony, Dinner + Dance at Cedar Creek Hotel
- 
- Sun, Feb 9, 2025
    - Breakfast: Pancake Breakfast hosted by KOC (location Nine Mile)

# Alpine Skiing Helmet Requirement



- Helmets are required for all forerunners and competitions in official training and competition for all ability levels. Under the new regulations, **helmets must bear a CE mark** and conform to recognized and appropriate standards such as CEH.Din1077, ASTM F2040, SNELL S98 or RS 98.
- **Helmets must have a conformity label affixed by the manufacturer in a non-removable way, at the back of the helmet**, in a position where it is not covered by the goggle strap. The conformity label must contain the text “Conform to FIS Specifications RH 2013”.
- **Helmets must cover the head and ears.** Helmets with spoilers or edges that stick out are not permitted. Protective features, such as chin guards on SL helmets are permitted. Soft ear protection is only permitted for helmets used in SL.
- **Helmet mounted cameras are not allowed on helmets during official training or competition**



# Winter Season Questions?

# Spring Season

***Special Olympics***



# Athlete Leadership -Athletes As Coaches



What: train athletes to coach Special Olympics athletes

When: Saturday, February 22, 2025 – TBD Time

Where: 6582 Ronald Reagan Ave, Madison, WI 53704

Form coming soon

Questions? Contact Jeanne Hrovat  
at [jhrovat@specialolympicswisconsin.org](mailto:jhrovat@specialolympicswisconsin.org)



# Spring Season: Upcoming Medical Deadlines



Saturday, FEBRUARY 1- All Spring Sports

Any medicals received after this date will not be allowed to compete at the regional or state level

Medicals need to remain valid through state competitions to participate

# Spring Games – USA Games Information



- Team Wisconsin will bring athletes from Team Basketball and Swimming for the 2026 USA Games.
- The 2025 State Spring Games is the qualifiers for both sports
- Team Basketball
  - Athletes must finish 1<sup>st</sup> or 2<sup>nd</sup> at State Spring Games to qualify
  - Athletes will be nominated as individuals, even though they qualify as part of a team
  - Team Wisconsin creates a composite team of athletes from different teams, Local Programs, and ability levels
  - SONA is requiring the skill level of the team to be middle to high

# Spring Game – USA Games Information



- Swimming
  - Athletes must finish 1<sup>st</sup> or 2<sup>nd</sup> at State Spring Games to qualify
  - Athletes also must meet Performance Standards as defined by SONA to qualify – these will be covered in the Spring Games meeting.
- Nominations
  - Nomination forms should be filled out by someone who knows the athlete well
  - SOWI Staff will follow up with Local Program Managers to get input on the nominees before Selection Camp
  - Nomination forms will be sent out via email leading up to Spring Games
  - Nomination Forms and information can be found:  
<https://specialolympicswisconsin.org/team-wisconsin>
  - Contact Jason Blank with any questions
    - [Jblank@specialolympicswisconsin.org](mailto:Jblank@specialolympicswisconsin.org)
    - 262-518-2313

# Spring Season: Multisport Options



Athletes must choose one basketball offering that is appropriate for their ability level.

Athletes in swimming may compete in Basketball Skills OR 3v3 Basketball since those competitions do not conflict in the State Games competition schedule.

# Spring Season: Swimming



Regions	Tournament Director	Event Date	Location	Registration Deadline
2, 3 & 6	Adam Loeber	Saturday, March 22nd	Lincoln High School (Wisconsin Rapids)	Wednesday, March 5th
4 & 5	Megan Quandt	Saturday, March 22nd	Neenah Middle School	Wednesday, March 5th
7 & 8	Amber Weinfurter	Saturday, March 22nd	YMCA Pabst Farms (Oconomowoc)	Wednesday, March 5th

Tournament	Tournament Director	Event Date	Location	Registration Deadline	Scratch Deadline
Spring Games	Danny Kuklinski	April 11-13	UW Oshkosh, Oshkosh	Monday, March 24th	Friday, March 28th

# Spring Season: Basketball Skills



Regions	Tournament Director	Event Date	Location	Registration Deadline
2 & 3	Kaytlin Kassens	Sunday, February 16 <sup>th</sup>	UW-Stout, Menomonie	Wednesday, January 29 <sup>th</sup>
4 & 5	Megan Quandt	Sunday, March 2 <sup>nd</sup>	Neenah Middle School	Wednesday, February 12 <sup>th</sup>
6 & 7	Brooke Ringelberg	Saturday, February 22 <sup>nd</sup>	Badger High School (Lake Geneva)	Wednesday, February 5 <sup>th</sup>
8	Amber Weinfurter	Sunday, March 16 <sup>th</sup>	Kettle Moraine Lutheran High School	Wednesday, February 26 <sup>th</sup>

