

2025 Fall Pro Call

***Special
Olympics***
Wisconsin



Upcoming Events + Reminders

Updated General Competition Reminders



- General Competition Guide Policies and Rules are updated and on the website.
- This meeting will only cover: Softball, Bocce, Flag Football & Golf. There is a separate meeting for Volleyball & Bowling on September 16th.

Class A Process



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

Healthy Athletes



This quarters focus is on Nutrition, and warming up properly.

Fitness through Sport Playbook -

<https://resources.specialolympics.org/health/fitness/fitness-through-sport/playbook>

Here is the link to the SONA page on Nutrition -

<https://resources.specialolympics.org/health/fitness/fitness-through-sport/nutrition>

Here is the direct link to the nutrition course offered by SONA (Please remember this is additional learning, and not required to coach at SOWI) -

<https://elearn.specialolympics.org/sports/learn/courses/338/sports-nutrition-for-coaches/lessons>



Let's Warm up!

A warm-up should be the first physical activity in every training session or competition. A good warm-up helps you to reach a state of physical and mental readiness.

A proper warm-up should include aerobic activity & dynamic stretching

Try this warm up routine:

1) Aerobic Activity

- 3-5 minutes of (pick one) - March in place, walking or light jog

2) Dynamic Stretches - Dynamic stretches consist of active, controlled movements that take body parts through a full range of motion.

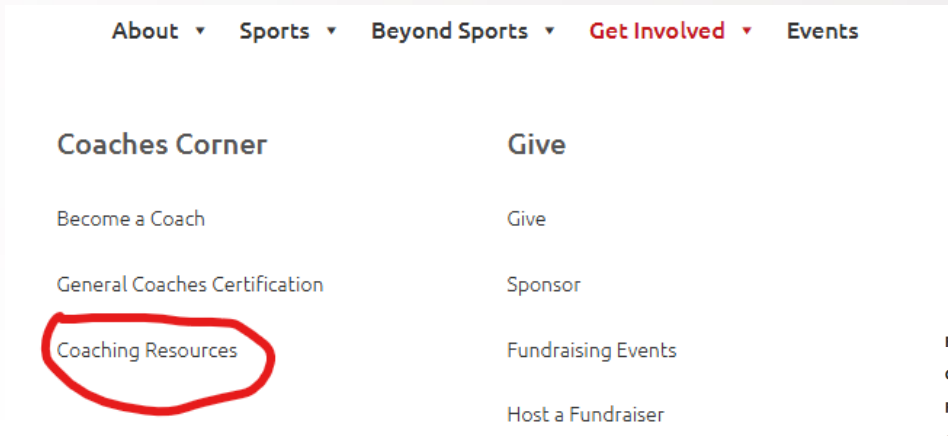
- Perform each stretch 20 times (10 times on each side)
 - Arm Swings
 - Arm Circles
 - Side Reaches
 - Windmill Toe Touches
 - Torso Twists
 - Hip Circles
 - Toe Walks
 - Heel Walks
 - Lateral Leg Swings
 - Forward Leg Swings
 - Lateral Lunges
 - Walking High Kicks
 - Butt Kicks
 - High Knees

[Follow along with the guide here](#)



Questions? Contact Jeston Glish - jglis@specialolympicswisconsin.org

Coaching Resources



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



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



[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](#)

Fall Games – State Games Page(s)



**Special
Olympics**
Wisconsin



View As  Su

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

Sports

Sports Offered

Regions

Young Athletes

Medical Info & Forms

State Games

Spring Games

Summer Games

Fall Games

Winter Games

State Bowling



Questions?

Fall Season Preview

Fall Sports Medical Deadlines



Monday, July 15, 2025 – BOCCE, FLAG FOOTBALL,
SOFTBALL, TEE BALL & GOLF

Tuesday, October 1, 2025 – BOWLING, VOLLEYBALL



Fall Season: Multisport Options

Athletes can compete in multiple sports at during Fall Season.
Athletes cannot compete in sports that conflict in scheduling at any level of competition.

