

Summer 2025

Upcoming Reminders

***Special
Olympics***
Wisconsin



Coaches Feedback Form

- Thank you to everyone who has provided feedback so far!
- Here is the link if you haven't provided feedback yet, and wish to do so - <https://forms.office.com/r/xQU7NQCHpd>
- The feedback will be reviewed after Summer Games to identify areas that the training team can improve our coaching communities experience.

Performance Station at Spring Games



Performance Station: 15-30 mins (not including wait times). Athletes compete at their best by connecting fitness to athletic performance. Athletes receive education in nutrition, hydration, physical activity and mental toughness. With improved overall fitness, everyone can improve his or her performance in sport and health, culminating in a better quality of life.

When: *Friday*, April 11, 2025 from 5:45 p.m. – 8:30 p.m.

Where: *Kolf Sports Center (Upper Level, court 1)*

Healthy Athletes at Spring Games

- Saturday, April 12, 2025
- All athletes with a current SOWI medical on file are invited to the screenings, even if they are not competing at Spring Games.



FUNfitness

When: 10:30 am to 3:30 pm

Where: *Kolf Sports Center
(Upper Level, court 1)*



Strong Minds

When: 10:00 am to 4:00 pm

Where: *Kolf Sports Center (Room 135)*

Remote screen in Albee: 12:30pm-3:30pm



Special Smiles

When: 10:00 am to 4:00 pm

Where: *Kolf Sports Center
(Upper Level)*

*remote screen in Albee from
12:30 pm – 3:30 pm*



Healthy Hearing

When: 10:00 am to 4:00 pm

Where: *Kolf Sports Center
(Room 158)*

MAC available for all.

Inclusive Health

2 TIMES
as likely to be
OBESE



2-4 TIMES
as likely to be less
**PHYSICALLY
ACTIVE**



**LIFE
EXPECTANCY**
is reduced by
an average of
16 YEARS



5 TIMES
as likely to have
DIABETES



2 TIMES
as likely to have
**CARDIOVASCULAR
DISEASE &
ASTHMA**

The Solution: Inclusive Health

The goal of inclusive health is to:

- **Improve health outcomes** for people with ID
- **Improve physical and social/emotional well being** of people with ID
- Ensure people with ID have **access to health programming and services** they need
- **Improve** health access delivered by a **trained workforce** providing high quality, evidence-based care that is tracked longitudinally within inclusive systems

Inclusive Health- What Can You Do?

- Nominate an athlete to co-present at an Inclusive Health training
- Connect us with groups you think would benefit from a training
- Promote Athlete Health Messenger to athletes

Fitness for Sport

- The Fitness for Sport Coaches Resource Page -
<https://resources.specialolympics.org/health/fitness/fitness-for-sports-coaches>
 - Includes dynamic warm up guide and videos and other great resources
- SONA Learning Portal Courses (highly encouraged)
 - Fitness for the Sport Coach
 - Sports Nutrition for Coaches
- Potential Fitness/wellness programming opportunities:
 - Contact Jeston Glish - jglisch@specialolympicswisconsin.org

Forward Madison Unified Team

Unified Soccer Team in partnership with Forward Madison FC

2025 Season Schedule (subject to change)

- **Sunday, April 6** - 10:00 a.m.-1 p.m.
- Team Tryout - Breese Stevens Field
- Practice Schedule – Sundays starting 4/13 – 4-6pm @ Columbus High School
- Team Signing Day - Breese Stevens Field – **Time & Date TBD**

•**Saturday, July 12** - Approx. 12-10pm

Colorado Springs Switchbacks Unified FC @ Forward Madison Unified Team - Breese Stevens Field (Unified match after professional match) & Union Omaha Unified @ Forward Madison Unified game – during day @TBD

•**Thursday-Saturday, July 17-19** - Forward Madison Unified @ Union Omaha Unified Game - Werner Park, Omaha (Unified match following professional match)

•**Thursday-Saturday, July 31-August 2**

Forward Madison Unified Team @ Colorado Springs Switchbacks Unified FC - Colorado Springs (Unified match following professional match)

Local Program Travel Grant

- Created to support SOWI Local Programs that have an in-house account
- LP can request travel funds up to four times a year
- LP must be 100+ miles away from competition site (Regional/District/Sectional/State Games only)
- Grant must be submitted AFTER the event (within 30 days)

Class A Process

- Four Components – Now all in one place! All on Voluntaro
 - Class A Volunteer Registration Form
 - Protective Behaviors
 - Background Check (Runs automatically upon completing Protective Behaviors)
 - CD Waiver

Class A Renewal (Every three years)

Protective Behaviors

Background Check

General Coaches Cert

Class A Process

- Go to the SOWI website > Get Involved > Become a Coach
- Scroll Down:

Steps to become a coach

Get Started!

