

# Summer Season

Cornhole, Powerli

***Special  
Olympics***  
*Wisconsin*



# Change of format of these meetings

- Changing the style of these meetings so that they aren't Danny & I repeating information that has been sent out to programs & coaches, and is easily accessible on the website.
- Instead of repeating word for word what is on the website, we are trying to make it more worthwhile for everyone attending.
- We want to meet the needs of our coaching community in areas they are struggling in or need clarity on.
- Allow for a greater coach collaboration from between experienced coaches and coaches who are new to Special Olympics or a particular sport.

# Vital Information - Recap

- Paperwork Deadline – April 15<sup>th</sup> 2026
- Summer Games: June 4<sup>th</sup> – June 6<sup>th</sup>

Tentative Schedule:

- Friday – Cornhole & Track
- Saturday – Powerlifting & Track

# Regional Events - Cornhole

<b>Cornhole</b>	
<b>Northern District</b>	<b>Southern District</b>
<b>Regions – 2, 3, 4 &amp; 5</b> <b>Saturday, May 9<sup>th</sup> @ Colby High School</b> <b>Registration Deadline – April 22<sup>nd</sup></b> <b>Contact: Kaytlin Kassens</b>	<b>Regions – 6, 7, 8</b> <b>Saturday, May 9<sup>th</sup> @ Oregon High School</b> <b>Registration Deadline – April 22<sup>nd</sup></b> <b>Contact: Brooke Ringelberg</b>

# Regional Events – Track & Field

## Track & Field

Regions 2/3	Regions 4/5	Regions 6/7	Region 8
<p>Saturday, May 9<sup>th</sup> @ Colby High School</p> <p>Reg. Deadline – Apr. 22</p> <p>Contact: Kaytlin Kassens</p>	<p>Saturday, May 16<sup>th</sup> @ Ashwaubenon High School</p> <p>Reg. Deadline – Apr. 29</p> <p>Contact: Megan Quandt</p>	<p>Saturday, May 9<sup>th</sup> @ Oregon High School</p> <p>Reg. Deadline – Apr. 22</p> <p>Contact: Adam Loeber &amp; Brooke Ringelberg</p>	<p>Saturday, May 16<sup>th</sup> @ Muskego</p> <p>Reg. Deadline – Apr. 29</p> <p>Contact – Amber Weinfurter</p>

# Sport Information & Coaches Resource Page

# Special Olympics Physical Fitness & Sport Month

Throughout May, Special Olympics is offering webinars for coaches to improve their knowledge of incorporating fitness into their training sessions. There are 4 webinars, and each one will be recorded. You can join these live, or the recording link will be emailed to you if you register in advance. The Webinar information are:

- May 7, 9am EDT: Coaching Smarter with Fitness Assessments
- May 14, 9am EDT: Fitness through Sport Playbook: Coach-Friendly Lessons for Healthier Athletes
- May 21, 9am EDT: Making Fitness Part of Practice: A Panel Discussion
- May 28, 9am EDT: You Don't Have to Do it Alone: Building a Team to Support Fitness

Registration Link – [Here!](#)



# Summer Games - Update

- Cornhole & Powerlifting @ UW Whitewater Williams Center.
- Track & Field competition - TBD

# Summer Games / State Games Updates

- We will post updates on the State Games pages on the websites:

Spring Games - <https://specialolympicswisconsin.org/springgames/>

Summer Games - <https://specialolympicswisconsin.org/summergames/>

Fall Games - <https://specialolympicswisconsin.org/fallgames/>

# Questions on Regional, State or Invitational events?

# Upcoming Event! Powerlifting Coaches Clinic

## Special Olympics Wisconsin – Powerlifting Clinic - Provided by USA Powerlifting

Special Olympics Wisconsin (SOWI) is delighted to announce that we are providing a FREE coaches clinic for coaches who are either currently coaching Powerlifting, or are interested in coaching powerlifting in the future!

The clinic will be ran by USA Powerlifting, with SOWI staff in attendance to answer any program specific questions during the day.

There will be a 'Questions Submission' form sent out prior to the event, so that Coaches can submit any questions they have, so that USA

Powerlifting is able to prepare answers and the day appropriately to address everyone's questions.