<u>SPORT</u>	<u>COMPETITION</u>	<u>MULTI-SPORT OPTIONS</u>
Golf	Stand-alone Tournaments	Any other sport
Bocce	Fall Games	Golf, Volleyball, Bowling
Softball / Tee Ball	Fall Games	Golf, Volleyball, Bowling
Flag Football	Fall Games	Golf, Volleyball, Bowling
Volleyball	State Nov 1, 2025	Any other sport
Bowling	State Dec 6-7, 2025	Any other sport

Fall Season: Golf



- Southern State Golf:
- Contact: Adam Loeber
- September 28, 2025
- Kestrel Ridge, Columbus
- Registration Deadline: Sep. 10, 2025

- Northern State Golf
- Contact: Megan Quandt
- August 23, 2025
- Ledgeview, De Pere
- Registration Deadline: Aug. 6, 2025

Fall Season: Golf



TO NOTE:

- Unified pairs will tee off first, followed by traditional singles 2nd.
- Will be additional bathrooms on course.
- Golf Cart Requests for medical accommodations via special needs form

Please reach out to Adam Loeber or Megan Quandt for further questions.

Fall Season: Bocce



DIRECTOR	REGIONS ASSIGNED	EVENT DATE	SITE (LOCATION)	REGISTRATION DEADLINE
Kaytlin Kassens	3 & 6	August 9th	Onalaska Middle School (Onalaska)	July 23rd, 2025
Megan Quandt	2, 4 & 5	August 2nd	Appleton Memorial Park (Appleton)	July 16th, 2025
Brooke Ringelberg	7	August 9th	Badger High School (Lake Geneva)	July 23rd, 2025
Amber Weinfurter	8	August 10th	Heritage Park (Richfield)	July 23rd, 2025

- Anticipated quota announcement by Wednesday, July 30th
- Uniform Reminders:
 - Identical shirts
 - Shorts, warm-up pants or pants do not need to match color or style
 - **NO DENIM ALLOWED**
 - Hats or visors should be the same style and color if worn

