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ATHLETE TRAINING GUIDELINES

Special Olympics Wisconsin (SOWI) offers year-round training and competition in a wide variety of sports, both team and individual. The *Official Special Olympics Release Form* and the *Application For Participation* in Special Olympics serve as an athlete's registration for Special Olympics and must be completed and approved <u>before</u> an athlete may participate in any Special Olympics training program. Once registered, an athlete must train for at least eight training sessions prior to a Regional or District competition. SOWI recommends that for optimal results, an athlete should train for one hour at least three times per week for eight to 10 weeks for each sport prior to Regional/District competition.

SOWI follows the *Official Special Olympics Sports Rules*, which are based on International Sports Federation and National Governing body rules. Rules can be found on the Special Olympics, Inc. website at <u>SpecialOlympics.org</u>. Because Special Olympics is a sports program for individuals with intellectual disabilities, people sometimes question the "fairness" of sports rules enforcement. But as veteran coaches will tell you, knowing and playing by the rules is one of the greatest benefits Special Olympics offers its athletes. Why?

- 1. Impaired does not mean incapable. Special Olympics athletes are capable of learning and competing within sports rules. Challenging athletes in this manner adds to the pride and sense of accomplishment they experience.
- 2. It is unfair to athletes who are properly trained and who are following the rules to compete against others who are not.
- 3. Many Special Olympics athletes eventually move into other sports programs (school, parks and recreation, community leagues, etc.). They will be better prepared for that transition if learning and competing by rules is one of the skills they take with them from Special Olympics.

Coaching Guides

Coaching Guides are sport-specific training manuals designed to aid coaches, teachers and family members in training individuals with intellectual disabilities. Each guide provides an overview of the sport, equipment, facilities, long-term goals, short-term objectives, task analysis, teaching suggestions and more. *Coaching Guides* are available on both the Special Olympics, Inc. website at <u>SpecialOlympics.org</u> and the SOWI website the coaches Training tab, then the Coach Resources tab.

CERTIFICATION AND RECERTIFICATION REQUIREMENTS

Sport Specific Certification

To become certified a coach must be a registered Class A volunteer, complete the SOWI General Orientation, attend a Certified Training School, and complete the *Application for Sports Certification Form*. Once the completed form is turned into the Headquarters office, the coach's certification will be recorded and reflected on the Agency's volunteer roster. Coach certifications expire on December 31 of the third calendar year from the date of the sport-specific coaches training that was attended.

State Games Certification Requirement

Advancement to State-level competition requires certified coaches to be registered as part of an advancing delegation and in attendance at the State Games. Each team advancing to State is required to have a certified coach (i.e. for two basketball teams advancing to State, two individuals certified in team basketball are required). Likewise, each individual sport that advances to State-level competition is also required to have a coach certified in that sport. Coaches may only serve as the certified coach for <u>one sport</u> at the same State tournament. Certification applications must be submitted to the Headquarters office **along with or prior to State tournament registrations** in order to be eligible to attend that State Games event. Substitutions will be allowed in emergency situations (medical emergencies, etc.) that can be documented. The substitute coach must be a Class A volunteer and be a certified coach, although not necessarily in that sport. Teams or groups of individuals who do not have a sport-specific certified coach who can be in attendance at the

Games will not be allowed to advance to the State level. Teams or individuals found to be without the certified coach in attendance at the Games will be ejected.

In the case of a substitution of a chaperone at a State Games (in emergency situations that can be documented only), the replacement chaperone must currently be a Class A volunteer. No substitutions will be allowed in the case that an individual must still apply to become a Class A volunteer. The reason being two fold: 1) Class A forms must be mailed of delivered (not faxed or e-mailed) and 2) staff may not have adequate time to process the form and do a background screening.

Minimum age to act as a coach for SOWI is 16

Class A Volunteers who are 16 or 17 years old and wish to coach at each practice and competition must be under the supervision of a SOWI registered Class A volunteer who is 18 years or older (the Class A volunteer need not be a certified coach). In order to act as the certified coach at State Games Tournament, a minor coach must be certified in that sport. Minor coaches with a sport-specific coach's certification may also act as a chaperone. Athletes must be chaperoned by a registered Class A volunteer who is 16 or older under the 1:4 chaperone to athlete ratio.

