



2023 SUMMER SEASON

Start of the Season is June 12, 2023



**Special
Olympics**
Washington

Summer Events & Programs



TABLE OF CONTENTS

SUMMER SEASON OFFERINGS	3
ADDITIONAL OFFERINGS.....	4
REGISTRATION TIMELINE.....	5
FORM RESOURCES GUIDE	6
SOFTBALL REGISTRATION CHECKLIST	7
SOFTBALL RULES & REGISTRATION GUIDELINES.....	8
BOCCE REGISTRATION CHECKLIST	9
BOCCE RULES & REGISTRATION GUIDELINES.....	10
GOLF REGISTRATION CHECKLIST	11
GOLF RULES & REGISTRATION GUIDELINES	12
GOLF EVENTS	12
PADDLEBOARDING REGISTRATION CHECKLIST.....	13
PADDLEBOARD RULES & REGISTRATION GUIDELINES.....	14
STAND UP PADDLEBOARD EVENTS	14
TENNIS REGISTRATION CHECKLIST	15
TENNIS RULES & REGISTRATION GUIDELINES	16
TENNIS EVENTS.....	16
VOLUNTEER REGISTRATION.....	17
COACHES EDUCATION.....	18
COACHING TIERS DESCRIPTION.....	19



SUMMER SEASON OFFERINGS

Beginning June 12, we will be offering the following in-person competitive sports:

- Softball
- Golf
- Bocce
- Tennis
- Stand Up Paddleboard



DIVISIONING & ARTICLE 1

The Official Special Olympics Sports Rules provide standards for Special Olympics training and competition. [Article 1](#) provides general principles not found in the sport- specific rules and is essential knowledge for all people involved with Special Olympics sports.

IMPORTANT UPDATES AND HIGHLIGHTS

COVID WAIVER:

- As of December 1st, 2022, Athletes, Unified Partners, Coaches, Chaperones, Program Coordinators, and rostered individuals will no longer need to complete the 'Covid Code of Conduct' form.
- All persons listed on team or program rosters including Coaches, Chaperones, Athletes and Unified Partners will still need to complete the *Communicable Disease/Covid Waiver*. This form does not expire, and waivers previously accepted will continue to be valid.

COVID SCREENINGS AT PRACTICES:

- We will no longer require teams to perform Covid Screenings upon arrival at practices, events, and competitions. **

COMPETING IN MORE THAN ONE SPORT:

- The policy outlined in the return to activities material restricting athletes to one sport per season has been lifted. Athletes will now be allowed to compete in more than one sport per season, but no more than two (2) sports per season, to include one Individual and one team sport.
- Should an athlete choose to compete in an individual sport and a team sport, the athlete may only advance the 'Team Sport' (ie. Softball).



ADDITIONAL OFFERINGS

Fitness & Wellness Programs:



Fit 5: Special Olympics Washington athletes and teams can take the next steps to become healthier and improve their athletic performance by participating in the **Fit 5** program. Fit 5 is based on the three simple goals of exercising 5 days per week, eating 5 total fruits and vegetables per day, and drinking 5 water bottles of water per day. Fit 5 is a flexible program that provides tips and information to lead a healthy lifestyle. Fit 5 is ideally implemented during team sports practices by

coaches, volunteers or athlete leaders. Athletes and coaches will receive incentives for tracking their goals! Coaches and Coaches can register and request Fit 5 program materials in the Fall Season Registration form.



Unified Fitness Clubs: (Unified Champion Schools only) Unified Fitness Clubs are year-round physical activity-based programs that utilize activity trackers and incentives to engage participants of all abilities and activity levels in healthy lifestyles. Clubs typically meet weekly and select activity types that suit the needs of their members. Athletes and coaches will receive incentives for tracking their goals! UCS coaches or liaisons can register and request Unified Fitness Club program materials in the Fall Season Registration form.