- Visit our NEW Volunteer Platform – Voluntaro
- New Applicants – Click [HERE](#)
- Returning Volunteers – Click [HERE](#)
- For step-by-step instructions, please see the training documents:
[New Volunteer Applicants Instructions](#)
[Returning Volunteer Instructions](#)
[Local Programs Instructions](#)

Class A Process

- Voluntaro will show you when your Class A requirements will expire. This is a much less manual process on your side to keep track of when your requirements are expiring.
 - We are hopeful to be able to set up emails to remind volunteers / coaches to update their certifications.
- **When creating a profile, please select 'Coach' as volunteer type to ensure that the coaches orientation is prompted to complete****

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

Reminder of the Coaches 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

Soccer Coaching Resources

Please find resources on this page for coaching Soccer!

[Soccer Rules \(2024\)](#)

[Soccer Sport Information Page](#)

2025 Competition Options

All soccer teams will be compete State Summer Games at UW-Whitewater in June. Two qualifying scrimmage games are required prior to registration.

Warm Ups			+
Individual Exercise Ideas			-
3v2 Attacking	Controlling	Dribbling	
Goalkeeping	Heading	Passing	
Shooting	Tackling	Turning	
Session Plans			-
3v3	Building from Goalkeeper	Possession with Pressure	
Cool Downs			+
Video Resources			-
10 Passing Drills	Shooting Exercises	Dribbling Games	
Defending	Exercises to help improve possession	Aerial Control	
Information, Forms & Templates for Coaches			+
External Coaching Courses			+

[FIFA Coaching Disability Football ToolKit](#)

Sun
Sea
Pre

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Summer Games Medical Deadline

Saturday, April 15, 2025

- 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

Summer Season: Multisport Options

Athletes can compete in up to two sports at during Summer Season.

Athletes cannot compete in sports that conflict in scheduling at any level of competition.

• <u>SPORT</u>	• <u>COMPETITION DAY</u>	• <u>MULTI-SPORT OPTIONS</u>
• Track & Field	• Friday + Saturday	• --
• Soccer	• Friday + Saturday	• --
• Cornhole	• Friday	• Powerlifting OR Tennis
• Powerlifting	• Saturday	• Cornhole
• Tennis	• Saturday	• Cornhole

Summer Season: Track & Field

Tournament	Tournament Director	Event Date	Location	Registration Deadline
Region 2 & 3 Track	Kaytlin Kassens	Sat, May 10	Colby High School	Wed, April 23
District 4 & 5 Track	Megan Quandt	Sat, May 17	Ashwaubenon HS	Wed, Apr 30
Region 6 & 7 Track	Adam Loeber	Sat, May 3	Oregon HS	Wed, April 16
Region 8 Track	Amber Weinfurter	Sat, May 17	Muskego HS	Wed, April 30

Tournament	Tournament Director	Event Date	Location	Registration Deadline	Scratch Deadline
Summer Games	Danny Kuklinski	June 5-7	UW Whitewater	Monday, May 20	Friday, May 24



Summer Season: Track & Field

Athletes may participate in a maximum of three events from one category (three individual, two individual + one relay, one individual + two relays). Unified relays count as a bonus event and must be submitted on separate registration.