Date: Saturday, July 18th

Time: 10am – 2pm

Location: Franks Gym – 4309 Stewart Ave, Wausau, WI, 54401

Lunch and water will be provided for ALL attendees.



# Powerlifting Clinic – Registration Information

- A registration link will be sent out with the meeting recording & PDF file with the summary from this meeting.
- The link will also be posted on the Powerlifting sport page, and the Powerlifting coaches resources page.

# Coaching Cornhole - Questions

Clarification on the scoring, and how to fill out the Athlete Assessment scorecard?

# Coaching Track - Questions

- Can we specify relay uniforms? Can one athlete wear long pants, and one wear shorts, providing they are the same color?

Rule 4.1.4 –

All Relay team members shall wear identical singlets or shirts. if undershirts are worn during the relay, they all must match in style and color. Rely bottoms need to be the same color.

# Coaching Track - Questions

- Which 3 events can an athlete register for?

Athletes may participate in a maximum three events from only one category (see chart below). An athlete may compete in three individual events, two individual and one relay, or one individual and two relays.

# Coaching Track - Which 3 events can an athlete register for?

Category	Events Selection	
Category A: Development	Assisted Run* OR 25m Walk OR 50m Run	
	Standing Long Jump OR Running Long Jump**	
	Softball Throw**** OR Shot Put and/or Mini Jav***	
Category B: Non-Motorized Wheelchair	25m Non-Motorized Wheelchair	
	30m Non-Motorized Wheelchair Slalom	
	100m Non-Motorized Wheelchair	
	200m Non-Motorized Wheelchair	
	4x25m Non-Motorized Wheelchair Shuttle Relay	
	Softball Throw**** OR Shot Put and/or Mini Jav***	
	30m Motor Wheelchair Slalom	
Category C: Motorized Wheelchair	50m Motor Wheelchair Slalom	
	25m Motor Wheelchair Obstacle Course	
	Softball Throw**** OR Shot Put and/or Mini Jav***	
Category D: Walking	100m Walk	4x100m Walking Relay
	200m Walk	Standing Long Jump OR Running Long Jump**
	400m Walk	Softball Throw**** OR Shot Put and/or Mini Jav***
	800m Walk	
	1500m Walk	
Category E: Running	100m Run	4x100m Relay
	200m Run	4x200m Relay
	400m Run	4x400m Relay
	800m Run	Standing Long Jump OR Running Long Jump**
	1500m Run	Softball Throw**** OR Shot Put and/or Mini Jav***
	3000m Run	

# Coaching Questions – Which 3 events can athletes register for?

\*Athletes competing in the Assisted Run can not participate in any other on-track events. The Assisted Run is a non-advancing event only offered at the Regional Competition level.

\*\*Athletes competing in Standing Long Jump may not compete in Running Long Jump.

\*\*\*Athletes competing in Softball Throw may not compete in Mini Jav or Shot Put. However, athletes may compete in both mini jav and the shot put.

\*\*\*\*Athletes throwing over 15m should compete in the shot put or mini jav; athletes who have thrown more than 20m in a SOWI competition will be ineligible to participate in softball throw following that season.

# Coaching Track - Questions

Q. If an athlete is an alternate for a relay, is that considered one of their 3 events? Even if they don't actually run in that event?

A. Yes, if they are listed as an alternate, it is considered as one of the athletes 3 events.

# Coaching Powerlifting - Questions

Q. Can we clarify the divisioning for Powerlifting?

Athletes for powerlifting are divisioned by Gender & Weight Class:

Men	Women
1) 53kg (111 lbs)	1) 43kg (95.75 lbs)
2) 59kg (130 lbs)	2) 47kg (103 lbs)
3) 66kg (145.5 lbs)	3) 52kg (114.50 lbs)
4) 74kg (163 lbs)	4) 57kg (125.50 lbs)
5) 83kg (183 lbs)	5) 63kg (139 lbs)
6) 93kg (205 lbs)	6) 69kg (152 lbs)
7) 105kg (231 lbs)	7) 76kg (167.5 lbs)
8) 120kg (264.5 lbs)	8) 84kg (185 lbs)
9) 120+kg (264.75 or more lbs)	9) 85+kg (185.25 or more lbs)

**THANK YOU!**