Maintaining Sports Certifications

Coaching certifications expire on <u>December 31 of the third calendar year</u> from the date of the sportspecific training that was attended. In order to maintain a current certification, a coach must complete **one** education course, complete the SOWI online Sports Assessment(s), and submit the *Application for Sports Re-Certification* **prior** to the December 31 expiration date. Please note that **ONE** education course will recertify you in all sports if you **also** complete the online sports assessments for **each sport**. The coaching certification will be processed and extended once the *Application for Sports Re-Certification* form is turned into the Headquarters office prior to the expiration date. If a certified coach lets his/her certification(s) expire, they will need to complete the sport-specific certified training school again and complete the necessary paperwork.

Approved Education Courses for Re-Certification Include, But are Not Limited to the Following:

- Certified Training School or advanced skills course must be sport-specific to the certification
- Principles of Coaching or Coaching Special Olympic Athletes (may only be taken one time for recertification)
- SOWI online course, Coaching Philosophy **Please include a copy of a completed exercise
- SOWI online course, Year Round Training ***Coming soon to the website ***
- SOWI online course, Healthy Boundaries & Relationships ***Coming soon to the website***
- SONA online courses: <u>Principles of Coaching</u>, <u>Coaching Special Olympics Athletes</u>, <u>Coaching</u> <u>Unified Sports</u> **Please include a copy of the completion certificate
- Online courses through the National Federation of State High School Association (NFHS): <u>www.nfhs.org</u> ***Please include a copy of completion certificate from any online course.
- Online courses through American Sport Education Program (ASEP): <u>www.asep.com</u> **Please include a copy of completion certificate from any online course.
- First Aid/ CPR Certification **Please include a copy of the certification card
- SOWI Leadership Conference, Coach Summit, or Family Health Forum
- Non-SOWI educational course—i.e. Personal Training Certification, college courses, Official's Certification, educational or professional in-services, conferences or seminars that pertain to working with people with disabilities, coaching, communication, conflict-resolution, etc.
- ***SOWI Educational Course Reporting Form must be completed after attendance and submitted with the Re-Certification Application to the Headquarters office.

You do not need to get pre-approval for a non-SOWI event; however, if the event does not provide coaching development or in some way enhance the athlete experience, it may not be applicable to use for re-certification. If you attend a non-SOWI education course, you may need to complete a *SOWI Education Course Reporting Form* to submit with the *Application for Re-Certification*.

Application for Sports Certification, Application for Sports Re-Certification, and the SOWI Education Course Reporting Forms are available on the SOWI website and in the Forms for Duplication section of this handbook.

Certified Training

All SOWI Certified Training Schools (CTS) include SOWI information, risk management, safety, Code of Conduct, policies, etc., as well as a sport-specific component. There will be a certain number of CTS opportunities in every Region for volunteers to attend. When possible, CTS opportunities will be advertised on the training school calendar on the SOWI website and additionally, a CTS flyer will be sent to Agency managers to advertise to their volunteers. Agency managers are able to schedule a CTS opportunity for their Agency and/or community by directly contacting a State Certified Clinician. The process for an Agency manager to schedule a CTS is as follows:

- 1) Contact a State Certified Clinician
- 2) Determine the date, time and location and number of anticipated participants
- 3) The State Certified Clinicians will work directly with the Director of Training & Competition and make arrangements for paperwork and training materials for the CTS. When possible, SOWI will advertise the CTS on the SOWI website and it will be open for all volunteers to attend.

If an Agency manager is interested in scheduling a CTS with a clinician who is not a State Certified Clinician, they must contact and get approval from the Regional Athletic Director or the Director of Training & Competition. A clinician who is not a State Certified Clinician can only conduct a CTS with a SOWI representative present.

State Certified Clinicians

SOWI has established a list of State Certified Clinicians who have been selected and trained to solely represent the organization and train volunteers on behalf of SOWI. The Coach Resources Tab under Coaches Training on the SOWI website lists the State Certified Clinicians. A list is also available in this section of the handbook, but please check the website for the most current and up-to-date list. If a person is interested in becoming a State Certified Clinician, there is a formal application and selection process. Please contact the Director of Training & Competition for more information.

ALPs TRAINING OPPORTUNITIES – See "ALPs" Section in this Handbook

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FREQUENTLY ASKED QUESTIONS REGARDING TRAINING AND CERTIFICATION

RE-CERTIFICATION

Q. Do I have to attend a sport-specific training school for EVERY sport I am certified in?A. No. You only need to complete ONE education course, no matter how many certifications you hold.