Category A Developmental	Category B Wheelchair Events
<ul style="list-style-type: none">• 25m Walk OR 50m Run• Standing Long Jump OR Running Long Jump• Softball Throw*• Shot Put• Mini Jav	<ul style="list-style-type: none">• All wheelchair events• Standing Long Jump OR Running Long Jump• Softball Throw*• Wheelchair Shot Put• Mini Jav
Category C Walking Events	Category D Running Events
<ul style="list-style-type: none">• All walking events (except 25m Walk)• Standing Long Jump OR Running Long Jump• Softball Throw*• Shot Put• Mini Jav	<ul style="list-style-type: none">• All running events (except 50m run)• Standing Long Jump OR Running Long Jump• Softball Throw*• Shot Put• Mini Jav

*Athletes competing in the softball throw may not compete in mini jav or shot put. However, athletes may compete in both min jav and shot put.

Rules Modifications

Softball Throw

If an athlete throws over 15m, they should not participate in Softball Throw. If they have thrown 20m or more in a previous competition, they cannot register for Softball Throw.

If an athlete exceeds these distances, they should participate in the Mini Javelin.

Wheelchair Racing

Three wheeled racing chairs will be divisioned separately from traditional wheelchairs in non-motorized races. A Special Needs Form must be submitted with registration for special equipment.

Summer Season: Track & Field

Reminder of Relay Advancement Policy

New Policy (2024): *“If a local program receives less than 4 quota spots (2 spots or 3 spots), and **ALL** the above criteria has been met, the local program can receive additional quota spots up to four spots so the relay can advance. The program will only receive four quota spots even if the relay includes alternates. If the relay team includes alternates that have all qualified, swimmers/ athletics athletes should be selected via random draw. The additional relay team members may also advance in other events where they finished 1st-4th place.”*

Old Policy (Before 2024): *“If an athlete is selected as a result of his or her performance in an individual event and they are on a relay team that placed 1st, 2nd, or 3rd and there is enough quota left in the Local Program’s allotment, then all members of the relay team would be eligible for advancement. The relay team members would also advance in other events where they finished 1st, 2nd, or 3rd in addition to the relay according to the above defined criteria. If a relay athlete is selected based on an individual finish and there is not enough quota at that point to send the rest of the team, then the team cannot advance.”*



Questions?

Summer Season: Cornhole

Tournament	Tournament Director	Event Date	Location	Registration Deadline
Northern District (Regions 2, 3, 4 & 5)	Kaytlin Kassens	Sat, May 10	Colby High School	Wed, April 23
Southern District (Regions 6, 7, & 8)	Brooke Ringelberg	Sat, May 3	Oregon HS	Wed, April 16

Tournament	Tournament Director	Event Date	Location	Registration Deadline	Scratch Deadline
Summer Games	Danny Kuklinski	June 5-7	UW Whitewater	Monday, May 20	Friday, May 24

Rules Modifications, etc

Rules Change Summary

- 1) Special Olympics Wisconsin (SOWI) and Special Olympics North America (SONA) have adopted the American Cornhole Association (ACA) rules. SOWI will utilize Synergy Touring Professional Bags at the District and State competitions. This is a change from the bags utilized in the past.
- 2) For teams to compete at the District and State Cornhole Competitions, each team must compete in at least two documented scrimmage games. Local Programs are encouraged to scrimmage teams within their District/Region.
- 3) The 2025 Cornhole season will be a qualifying season for the 2026 Special Olympics USA Games. Teams must place 1st at the 2025 Summer Games Competition in order to be eligible for selection for the 2026 Special Olympics USA Games. Only athletes who compete in Level 2 or Unified competitions will be eligible (not Developmental or Level 1).

Summer Season: Soccer

Tournament	Tournament Director	Regions	Event Date	Location	Registration Deadline
Soccer Invitational	8-05 Wauwatosa	State	Sat, May 17	Muskego High School	Wed, April 30

Rules: No Rule Changes

Notes:

- Two scrimmage games required with SG registration
- Athletes that compete in soccer cannot compete in any other sport during the summer season

Tournament	Tournament Director	Event Date	Location	Registration Deadline	Scratch Deadline
Summer Games	Danny Kuklinski	June 5-7	UW Whitewater	Monday, May 20	Friday, May 24

Summer Season: Powerlifting

Tournament	Tournament Director	Event Date	Location	Registration Deadline	Scratch Deadline
Summer Games	Danny Kuklinski	June 5-7	UW Whitewater	Monday, May 20	Friday, May 24