Fall Season: BOSAT

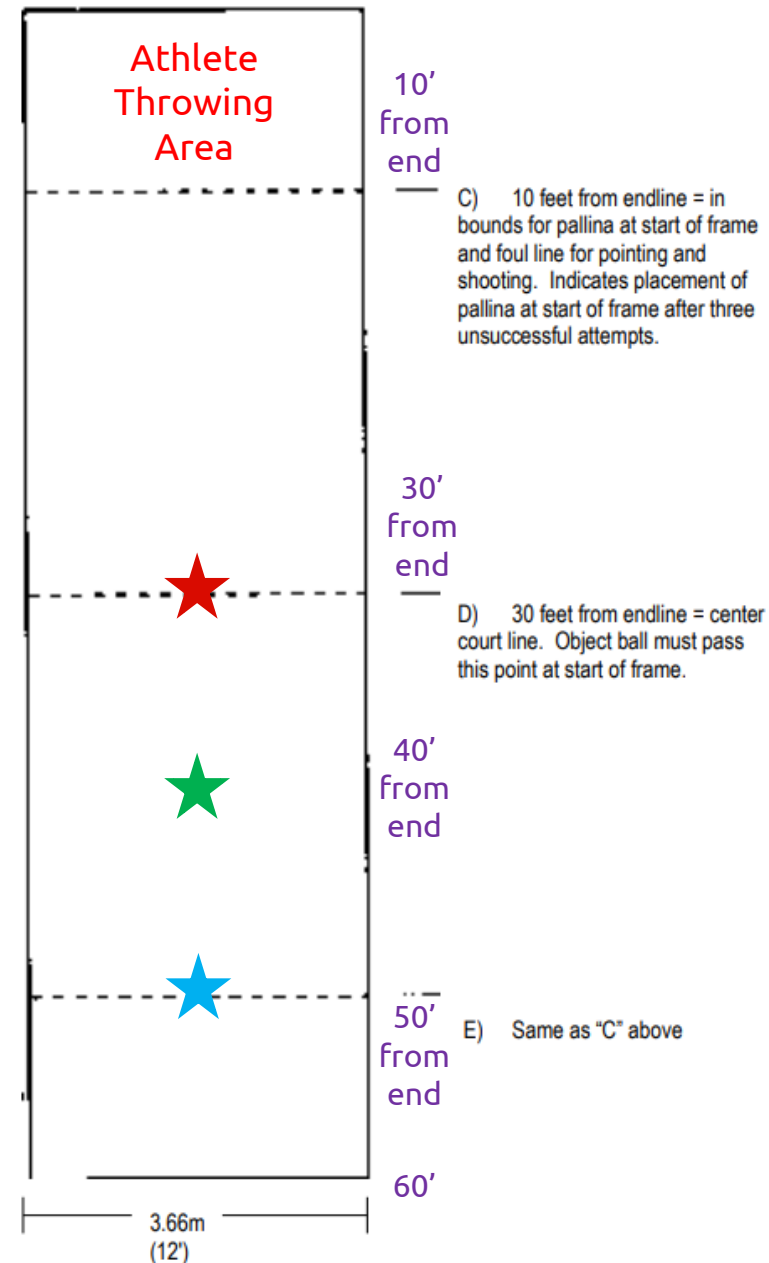
Test

Each player will stand behind the throwing line and will deliver four consecutive balls as close to the pallina as they can for each trial.




- If a player's foot fouls while tossing a ball, the ball will be picked up and re-tossed by the player.
- If the pallina is moved during the trial, it shall remain where it lands and shall not be replaced in its original position until after completion of the trial. Play shall continue unless the pallina is knocked passed the end court line in which case it shall be considered out of bounds and the trial shall be replayed.
- The official shall measure and record in **inches** the total number of inches all four balls are from the pallina for each trial and shall record the closest three. The measurement will be from the center of the pallina to closest side of the ball.

Scoring

- When all three trials are completed, the best score (lowest distance) from each trial shall be added together into one cumulative score.
- A team score (average) shall equal the total number of inches for the four best players (with the lowest scores) on the team, divided by four.
- If a ball rolls past the end line during a trial, the score shall be the measurement in inches from where the pallina was placed, measured to the end line.
 - For example, if measuring from the pallina placed at the 40 foot mark, it would be 20 feet or 240 inches to get to the end line. The following scores will be used: pallina placement = inches to the end line 30 feet = 360 inches 40 feet = 240 inches 50 feet = 120 inches