Q. Can I attend a sport-specific training school for any sport? Even one I am not certified in?

A. No, not unless you plan to complete the certification process for that new sport. The certification process must be completed before you submit paperwork for re-certification.

Q. If I obtain a new sport certification, will it automatically re-certify my other certifications?

A. No. You must complete the online sport assessments for each sport you are certified in, and submit the *Application for Re-Certification*.

Q. If I attend a seminar, conference, or in-service for my job, will that count as the educational course?

A. Possibly. If you are going to attend a course that is not through Special Olympics, you may confirm with the Director of Training & Competition that the course will count towards recertification.

Q. What other courses count for recertification?

A. There are many things that will qualify as the educational course for recertification (i.e. coaching course, working with people with disabilities, First Aid/CPR, risk management, sport training, injury prevention...to name a few). There will be a list of examples for recertification educational course options posted on our website and in the *Agency Manager Handbook*. Please check our website for a list of options.

Q. What do I have to submit from the educational course for proof of attendance?

A. You will need to submit two things in addition to a *Application for Re-Certification*: 1) proof of attendance or completion (i.e. a copy of registration confirmation or completion certification); and 2) a completed SOWI *Educational Course Reporting Form*.

Q. Why do I need to complete the SOWI Educational Course Reporting Form?

A. We want to ensure the course was beneficial to your coaching development. The form is a brief one-page document that allows you to explain how you will use what you learned with your athletes.

Q. What happens if I don't complete the online sports assessment for all of my sports certifications?

A. If you do not complete the online sports assessment prior to the expiration date your certification(s) will expire.

Q. If I attend a training school for the sport I am re-certifying in, do I still need to complete the online sport assessment for that sport?

A. Yes. There is no exemption from the sport assessments, unless you attend and complete the *Principles of Coaching* course.

Q. If my certifications do expire, how do I get certified again?

A. You will need to attend a Certified Training Schools in the sport you wish to become certified in. Have your Agency manager sign a completed *Application for Sports Certification*, and send it to the Headquarters office.

Q. Will I be notified if my certifications are about to expire?

A. All coaches will receive two letters informing them of upcoming expirations. They will receive the first letter in January for a twelve-moth notice and a second letter in June for a six-month notice. Additionally, Agency managers will still be able to track coach expirations on the website as well as on their volunteer rosters they receive. The letter is always TWO PAGES. Please turn the page over to read all of the information.

Q. If I am a USA or World Games coach will I be exempt for recertification?

A. There will be allowances and/or exceptions pertaining to recertification requirements for USA and World Games coaches that will be at the discretion of the Director of Training & Competition.

TOPIC: CERTIFIED TRAINING SCHOOLS (CTS)

Q. How do I schedule or arrange a Certified Training School?

A. These are the steps for scheduling a Certified Training School:

- 1. Contact a State Certified Clinician that is certified for the sport skill you need to arrange a training school;
- 2. Secure a date, time and location for the training school to occur;
- 3. The State Certified Clinician will contact the Director of Training & Competition to post the training school on the website and for the necessary paperwork.

Q. Do I have to use a State Certified Clinician to conduct a training school?

A. No, you may still use a clinician who is from your community; however, in order to do so, you must coordinate the training school through your Regional Director of Sports.

Q. Will the Regional offices still be scheduling training schools?

A. Yes, the Regional will continue to schedule training schools.

Q. If we schedule a CTS on our own, and do not inform the Regional or Headquarters office, will you still count the CTS?

A. If you schedule a CTS and do not use a State Certified Clinician and do not work with the Regional or Headquarters office to conduct the CTS, it will not be counted for certification or recertification. Reason being, we are trying to establish consistent training schools and to allow this would defeat the purpose.

Q. If I've already attended a CTS can I still complete my paperwork for certification without attending a new one?

A. If you attended a school within the past year, you may still complete your certification process. The state Headquarters office must receive the certification application within one year of attending the CTS.