Walking Clubs: bring together individuals with and without intellectual disabilities for non-competitive physical activity. Walking Clubs provide the platform and opportunity for individuals to challenge themselves, establish friendships, and exercise. Walking Clubs can be led or co-led by SOWA coaches, athletes, and Unified Partners. Walking Clubs can take place during a traditional sports season or as a standalone club. Athletes and coaches will receive incentives for tracking their goals! Coaches can register and request Walking Club program materials in the Fall Season Registration form.

****** Special Olympics Washington will continue to monitor the status of COVID-19 and will be acting under guidance and advice from the CDC, the Washington State Department of Health, and local health authorities. Please be advised that participation and/or events are subject to change or cancellation at any time. Safety is our highest priority.



REGISTRATION TIMELINE

STATEWIDE REGISTRATION TIMELINE

Start of Summer SeasonJune 12, 2023
Preseason Rosters DueJune 20, 2023
Final Registration & Individual Forms Due Dates
 Softball, Golf, Bocce July 10, 2023
 Stand Up Paddleboard, Tennis.....June 10, 2023









COMPETITION SCHEDULE





DATE	EVENT	LOCATION
July 29, 2023	SW Softball & Bocce Region Competition	LBA & Yagar Park, Olympia WA
July 29, 2023	ER Softball / Bocce Region Competition	Columbia Playfields, Tri Cities WA
August 5, 2023	NW Softball & Bocce Region Competition	Kasch Park, Everett WA
August 6, 2023	NW Golf Region Competition	Avalon Golf Links, Burlington WA
August 6, 2023	SW Golf Region Competition	Lake Spanaway Golf Course, Tacoma, WA
August 6, 2023	ER Golf Region Competition	TBD Spokane, WA

2023 Summer State Games: In 2023, Special Olympics Washington will not be hosting a Summer State Games. To read the official statement, please visit our website or [CLICK HERE](#). Any further questions, please contact your Region or Program Manager.



FORM RESOURCES GUIDE

General Links	Individual Forms		
Registration Portal bit.ly/SOWA-Reg 	Athlete Registration Form bit.ly/SOWA-ARF 	Unified Partner Form bit.ly/SOWA-UP 	Covid Waiver-Stand Alone bit.ly/SOWA-C19Waiver 
Return to Activities bit.ly/SOWA-RTA 	Background Check bit.ly/SOWA-BCG 	Protective Behaviors bit.ly/SOWA-PBQ 	Concussion, Coaching Unified Sports, & Fitness bit.ly/SO-Learn 

Fitness & Wellness Page	Regional Sports Pages		
bit.ly/SOWA-FIT 	Southwest bit.ly/SOWA-SW 	Northwest bit.ly/SOWA-NW 	East bit.ly/SOWA-EAST 

Additional Resources	
Article 1 bit.ly/SOWA-ART1	Incident Form bit.ly/SOWA-Incident
Protest Form bit.ly/SOWA-Protest	Suspension Policy bit.ly/SOWA-SUSPOL

Codes of Conduct	
Athlete/Unified Partner bit.ly/SOWA-PCoC	Violation Report bit.ly/SOWA-CoCVR
Family bit.ly/FACoC	Coaches bit.ly/SOWA-CCoC



SOFTBALL REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **JUNE 20, 2023**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) by the Final Registration Due Date:

Required Athlete Forms:

- [Athlete Registration Form \(Expires after 3 years\)](#)
- [Spanish Athlete Registration Form \(Expires after 3 years\)](#)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
- [COVID Waiver \(does not expire\)](#)

Required Unified Partner Forms:

- [Unified Partner Registration Form \(Expires after 3 years\)](#)
- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [COVID Waiver \(does not expire\)](#)

Required Coach Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [Heads Up Coaches: Concussion Training](#)
- [Special Olympics Unified Sports Coaching Course \(Unified Sports Coaches Only\)](#)
- Sports Specific Training
- [COVID Waiver \(does not expire\)](#)

Required Chaperone Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [COVID Waiver \(does not expire\)](#)

3. Individual Forms & [Final Registration](#) Due Dates: **JULY 10, 2023**

Required Team Skills Assessment

- Required** for Team Competition
- Use [Individual BSAT form](#) to gather numbers for the final roster
- Transfer total individual score from individual BSAT to Final Roster and submit the [Team BSAT Worksheet](#) to the portal.