Fall Season: BOSAT

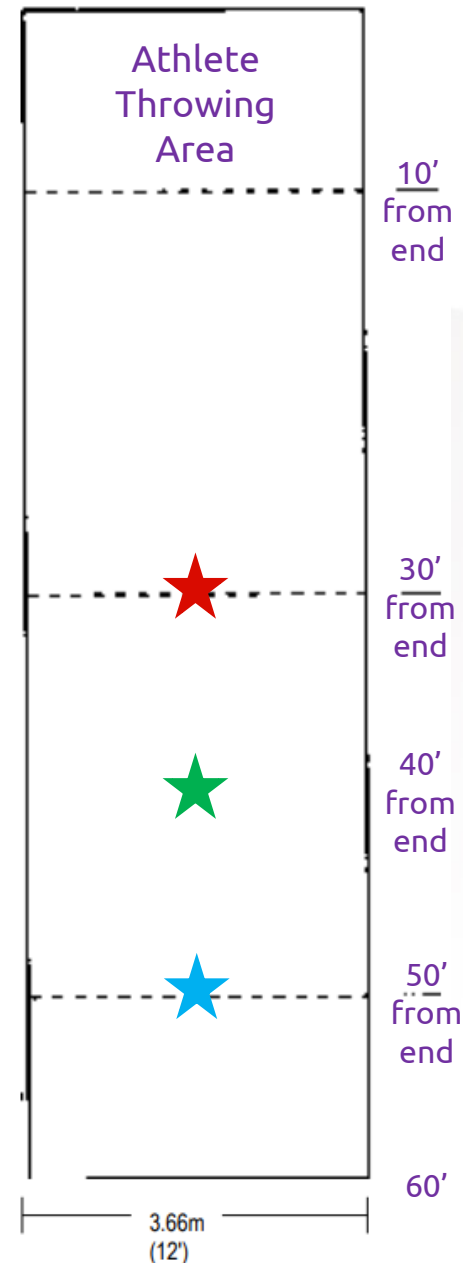
TEAM MEMBERS		TRIALS (in inches)									*TOTAL OF 3 best scores from each trial (in inches)
		1  (30 feet)			2  (40 feet)			3  (50 feet)			
1	Adam	57"	<u>39"</u>	42"	62"	<u>48"</u>	240"	120"	120"	<u>120"</u>	207"
2	Amber	<u>24"</u>	28"	37"	15"	<u>12"</u>	13"	<u>45"</u>	52"	120"	81"
3	Brooke	360"	360"	<u>360"</u>	240"	240"	<u>240"</u>	120"	120"	<u>120"</u>	720"
4	Kaytlin	12"	<u>2"</u>	8"	<u>15"</u>	24"	17"	27"	<u>14"</u>	18"	31"
5	Megan	12"	6"	<u>5"</u>	<u>10"</u>	16"	11"	<u>12"</u>	17"	20"	27"
6											

IMPORTANT:

BOSAT TEAM AVERAGE When all three trials are completed, each of the best three scores from each trial shall be added together into one cumulative score.

The sum of the four lowest (best) athlete totals for all of the three trials = 346" divided by 4 = 86.5"
[Please record all trials in inches.]

- The BOSAT team average will be used along with competition scores to division bocce teams for competitions.
- A copy of your BOSAT must be forwarded with your district bocce registration materials.
- Transfer this total to district registrations. If you have more than one team, rank your teams, with the best team having 1 the next 2 and so forth.



Fall Season: BOSAT



TEAM MEMBERS		TRIALS (in inches)									Best (lowest number) score Trial 1	+	Best (lowest number) score Trial 2	+	Best (lowest number) score Trial 3	=	*TOTAL OF 3 best (lowest numbers) trial scores (in inches)
		1 (30 feet)			2 (40 feet)			3 (50 feet)									
1												+		+		=	
2												+		+		=	
3												+		+		=	
4												+		+		=	
5												+		+		=	
6												+		+		=	

BOSAT TEAM AVERAGE When all three trials are completed, each of the best (lowest) three scores from each trial shall be added together into one cumulative score.

The sum of the four lowest (best) athlete totals = _____ divided by 4 = _____

[Please record all trials in inches.]

- The BOSAT team average will be used along with competition scores to division bocce teams for competitions.
- A copy of your BOSAT must be forwarded with your district bocce registration materials.
- Transfer this total to district registrations. If you have more than one team, rank your teams, with the best team having 1 the next 2 and so forth.



Questions?

Fall Season: Tee Ball



Tee Ball teams will compete in a non-advancing State Tournament in conjunction with the Region 8 District Softball/Bocce Tournament.

EVENT	DIRECTOR	EVENT DATE	SITE (LOCATION)	REGISTRATION DEADLINE	SCRATCH DEADLINE
State Tee Ball Tournament	Amber Weinfurter	August 10	Heritage Park (Richfield)	July 23rd	TBD

Fall Season: Softball



- All teams will compete in the appropriate district competition based on their region. Teams that receive a quota spot at district competition will advance to Fall Games.
 - Teams that place 1st in each division will receive a quota spot. Additional quota will be distributed by random draw.