STATE CERTIFIED CLINICIANS CONTACT LIST

Name	Region	Sport(s)	City	Phone	Alternate Phone	Email(s)
Bridenhagen, Kristy	Region 2	Golf, Bocce, Athletics, Team Basketball, Basketball Skills, Gymnastics, Soccer, Swim, Bow ling, Principles of Coaching, Coaching SO Athletes	Stevens Point	715-342-2980 X 320		Kbridenhagen@spymca.org
Glaze, Dean	Region 2	Bow ling, Athletics, Alpine Skiing, Cross Country Skiing, Snow board, Snow shoe, Principles of Coaching, Coaching SO Athletes	Neillsville	715-743-4134/ 715-937-2488	715-743-8755	skiglaze@hotmail.com
Kahn, Bonita	Region 2	Athletics, Cross Country, Snow shoe, Skiing	Tomahaw k	715-966-0985	715-453-2126	bonkahn@yahoo.com
Meurett, Steve	Region 2	Athletics, Cross Country Skiing, Snow shoe	Neillsville	715-743-4937	715-429-0675	smeurett@yahoo.com
Moen, Janice	Region 2	Bow ling, Bocce, Athletics	Marshfield	715-387-4408	715-305-4366	janicemoen@charter.net
Moore-Gruenloh, Debra	Region 2	Athletics, Principles of Coaching, Coaching SO Athletes, Athletes as Coaches	Nekoosa	715-325-3944	715-459-2174	gus@wctc.net; deb.gruenloh@wrps.org
Reichent, Gary	Region 2	Pow erlifting	lola	715-445-5941	715-254-6360	lifterg@yahoo.com
Kadinger, Heidi	Region 3	Bow ling, Basketball Skills, Basketball Team, Bocce, Athletics	Independence	715-985-2621	715-985-3172, ext. 116	hbkadinger@gmail.com
Nimmo, Pam	Region 3	Softball, Tee ball	Altoona	715-832-3240	715-559-1416	mapa15@charter.net
Richter, Leanne	Region 3	Bocce, Bow ling, Principles of Coaching, Coaching SO Athletes	Frederic	715-472-2534	715-491-4862	luckauto@lakeland.ws
Sekel, James	Region 3	Athletics	Eau Claire	715-271-0288		jasekel@charter.net
Wolfgram, Mark	Region 4	Basketball, Softball, Soccer, Principles of Coaching, Coaching SO Athletes	Neenah	920-731-1614, ext. 1#	920-751-3202	mw olfgram@specialolympicswisconsin.org
Champ, Jill	Region 5	Sw imming	Depere	920-983-1073		jachamp5@sbcglobal.net
Kobel, Ashley	Region 5	Principles of Coaching, Coaching SO Athletes	Tw o Rivers			kzunker@charter.net
Nelson, Lynnea	Region 5	Bow ling, Basketball Skills, Soccer, Athletics	Depere	920-336-0477		sohigh131@aol.com
Olson, Traci	Region 5	Bow ling, Athletics, Bocce	Marinette		715-923-7200	traci@marinettespecialolympics.com
Wagner, Paul	Region 5	Basketball, Golf	Sheboygan	920-946-2931	920-459-3649	pw agner@sheboygan.k12.wi.us
Davis, Jan	Region 6	Principles of Coaching, Coaching SO Athletes	Cuba City			<u>davijan1@hotmail.com</u>
Frye, Sheila	Region 6	Principles of Coaching, Coaching SO Athletes	Madison	608-203-5462	608-577-5302	shebrat73@charter.net
Gloede, Kerry	Region 6	Bocce, Team Basketball, Basketball Skills	La Crosse	608-789-8640	608-789-7596	gloedek@cityoflacrosse.org
Protz, Joe	Region 6	Basketball Skills, Team Basketball, Athletics, Pow erlifting, Soccer, Bocce, Softball, Bowling, Aquatics	Tomah	608-317-9570	608-317-9570	jprotz@ci.tomah.wi.us
Stempler, Jon	Region 6	Principles of Coaching, Coaching SO Athletes	Adams	608-339-3478	608-547-1601	
Annis, Peter	Region 7	Principles of Coaching, Coaching SO Athletes	Union Grove	262-864-4140		
Schmidt, Michelle	Region 7	Principles of Coaching, Coaching SO Athletes	Cottage Grove			msschmidt8@msn.com
Klingbeil, Devona	Region 7	Bocce	New Berlin		920-988-4935	d_klingbeil@hotmail.com
Brothen, Linda	Region 8	Bocce, Bow ling, Basketball Skills, Snow shoe	Milw aukee	414-545-5395	414-550-5357	brothen@uwm.edu