Required For Individual Skills

- Use the [Individual Skills Score Sheet](#) to determine qualifying score
- Transfer total individual score from individual score sheet to final roster.



SOFTBALL RULES & REGISTRATION GUIDELINES

1. Athletes may participate in either team competition or the individual skills competitions. No lead-up skills will be offered.
2. **Head Coaches are not permitted to participate as part of their registered roster.**
3. All softball entries must be identified by a team name on the Entry Roster.
4. Team rosters must have a minimum of 10 players and are limited to 16 players.
5. Unified Team Roster:
 - a. *Ten players – (five athletes and five partners) with the following positioning requirements: two athletes and two partners in both the infield and the outfield, and one athlete and one partner as pitcher or catcher.*
 - b. *Unified with Extra Players (EP). Twelve players – six athletes and six partners: same as Unified plus two EP's who bat in the line-up.*
6. *Traditional Batting Line-Up:*
 - a. *In non-qualifying years, where teams will not be selected for USA or International Events, Special Olympics Washington creates an exception for limits on the number of players that can bat in a team Lineup. Teams will be allowed an unlimited number of players in their batting lineup. A team beginning a game with more than 11 players in the batting lineup may remove any player(s) from their lineup without penalty of an out as long as at least 11 players remain in the batting lineup.*
7. For divisioning purposes, Softball Skills Assessment Tests (BSAT) scores must be submitted for all athletes (unless otherwise stated by your Senior Region Manager) on both Community and Unified teams.
8. Athletes using wheelchairs and assistive walking devices are ineligible for team competition for safety purposes. They may participate in the Individual Skills Competition. There will be no separate division for wheelchairs, but divisions will be determined by age/gender/ability of athletes.
9. Rules governing competition include Special Olympics International rules and USA Softball Inc rules.

EVENTS OFFERED

- Softball Individual Skill Competition
 - (Base Running, Throwing, Fielding & Hitting)
- Special Olympics Tee Ball Team Competition
- Special Olympics Team Competition
- Unified Team Competition



BOCCE REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **June 20, 2023**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) by the Final Registration Due Date:

Required Athlete Forms:

- [Athlete Registration Form \(Expires after 3 years\)](#)
- [Spanish Athlete Registration Form \(Expires after 3 years\)](#)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
- [COVID Waiver \(does not expire\)](#)

Required Unified Partner Forms:

- [Unified Partner Registration Form \(Expires after 3 years\)](#)
- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [COVID Waiver \(does not expire\)](#)

Required Coach Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [Heads Up Coaches: Concussion Training](#)
- [Special Olympics Unified Sports Coaching Course \(Unified Sports Coaches Only\)](#)
- Sports Specific Training
- [COVID Waiver \(does not expire\)](#)

Required Chaperone Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [COVID Waiver \(does not expire\)](#)

3. Individual Forms & [Final Registration](#) Due Dates: **JULY 10, 2023**

- Use [Bocce BSAT](#) from to gather qualifying scores for final roster.
- Transfer qualifying score from BSAT to final Roster.
- Attach "Final Roster"

Notes: An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete AFP or Partner Release form and registration deadlines) are not met.



BOCCE RULES & REGISTRATION GUIDELINES

- 1) Athletes may enter one individual and one doubles/team event.
- 2) Competition attire includes:
 - a. Tennis shoes or smooth sole athletic shoes
 - b. Short sleeved button shirts or polo shirt
 - c. Shorts or pants (No Jeans)
- 3) The rules governing competition are the Special Olympics, Inc. Bocce rules.