DIRECTOR	REGIONS ASSIGNED	EVENT DATE	SITE (LOCATION)	REGISTRATION DEADLINE
Kaytlin Kassens	3 & 6	August 9th	Onalaska Parks & Rec & Onalaska Middle School (Onalaska)	July 23rd
Megan Quandt	2, 4 & 5	August 2nd	Appleton Memorial Park (Appleton)	July 16th
Amber Weinfurter	7 & 8	August 10th	Heritage Park (Richfield)	July 23rd

Fall Season: Softball



- **Uniform Reminders**

- Bats must be marked by the manufacturer as “official softball”
- Catcher is required to wear a face mask, helmet, and chest protector. Shin guards are strongly recommended, but not required.
- 1st basemen, 3rd basemen, and pitchers must wear fielder masks on defense.
- Gloves are required.
- All players must wear uniforms (shirts AND pants) that are identical in color, trim and style. All jerseys must have a number at least 6” tall on the back. Pants must be worn all long or all short in style. Any deviation from uniform requirements must be submitted in a special needs form with prior approval from SOWI staff.
- Batting helmets with two ear flaps and chin straps are required while batting and base running. Any helmet intentionally removed while on the base paths is an automatic out.

Fall Season: Flag Football



- All teams will compete at Fall Games at Woodside Dells on September 6-7, 2025. Qualifying scores from two games plus commentary are required with registration.
 - -Competition will be played on September 6-7 . Friday, September 5 will only feature Opening Ceremonies.

DIRECTOR	EVENT DATE	SITE (LOCATION)	REGISTRATION DEADLINE	SCRATCH DEADLINE
Danny Kuklinski	September 5-7, 2025	Woodside Dells Sports Complex (Wisconsin Dells)	Monday, August 19, 2025	Friday, August 23, 2025

Flag Football: Rule Changes



- Uniforms – All participants must have shirts that are uniform or comparable in color and style. Shorts/pants shall be of contrasting color to flags.
- Timeouts – Each team receives two (2) 60-second time-outs per game.
- Ball carrier hand allow to touch ground - When in player possession, the ball is considered an extension of the hand.
- Interceptions – Interceptions may be returned for positive yard by the intercepting player.
- Defensive Rush – If a rusher crosses the rush line early (within 7-yards from the line of scrimmage at snap), they may return to the rush line, reset, and then legally rush the quarterback.
- Delay of Game – Can be called on the defense for delaying the game.

Fall Season: Flag Football



NOTES:

- All players on a team must wear uniforms (shirt and pants) that are identical in color, trim, style and material.
- An Arabic number of contrasting color and at least four inches high on the front and six inches high on the back must be worn on all uniform shirts.
- All uniform shirts must be tucked in at the waist.
- All players' pants shall be either all long or all short in style and **must not have pockets. If this must vary due to health or religious reasons, a Special Needs form must be completed upon registration.**
- No cut-off shorts or denim jeans are allowed.
- Hats (baseball style caps or caps with hard visor) **may not be worn.**
- Receiver's gloves may be worn.
- No jewelry is allowed.

Fall Season: Flag Football



2025 Green Bay Packers Exceptional Abilities Challenge

August 22nd, 2025 (More information to come)

Ability for teams to get in scrimmage games.
(Do not rely on this as your only option)

Packers will be reaching out to those teams that stated that they will have teams this fall on the ITP.



Questions?



2025 Fall Games General Overview

<https://specialolympicswisconsin.org/fallgames/>

Fall Games Dates



- Registration Deadline: Monday, August 18, 2025
 - Coach/Chaperone/Unified Partner Class A Deadline – Monday, August 26, 2025
- Scratch Deadline: Friday, August 22, 2025
- Coaches Meeting: Tuesday, September 2, 2025
- Competition: Saturday 9/6/24 – Sunday 9/7/24
 - Friday – Opening Ceremonies
 - Saturday – Bocce, Flag Football, Softball, Healthy Athletes, Dance
 - Sunday – Flag Football, Softball

