



Special Olympics Washington Coach

Position Description- Coaching is one of the most important volunteer opportunities at Special Olympics Washington. Coaches are in charge of all aspects of a team: training, conditioning, competition, connecting to SOWA programs and encouraging community amongst athletes and families. A head coach, unified coach and assistant coach are all expected to uphold Special Olympics Washington's mission and provide athletes with the best sporting and community experience possible.

Minimum Requirements-

- 1) Complete and uphold Coaches Certification Requirements
- 2) Recruit athletes for team
- 3) Create and execute training plan
- 4) Prep team for competition
- 5) Liaison with Area Leadership Team members and make sure to promote any new programming
- 6) Commitment to a minimum of one sporting season with at least one practice a week

First Steps-

- 1) Apply here: **Volunteer Application**

Certification and coaches education process- to be completed once approved by SOWA contact

1. Complete online **background check**
2. Online training:
 - a. **General Orientation**
 - b. **Protective Behaviors**
 - c. **Concussion Awareness Training** and **quiz**
 - d. **Sudden Cardiac Arrest**
 - e. Complete **Unified Sports** Online Training **Unified Sports Coaches only.*
3. Complete a **Sports Specific Training** conducted by a SOWA Certified Trainer
4. Submit **Application for Coaches Certification** Form to LPC/Area.
5. Complete one SOWA **Continued Education Course** every two years. **See next page for details.*

Approved SOWA Continuing Education Courses

Each Special Olympics Program is able to utilize the following courses, or design and personalize a variety of training formats to meet the needs of coaches with varying backgrounds, as long as the standards and competencies are achieved.

- Special Olympics Sports Specific Skills Course Level II, III
- Special Olympics Principles of Coaching Course
- Coaching Special Olympics Athletes Course
- Special Olympics Train the Trainer (Become a Sports Specific Trainer)
- Officials Training; Rules Updates
- Special Olympics Unified Sports Course
- Education Updates [New Training Techniques; Safety Issues; Inappropriate Techniques, etc.]
- National Governing Body Courses; other sports organizations' coaching courses
- Other Special Olympics headquarters approved coaching courses
- Positive Coaching Alliance Courses – Prior Approval

**courses will be offered periodically and coaches will be notified when available.*