Rules: No Rule Changes

Summer Games Tentative Competition Schedule

8:00am	Weigh-in
8:30am	Equipment Check
8:45am	Coaches Meeting
9:00am	Competition Begins
2:30pm	Competition Ends

Summer Season: Powerlifting

USA Powerlifting Wisconsin Chair

Jordan Whipple

Competition Opportunities

USA Powerlifting Calendar

USA Powerlifting Membership:

Cost- \$25.00/ athlete

USA Powerlifting/ Special Olympics Coaching Resources

See SOWI Powerlifting Coaches Resource Webpage

Reach out to Danny Kuklinski (dkuklinski@specialolympicswisconsin.org) with any questions

Summer Season: Tennis

Tournament	Tournament Director	Event Date	Location	Registration Deadline	Scratch Deadline
Summer Games	Danny Kuklinski	June 5-7	UW Whitewater	Monday, May 20	Friday, May 24

Rules: No Rule Changes

Note: Athletes will be assigned divisions prior to the event based on qualifying scores.

Tennis Events:

- Tennis Singles
- Individual Tennis Skills

Summer Games Dates + Logistics

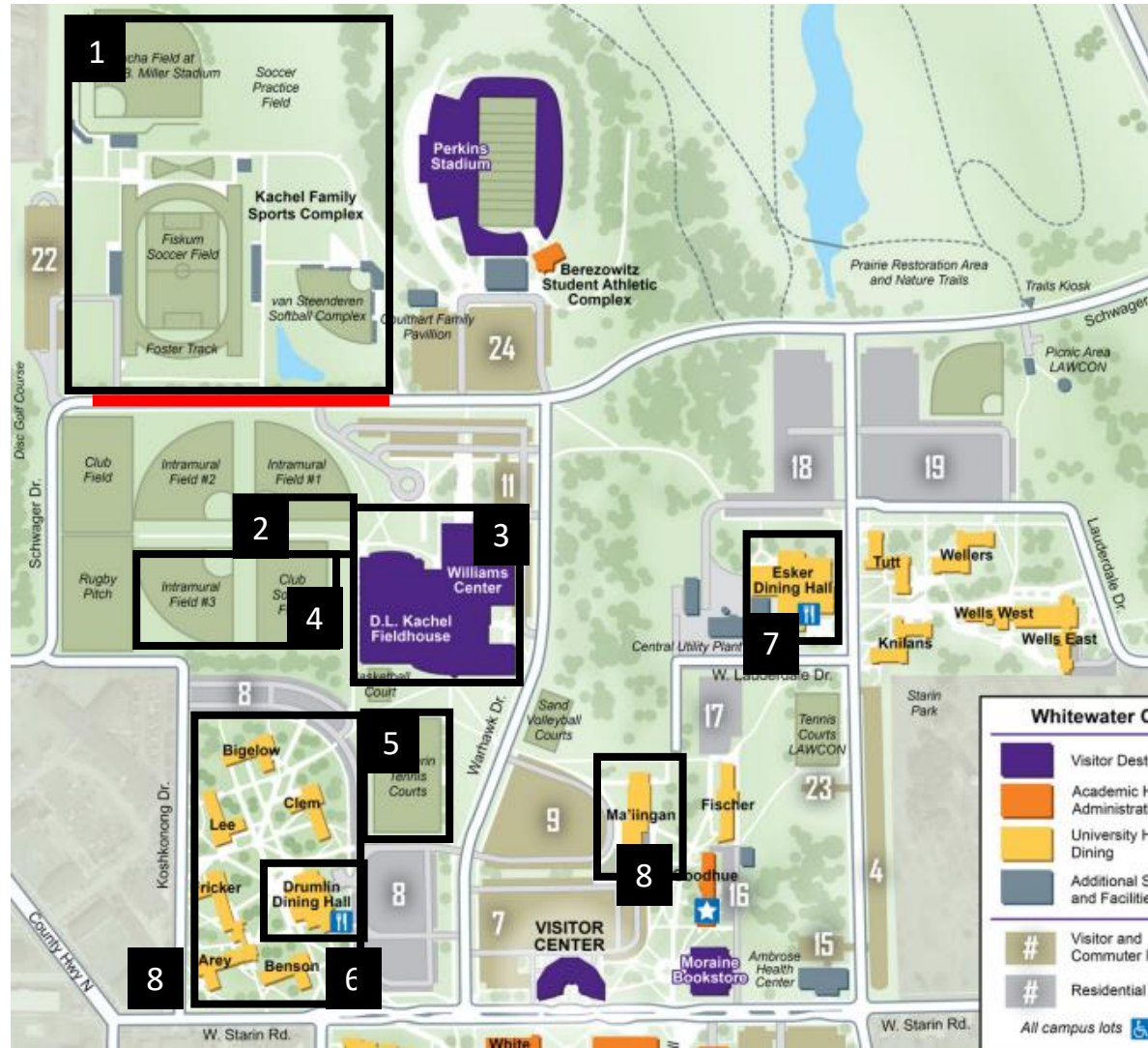
- Medical Deadline: Saturday, April 15, 2025
- Registration Deadline: Monday, May 20, 2025
- Scratch Deadline: Friday, May 24, 2025
- Coaches Meeting: Monday, June 2, 2025 at 7pm
- Competition: Thurs 06/05/2025 – Sat 06/07/2025