BOCCE EVENTS

- Singles
- Singles Ramp (*player requires the use of a ramp*)
- Doubles (*2 athletes*)
- Team (*4 athletes*)
- Unified Sports® Doubles (*athlete & unified partner*)
- Unified Sports® Team (*2 athletes & 2 unified partners*)



GOLF REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **June 20, 2023**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) by the Final Registration Due Date:

Required Athlete Forms:

- [Athlete Registration Form \(Expires after 3 years\)](#)
- [Spanish Athlete Registration Form \(Expires after 3 years\)](#)
 1. Athlete & Parent/ Guardian Signature and Date – **Required**
 2. Physician Signature and Date – **Required**
- [COVID Waiver \(does not expire\)](#)

Required Unified Partner Forms:

- [Unified Partner Registration Form \(Expires after 3 years\)](#)
- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [COVID Waiver \(does not expire\)](#)

Required Coach Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [Heads Up Coaches: Concussion Training](#)
- [Special Olympics Unified Sports Coaching Course \(Unified Sports Coaches Only\)](#)
- Sports Specific Training
- [COVID Waiver \(does not expire\)](#)

Required Chaperone Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [COVID Waiver \(does not expire\)](#)

3. Individual Forms & [Final Registration](#) Due Date: **July 10, 2023**

Notes: An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete AFP or Partner Release form and registration deadlines) are not met.



GOLF RULES & REGISTRATION GUIDELINES

1. Athletes may participate in one event.
2. Per USGA Rules, range finders or devices used to measure the distance of a shot are not permitted.
(Rule 14-3: https://www.usga.org/RulesFAQ/rules_answer.asp?FAQidx=49&Rule=14)
3. **Head Coaches are not permitted to participate as Unified Partners during match play. Coaches that choose to participate forfeit their role, also forfeit their duties as head coach including the right to protest.**
4. Athletes needing use of a cart will need to fill out a 'Cart Request Form' and justify the reason for use of cart on the course. Per USGA Rules, all participants are required to walk the course unless their request is approved. Carts rented by coaches or staff will be a cost incurred by program.
5. Unified Partners participating in a pair on course play will assume the role of caddie or scorekeeper. Caddies will not be provided by tournament director, but will be if volunteers are available.
6. Team competition will consist of one Unified partner and one Special Olympics athletes.
7. Unified partners and athletes must establish a handicap and submit it with their entry. Those unable to establish a handicap will be required to submit at least five scores from nine or eighteen hole play.
8. Rules governing competition include Special Olympics International Golf rules and Professional Golf Association of America rules.

PGA of America

P.O. Box 109601

Palm Beach Gardens, FL 33410-9601 (407) 624-8463

GOLF EVENTS

- Level 1 - Golf Individual Skills Competition
(Short Putt, Long Putt, Chipping, Pitch Shot, Iron Shot, & Wood Shot)
- Level 2 - Unified Team Play (18 hole)
- Level 3 - Unified Team Play (9 hole)
- Level 4 - Individual Stroke Play (9 hole)
- Level 5 - Individual Stroke Play (18 hole)



PADDLEBOARDING REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **June 20, 2023**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) by the Final Registration Due Date:

Required Athlete Forms:

- [Athlete Registration Form \(Expires after 3 years\)](#)
- [Spanish Athlete Registration Form \(Expires after 3 years\)](#)
 - Athlete & Parent/ Guardian Signature and Date – **Required**
 - Physician Signature and Date – **Required**
- [COVID Waiver \(does not expire\)](#)

Required Unified Partner Forms:

- [Unified Partner Registration Form \(Expires after 3 years\)](#)
- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [COVID Waiver \(does not expire\)](#)

Required Coach Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [Heads Up Coaches: Concussion Training](#)
- [Special Olympics Unified Sports Coaching Course \(Unified Sports Coaches Only\)](#)
- Sports Specific Training
- [COVID Waiver \(does not expire\)](#)

Required Chaperone Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
- [Protective Behaviors](#)
- [COVID Waiver \(does not expire\)](#)