Dahl, Linda	Region 8	Basketball Skills, Team Basketball, Volleyball, Principles of Coaching, Coaching SO Athletes	Pew aukee		414-379-6678	lindajdahl@yahoo.com
Derringer, Tyler	Region 8	Principles of Coaching, Coaching SO Athletes	West Allis	414-257-4610	414-702-9688	tdplunge@ymail.com
Fiegel, Mary	Region 8	Gymnastics, Softball, Basketball Skills	West Bend		262-224-1654	mjfgl54@yahoo.com
Hass,James	Region 8	Soccer, Principles of Coaching, Coaching SO Athletes	Wauw atosa	414-257-2147	414-699-2840	olddogdesign@att.net
Donabar, Jodie	Region 8	Volleyball, Principles of Coaching, Coaching SO Athletes	Milw aukee	414-647-6044		jodie@milw aukeerecreation.net
Hough, John	Region 8	Athletics, Volleyball, Gymnastics,	Pew aukee	262-369-3611 Ext. 484		hough@ahs.k12.wi.us
Janicki, June	Region 8	Athletics	Milw aukee		414-688-3030	janickje@milw aukee.k12.w i.us
Jankowski, Peter	Region 8	Team Basketball	Milw aukee	414-744-2035	414-975-2405	njpete@juno.com
LaPlante, Rocky	Region 8	Aquatics	Oconomow oc	262-567-7251		rlaplante@oconymca.org
McAleese, Kristopher	Region 8	Bocce, Aquatics, Team Basketball, Principles of Coaching, Coaching SO Athletes	Milw aukee	715-574-7397		mcaleesek84@yahoo.com
Reynolds, Robert	Region 8	Softball, Tee Ball	Waukesha	262-544-6655	262-385-6459	reynoldsralan@hotmail.com
Schooley, Kim	Region 8	Aquatics, Athletics, Basketball Skills, Team Basketball, Bocce, Bow ling	Oconomow oc	262-567-7251 Ext. 121		kschooley@oconymca.org
Southern, Shannon	Region 8	Volleyball, Team Basketball, Softball	Milw aukee	414-483-0554	414-379-7228	ssouth74@yahoo.com
Stelpflug, Rita	Region 8	Golf, Bow ling, Basketball Skills, Team Basketball, Aquatics, Snow shoe, Flag FB	Menomonee Falls	262-251-2657	414-430-1028	bajr18181@aol.com
Szydel, Kevin	Region 8	Softball, Tee Ball, Aquatics	Grafton		262-894-5120	kjszydel@wi.rr.com
Thurman, Henry	Region 8	Tennis, Team Basketball, Athletics	Milw aukee	414-607-1968	262-455-1142	ubuntu@sbcglobal.net

TRAINING SITE SAFETY CHECKLIST

Accreditation standards require that all training facilities and equipment are safe with a first aid kit, athlete emergency contacts and a phone and/or transportation available in case of an emergency.

The checklist below is not intended to cover every possible situation, but acts as a guideline for areas which could constitute injury hazards.

Acceptable?

Yes	No	<u> Playing Surfaces – Indoor</u>
		Irregular floor surfaces (wood separations, splinters, etc.)?
		Surfaces clean and free of dust, gum, wet or greasy areas, loose pieces of paper, etc.
		Electrical floor plate and outlet coverings fixed properly in position?
		Electrical cords away from participant area and taped securely?
		All extra equipment removed?
		Sufficient buffer zone between spectators?
		Playing Surfaces – Outdoor
		Condition of turf (pot-holes, mud, etc.)?
		Puddles drained off?
		Trash, glass, sharp objects, sharp-edged rocks, etc. on the field?
		Obvious and hidden grates well-secured?
		Sufficient buffer zone between spectators?
		Goal posts, goalie cages, baseball bases, etc. installed properly?
		Walls
		Hanging ropes or electrical lines?
		Moveable equipment flush or appropriately fastened to wall?
		Protruding handles or cranks?
		Lighting
		All areas adequately lit?
		<u>Equipment</u>
		Personal equipment (i.e. clothing, footwear, protective equipment) appropriate to the sport?
		Activity equipment (i.e. sticks, balls, goals, nets, bats, poles, whistles, cones, padding and mats) can meet the demands of the sport?
		Athletes have removed jewelry?
		Emergency
		A first aid kit is available on site?
		A copy of athletes' Application for Participation in Special Olympics Forms with emergency contacts, insurance and medical information is on site?
		Telephones within easy access?
		Vehicle within easy access?
		Crisis Communication Section of Agency Manager Handbook?

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