- Venue: UW Whitewater
- Housing: UW Whitewater Dorms

□ Facility

— Pedestrian Only

1. Track & Field
2. Victory Village
3. Cornhole, TC, Healthy Athletes
4. Soccer
5. Tennis
6. Drumlin Dining
7. Esker Dining
8. Dormitory Buildings



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Summer Games Tentative Schedule

Thursday, June 5

- Opening Ceremonies: TBD (evening)

Friday, June 6

- Track & Field Competition : 8:30am – 4:30pm
- Soccer Competition: 8:30am – 4:30pm
- Cornhole Competition: 9:00am – 5:00pm

Saturday, June 7

- Track & Field Competition: 8:30am – 2:00pm
- Soccer Competition: 8:30am – 12:00pm
- Powerlifting Competition: 9:00am – 3:00pm
- Tennis Competition: 9:00am – 1:30pm

Healthy Athletes at Summer Games

- All athletes with a current SOWI medical on file are invited to the screenings, even if they are not competing at Summer Games.
- Healthy Athletes will be located in the Williams Center (same building as Powerlifting, Gymnastics, and Cornhole).



Opening Eyes

Friday 9:30am-3:30pm



Special Smiles

Friday 9:30am-3:30pm
*remote screening by
Track from 10:30am-2:30pm*



Health Promotions

Friday 10:00am-3:30pm



Fit Feet

Saturday 9:30am-1:00pm

SUPPORTED BY

Golisano FOUNDATION
Imagine the possibilities!



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Summer Games Meals + Activities

- Thursday, June 5, 2025

- **TBD (Dinner)**
- **TBD (Athlete Parade)**
- **TBD (OC)**

- Friday, June 6, 2025

- **6:30a – 8:30a (Breakfast)**
- 8:30a – 4:30p (Track)
- 8:30a – 4:30p (Soccer)
- 9a – 5p (Cornhole)
- **9:30a – 3:30p (HA)**
- **TBD (Victory Village)**
- **TBD (Lunch)**
- **TBD (Dinner)**
- **7p – 9p (Dance)**

- Saturday, June 7, 2025

- **TBD (Breakfast)**
- 8:30a – 2p (Track)
- **TBD (Lunch Pickup*)**
- 8:30a – 12p (Soccer)
- 9a – 1:30pm (Tennis)
- 9a – 3p (Powerlifting)
- **9:30a – 1:30p (HA)**



Summer Season Questions?

Remaining 2025 Coaches Calls

- Tuesday April 8th – Spring Games Coaches Call
- Monday June 2nd – Summer Games Coaches Call
- Tuesday June 17th – Fall Sports Pre-Season Coaches Call
- Tuesday September 2nd – Fall Games Coaches Call
- Tuesday September 16th – Bowling & Volleyball Coaches Call
- Tuesday December 2nd – State Bowling Pre-Season Coaches Call
- Tuesday December 9th – Winter Sports Pre-Season Coaches Call

To register for any of the pre-season calls, please fill out this form

- <https://forms.office.com/r/LTSSw9j9Hg>

Thank You!