Fall Games Logistics

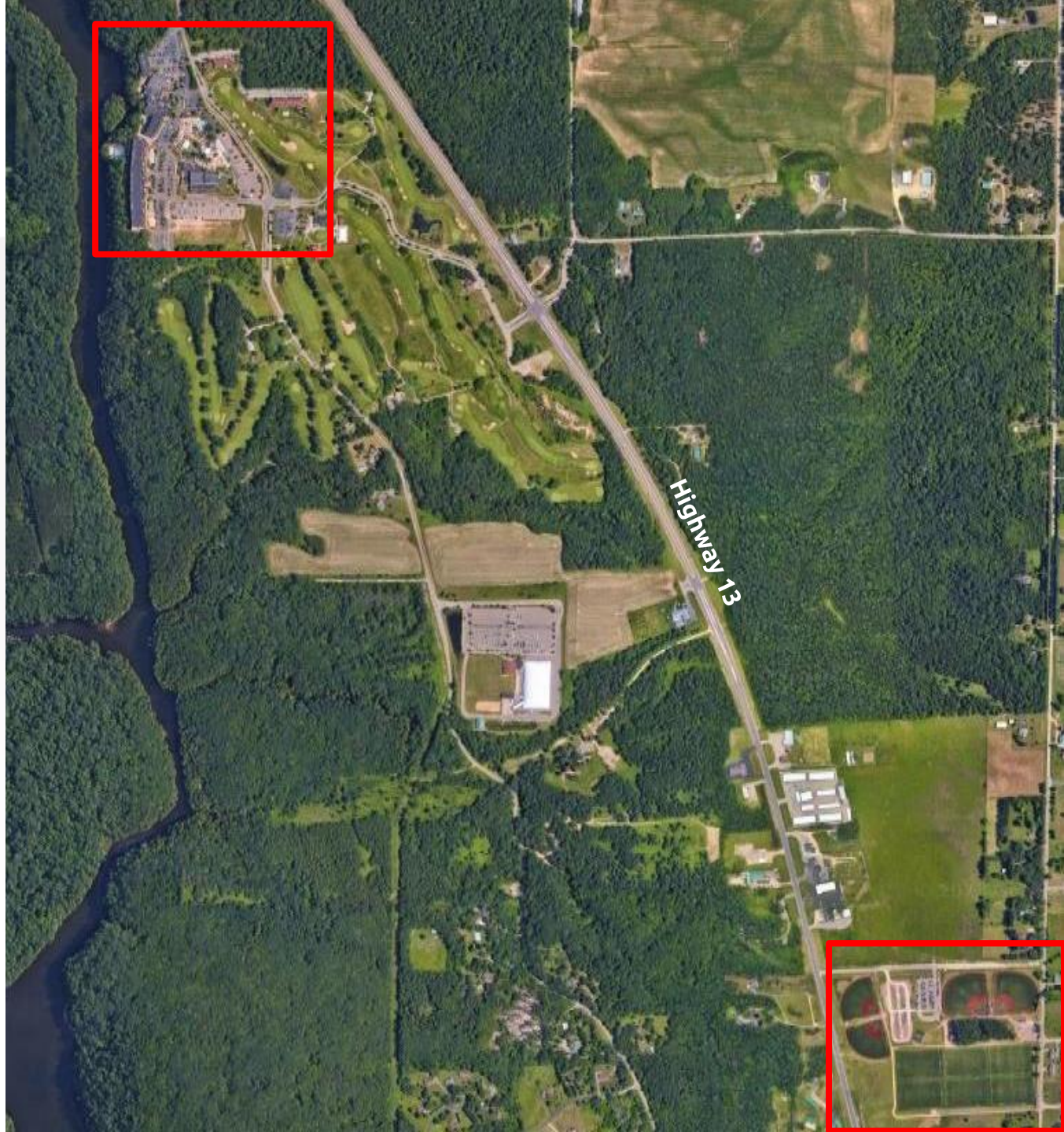


- Competition Venue: Woodside Dells Sports Complex
- Housing, Opening Ceremonies, Dance: Chula Vista Resort