3. Individual Forms & [Final Registration](#) Due Date: **July 10, 2023**



PADDLEBOARD RULES & REGISTRATION GUIDELINES

- 1) **LEVEL 1** –Competition will be a minimum distance of 2 miles with turns (must go around buoy/s).
- 2) **LEVEL 2** –Competition will be within a maximum distance of two miles with turns (must go around buoy/s).
- 3) **LEVEL 3** – (Athletes can either stand, kneel or sit on the board during competition). Competition will be within a maximum distance of one mile with simple turns (must go around buoy/s).
- 4) **LEVEL 4** – Starts the event from marshalling area in the water or on the beach. Can receive verbal and physical assistance during competition. Competition will be out and back within a minimum of 25 meters & a maximum distance of 50 meters.
- 5) **PRONE 2** – Can use any SUP style board (narrower the better). NO PADDLE, use of arms only. Competition will be a minimum distance of 50 meters with a minimum of 1 turn (must go around buoy/s).
- 6) **PRONE 1** – Must be on a prone style board. NO PADDLE, use of arms only. Competition will be a minimum distance of 100 meters with a minimum of 2 turns (must go around buoy/s).
- 7) **Traditional Relay**– 3 athletes per team. Competition will be a minimum distance of 50 meters with a minimum of 1 turn each athlete (must go around buoy/s).
- 8) **Unified Relay**– 3 athletes per team (2 athletes & 1 unified partner) Competition will be a minimum distance of 50 meters with a minimum of 1 turn each athlete (must go around buoy/s).

STAND UP PADDLEBOARD EVENTS

- Level 1 - Minimum Distance is 2 miles
- Level 2 - Maximum Distance 2 mile
- Level 3 - Maximum Distance is 1 mile
- Level 4 - Minimum 25m, maximum 50m
- Prone Level 1 - NO PADDLE, use of arms only. Competition will be a minimum distance of 50 meters with a minimum of 1 turn (must go around buoy/s)
- NO PADDLE, use of arms only. Competition will be a minimum distance of 50 meters with a minimum of 1 turn (must go around buoy/s)
- Stand Up Paddle Boarding RELAY – 3 Athletes
- Stand Up Paddle Boarding UNIFIED RELAY – 2 Athletes – 1 Unified Partner



TENNIS REGISTRATION CHECKLIST

1. Complete online [Pre-Season Participation Form](#) Due: **June 20, 2023**

- Upload [Participation Roster](#) for each sport

2. Submit All [ALL Individual Registration Forms](#) by the Final Registration Due Date:

Required Athlete Forms:

- [Athlete Registration Form \(Expires after 3 years\)](#)
 [Spanish Athlete Registration Form \(Expires after 3 years\)](#)
 1. Athlete & Parent/ Guardian Signature and Date – **Required**
 2. Physician Signature and Date – **Required**
 [COVID Waiver \(does not expire\)](#)

Required Unified Partner Forms:

- [Unified Partner Registration Form \(Expires after 3 years\)](#)
 [Background Check \(if 18+\) \(Expires after 3 years\)](#)
 [COVID Waiver \(does not expire\)](#)

Required Coach Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
 [Protective Behaviors](#)
 [Heads Up Coaches: Concussion Training](#)
 [Special Olympics Unified Sports Coaching Course \(Unified Sports Coaches Only\)](#)
 Sports Specific Training
 [COVID Waiver \(does not expire\)](#)

Required Chaperone Forms:

- [Background Check \(if 18+\) \(Expires after 3 years\)](#)
 [Protective Behaviors](#)
 [COVID Waiver \(does not expire\)](#)

3. Individual Forms & [Final Registration](#) Due Date: **July 10, 2023**

Notes: An athlete, or unified partner WILL NOT be allowed to participate if the registration criteria (i.e. current/complete AFP or Partner Release form and registration deadlines) are not met.



TENNIS RULES & REGISTRATION GUIDELINES

- 1) Events identified with ** are designed for athletes who are unable to participate in the other events listed.
- 2) Athletes may enter up to two events.
- 3) For divisioning purposes, Individual Skill scores must be submitted for all athletes participating in the Individual Skills Competition and a Tennis Rating Form must be submitted for all athletes and partners for all other events.
- 4) Competition attire includes:
 - Polo shirt or T-shirt
 - Shorts or tennis dress (No Jeans)
 - Tennis shoes and socks
 - Athletes not in appropriate competition uniforms are subject to disqualification.
- 5) Rules governing competition include Special Olympics, Inc. Tennis rules and United States Tennis Association rules.