Tournament	Tournament Director	Event Date	Location	Registration Deadline	Scratch Deadline
Spring Games	Danny Kuklinski	April 11-13	UW Oshkosh, Oshkosh	Monday, March 24	Friday, March 28 <sup>th</sup>

# Spring Season: Team Basketball



## Regional & District:

Regions	Tournament Director	Event Date	Location	Registration Deadline
2 & 3	Kaytlin Kassens	Sunday, February 16 <sup>th</sup>	UW-Stout, Menomonie	Wednesday, January 29 <sup>th</sup>
4 & 5	Megan Quandt	Sunday, March 2 <sup>nd</sup>	Neenah Middle School	Wednesday, February 12 <sup>th</sup>
6	Adam Loeber	Sunday, February 23 <sup>rd</sup>	Verona High School	Wednesday, February 5 <sup>th</sup>
7	Brooke Ringelberg	Sunday, February 23 <sup>rd</sup>	Wilmot-Union High School	Thursday, February 6 <sup>th</sup>
8	Amber Weinfurter	Sunday, March 2 <sup>nd</sup>	Homestead High School, Mequon	Wednesday, February 12 <sup>th</sup>

## Sectionals:

Regions	Tournament Director	Event Date	Location	Registration Deadline
2, 3, 4, 5 & 6	Kaytlin Kassens	Sunday, March 16 <sup>th</sup>	UW-Stevens Point, Stevens Point	Wednesday, February 26 <sup>th</sup>
7 & 8	Brooke Ringelberg	Saturday, March 15 <sup>th</sup>	New Berlin West HS, New Berlin	Monday, March 3 <sup>rd</sup>

# Spring Season: Half-Court 3-on-3 Basketball



Half-Court 3-on-3 Basketball teams will automatically advance to State competition.

**Prior to State Competition Registration, teams need to submit scores for two (2) scrimmage games.**

**\*\*Athletes who participate in Team Basketball can not switch to 3-on-3 should they not advance to State\*\***

Tournament	Tournament Director	Event Date	Location	Registration Deadline	Scratch Deadline
Spring Games	Danny Kuklinski	April 11-13	UW-Oshkosh	Monday, March 24	Friday, March 28th

- Unified or Traditional
- Roster of 5 maximum
- Half Court
- 2 x 10 minute halves or first team to score 20 points



# Spring Season: New Rules



## Policy:

### Athlete Advancement Policy in Team Sports:

- All players present at a competition must be on the bench and listed on the scorecard. All players must have the opportunity to play in at least one game. If a player is unable to play due to injury, the coach must tell the scorekeeper to record it on the scorecard.
- Athletes that are absent from competitions are not eligible to compete at the next level of competition if their team advances, with the following exceptions:
  - An athlete has an illness that creates an unsafe situation for attendance.
  - An athlete is absent due to an unforeseen and unavoidable circumstance (unavoidable travel disruption, funeral, etc.)

## Process:

- Submit official advancement request form by 11:59pm the Monday following the missed competition
  - **Must be signed off by Local Program Manager**
- A state-wide committee made of staff and local program managers will approve or deny the request within three business days
- The decision shall be final and binding

# Spring Season: New Rules



## **Swimming**

No competitor shall be permitted to use or wear any device or swimsuit that may aid his/her speed (except flotation events), buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands, or adhesive substances, etc.).

## **Half-Court 3-on-3 Basketball**

- All players must wear basketball attire with identifying number and flat rubber sole athletic shoes.
- Team uniform shirts & shorts must be identical in trim, color & style.
- Undershirts, if worn, must match the color of the body of the uniform and must be identical in color, or white.

# Spring Games Dates + Logistics



- Registration Deadline: Monday 03/24/2025
- Scratch Deadline: Friday 03/28/2025
- Coaches Meeting: Tuesday 04/8/2024 at 7pm
- Competition: Fri 04/11/2025 – Sun 04/13/2025
- Venue: UW Oshkosh
- Housing On Own: Hotel Rates – SOWI will provide hotel rates

# Spring Season Questions?

***Special Olympics***



# THANK YOU!

***Special Olympics***