Fall Games Area

Chula Vista:
1000 Chula Vista Pkwy
Wisconsin Dells, WI

Woodside Dells
Sports Complex:
4770 State Hwy 13,
Wisconsin Dells, WI



Fall Games Shuttle Information



- SOWI will provide shuttles between Chula Vista and Woodside Dells Sports Complex throughout competition

Fall Games Competition Schedule (Tentative)



- Bocce – Saturday, September 6 beginning at 9am
- Flag Football - Saturday, September 6 beginning at 9am and Sunday, September 7 beginning at 9am (round robin plus championship/consolation games)
- Softball – Saturday, September 6 beginning at 9am and Sunday, September 7 beginning at 9am (round robin plus championship/consolation games)

Fall Games Woodside Map (tentative)



FULL FALL GAMES SCHEDULE (tentative)

FRIDAY, SEPTEMBER 5 2025

Tournament Central + Housing Check-in Opens	3:00 p.m.	Chula Vista
Opening Ceremonies	7:00 p.m.	Chula Vista

SATURDAY, SEPTEMBER 6, 2025 (Competition: Bocce, Flag Football, Softball)

Breakfast	6:30 a.m. – 8:30 a.m.	Chula Vista
Tournament Central	8:00 a.m.	Woodside
Bocce Competition	9:00 a.m. – 1:00 p.m.	Woodside
Flag Football Competition (finalized after registration)	9:00 a.m. – 4:00 p.m.	Woodside
Softball Competition	9:00 a.m. – 4:30 p.m.	Woodside
Souvenirs	TBD	Woodside
Healthy Athletes: Special Smiles + Strong Minds	10:00 a.m. – 3:00 p.m.	Woodside
Lunch	11:00 a.m. – 1:30 p.m.	Woodside
Dinner	5:00 p.m. – 7:00 p.m.	Chula Vista
Dance (Theme: TBD)	7:00 p.m. – 9:00 p.m.	Chula Vista

SUNDAY, SEPTEMBER 7, 2025 (Competition: Flag Football, Softball)

KOC Pancake Breakfast	7:30 a.m. – 9:30 a.m.	Woodside
Luggage Room Open	7:00 a.m.	Chula Vista
Tournament Central	8:00 a.m.	Woodside
Flag Football Competition (finalized after registration)	9:00 a.m. – 2:00 p.m.	Woodside
Softball Competition	9:00 a.m. – 2:00 p.m.	Woodside
Souvenirs	TBD	Woodside



Fall Games Hotel Information

- Room Block for Local Programs: Chula Vista Resort
- To reserve:
 - Call SOWI reservation number: (844) 902-0667
 - Reference Booking ID: #K42953 Special Olympics of WI
 - MAKE SURE THEY RECORD YOUR LOCAL PROGRAM NUMBER
 - Room block expires on 8/15/2025
- Luggage Room available on Sunday after check-out
- These reservations are **ONLY** for Athletes, Coaches & Local Programs

Room Available	Rate	Room Details
1. Tower Jr Suite	\$149.00 / night	Double queen room with pull-out sleeper sofa. One full-size bathroom.
2. Fairway Villa	\$169.00 / night	Double queen room with pull-out sleeper sofa and kitchenette. One full-size bathroom.
3. El Grande Condo	\$279.00 / night	Two bedroom condo with full kitchen, dining and living room space. One king-sized bedroom and one double queen room. Pullout sleeper sofa. Two full-size bathrooms.



Healthy Athletes at Fall Games



All athletes with a current SOWI medical on file are invited to the screenings, even if they are not competing at Fall Games.

Healthy Athletes will be located at Woodside Dells Sports Complex.



Special Smiles

When: Saturday,
September 6th



Strong Minds

When: Saturday,
September 6th

Performance Station

When: Sunday,
September 7th

SUPPORTED BY



Fall Games Questions?

THANK YOU!