TENNIS EVENTS

- Individual Skills Competition **
- Singles
- Doubles
- Unified Sports® Doubles



VOLUNTEER REGISTRATION



Special Olympics Washington Volunteers are fundamental to every program and event across the state. Volunteer opportunities range from coaching and program management positions to event volunteers. There is a place for everyone!

Volunteers are required to go through further training and a background check process before all Ongoing Volunteer Roles. To volunteer at events, register using the event applications located on the Event Volunteers page.

Please follow this link to sign up as an Ongoing Volunteer:
<https://specialolympicswashington.org/volunteer/event-volunteers/>

It is vital that ALL volunteers are properly trained and feel equipped to execute the responsibility required of their position. Please take the time to review the information on the [Volunteer Resources Page](#).

Already registered but need to renew your [Background Check](#)? Please complete the online Background Check application. Use the Special Olympics Washington Identification Good Deed Code: **e45cri8** when completing the application.



COACHES EDUCATION

Tier/Level	Action Items	Time Needed	Renewal Requirements	Cost
Tier 1 – Sports Volunteer (Chaperone)	Online Background Check (SOWA will do background checks on all volunteers 18+) (Good Deed Code: e45cri8)	5 min	Every 3 years	Free
	Protective Behaviors Quiz	15 min	Every 3 years	Free
Tier 2 – Head Coach/Assistant Coach Prerequisite – All Tier 1 requirements	Concussion Training	1 hour	N/A	Free
	Certification at a Sport Specific Training School	3 hours	Every 3 years	Training Session Local Area
	Coaching Unified Sports – Required if program is in Unified Sports	1 hour	3 years	Free
Tier 3- Continuing Education	Register to Volunteer at an Special Olympic Event	N/A	All coaches need to do at least one of these each year	Free
	Register for a Continued Education Course			
	Waiver for Continued Education (check website for Approved Courses)			



COACHING TIERS DESCRIPTION

Why Coaching Matters? – Coaching is a vital part of the Special Olympics organization. Our coaches are role models and help improve sports skills in our athletes. It is necessary for our coaches to exemplify good sportsmanship and model character traits to enhance the sports experience for our athletes. The lessons our athletes learn from coaches on and off the field – teamwork, self-discipline, and confidence – carry over into the athletes' everyday lives.

Tier 1 – Sports Volunteer (Chaperone)

The first tier of our Coaches Education program is the Sports Volunteer or Chaperone member of a team/program. Any prospective coach needs to go through these four requirements to be cleared to chaperone a team or an athlete. These are the basic forms that screen our coaches to ensure our athletes safety which is our number one priority in Special Olympics. All of these items will need to be done only once and should take less than 30 minutes in total.

- [Online Background Check](#)
- [Protective Behaviors Quiz](#)

Tier 2 – Head Coach / Assistant Coach

The second tier of our Coaches Education program is the Head Coach/Assistant Coach. Any coach that wants to be a Head or Assistant Coach has to complete all of the items listed below. The items in this tier are more tailored to specific sport needs and require an in-person training. The in-person trainings allow for a development of skills and drills for a sport that coaches can bring back to their practice and games. The online section of this portion will take 1 hour and 15 minutes in total. The in-person trainings will be 3-4 hours depending on sport and venue availability.

- [Concussion Training](#)
- **In-Person Sport Specific training**
- [Coaching Unified Sports](#) – Only required if program/team is in Unified Sports

Tier 3 – Continuing Education

The third tier is the continuing education portion of our Coaches Education program. We want all of our coaches to get involved in other sports and events that Special Olympics has to offer. This is also a great opportunity for our coaches to get more experience with Special Olympics athletes on and off the playing field. We want our coaches to do one of the following each year.

- **Register to volunteer at a Special Olympics Event**
- **Complete a Continued Education Course (Sportsmanship, Principles of Coaching, etc.)**
- **Waiver for Continued Education, please contact Coaches@sowa.org**