

Special Olympics
Washington



2020 Coaches Conference Registration Packet

September 12th – September 13th,
2020

Virtual Coaches Conference
Zoom Conferencing

Registration Form

Coach Information: (Every coach attending must complete a form, please write legibly!)

Name _____

Address: _____ City _____ Zip _____

Special Olympics Program: _____ Sports coached _____

Email Address _____ Area _____

Phone number (w/ area code): (H) _____ (C) _____

T-Shirt Size (men's sizes): _____

Course Selections: Please write down the 3 digit number of the four different electives you wish to attend. One course per section. (Please see attached for choices)

Elective #1 _____ Elective #2 _____ Elective #3 _____ Elective #4 _____

Virtual Schedule

Saturday, September 12th

| | |
|-------------------|--------------------------------------|
| 10:00am – 11:00am | General Orientation/Virtual Coaching |
| 11:00am – 11:30pm | Sports & Programs Update |
| 11:30am – 12:00pm | Area Services Update |
| 12:00pm – 1:00pm | Lunch |
| 1:00pm – 2:00pm | Elective #1 |
| 2:15pm – 3:15pm | Elective #2 |
| 3:15pm – 3:30pm | Break |
| 3:30pm – 4:30pm | Year in Review/Guest Speaker |

Sunday, September 13th

| | |
|-------------------|--------------------------------|
| 10:00am – 10:10am | Day Two Overview |
| 10:10am – 11:00am | SOWA Future Events |
| 11:00am – 12:15pm | Sport Elective #3 |
| 12:15pm – 12:45pm | Lunch |
| 12:45pm – 2:00pm | Sport Elective #4 |
| 1:30pm onwards | Turn-in Conference Evaluations |

Course Descriptions

Elective #1 Choices (1:00pm–2:00pm Saturday 9/12) All meeting links will be sent out one week before the conference!

- 100 **Coaching Unified Sports:** Unified Sports is an inclusive sports program that unites Special Olympics athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) as teammates for training and competition. This course will help you understand and implement Special Olympics Unified Sports in your school and community.
Required course for all Unified Sports Coaches
- 101 **Paperwork 101:** This course will go through the basics of paperwork, what is required for participation and where to find it. Paperwork that will be reviewed; AFPs, UP forms, WSPs, Pre-season and Final registration, Season Coaches Packet.
- 102 **Inner Workings of a SOWA Competition:** Look at all the processes and procedures that go into a Special Olympics Washington competition. This course will go over Article One, Divisioning and Rule Changes/Modifications.
- 103 **An Apple a Day: How SOWA is changing the game with nutrition:** A comprehensive approach to health can improve both an athlete's level of competition and their quality of life. Recently, Special Olympics Washington adopted a healthy food and beverage policy to help reduce the risk for chronic disease and support the overall health of the Special Olympics community. In this course, we'll talk about what having a nutrition policy means and give you the tools to support the healthy choices and behaviors the organization encourages athletes to adopt in their own lives.
- 104 **Procurement for Local Programs:** Looking to obtain equipment or items for your Area or Program? This course will look at different ways to approach businesses in your area to help supply your teams for future seasons!
- 105 **Advocating for Athletes as Leaders:** Learn more about Special Olympics Washington's NEW Athlete Leadership program and how to empower athletes to fill meaningful and influential leadership roles in their communities. This session will overview the opportunities that athletes have to get involved with leadership and how YOU, as coaches, can empower them to lead on and off the field.

Elective #2 Choices (2:15pm-3:15pm, Saturday 9/12)

- 200 **Keeping Unified in a Virtual World** – Fall 2020 Unified School opportunities will look much different than they have in the past- but they are still possible and greatly needed. This course will help Unified School Liaisons with ways to

engage your youth virtually with Unified Champion Schools for the Fall Semester. ***This session is closed for Unified School Liaisons ONLY***

- 201 **Advanced Paperwork:** We will dive deeper into sport registrations, why the information requested is so important, and how this information is used behind the scenes to build competitions.
- 202 **“Can you hear me now?”:** How to use communications and marketing to promote your team, reach new athletes, and communicate effectively!
- 203 **Recruiting a Local Volunteer Base:** Want to learn more about recruiting a volunteer base as well as transform your “day-of” volunteers into ongoing volunteers? This course will walk you through the ins and outs of volunteering with Special Olympics Washington
- 204 **The ABCs of SOWA’s Wellness Programs:** Learn about how you can transform the lives of your athletes through FREE SOWA Wellness Programs in just 15 minutes per practice! Hear from athletes about how Wellness Programs like Fit 5, SOfit, Unified Fitness Clubs, Teambuildr and Walking Clubs have inspired lifestyle changes.

Elective #3 Choices (11:00am – 12:15pm, Sunday 9/13)

- 300 **Basketball**
- 301 **Swimming Part I (Must take both Swimming Courses)**
- 302 **Soccer**
- 303 **Golf**
- 304 **Flag Football**
- 305 **Athletics (Field Events)**

Elective #4 Choices (12:45pm–2:00pm, Sunday 9/13)

- 400 **Basketball**
- 401 **Swimming Part II (Must take both Swimming Courses)**
- 402 **Bocce**
- 403 **Bowling**
- 404 **Athletics (Track Events)**
- 405 **Volleyball**