

# Level 2 – General Information



Purpose of Course

Certification is good for **3 years**

Breakdown of Training

Video #1: Communication Tools & Considerations

Video #2: Competition Preparation & Health Programs

Video #3: Sport Specifics

Questions? Contact [CoachEducation@somn.org](mailto:CoachEducation@somn.org)



# Organizing a Training Session

1. Warm-Up
2. Review of previously learned skills
3. Introduce new skills & drills
4. Competition style
5. Cool down & review

# Communication Tools (cont.)



USE EASY  
WORDS



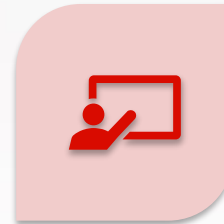
USE ONLY A  
FEW WORDS



USE  
PICTURES



DEMONSTRATE  
BY ACTIONS



GIVE POSITIVE  
REINFORCEMENT

# Assistance Levels



<b>Level of Assistance</b>	<b>Description</b>	<b>Sport Example</b>
Verbal	Tell the athlete what to do	Footwork: “run forward to the line; then stop”
Demonstration	Show the athlete the what to do	Basketball: have athlete watch while someone else shoots a free throw
Partial Physical Assistance	Place the athlete in the proper position	Golf: coach adjusts the athlete's hands on the golf club with the correct grip
Full Physical Assistance	Help the athlete through the entire motion of the skill	Bowling: coach moves the athlete's arm through the entire bowling movement

# Psychological Considerations



## **Motivation**

Goal: Help athletes maintain or grow interest

## **Perception**

Goal: Help athletes understand the sport in which they are participating

## **Comprehension**

Goal: Help athletes remember and perform the skill they have learned

# Social/Medical Considerations



## Seizures – How can I assist?

1. Create a safe space around the athlete
2. Protect the head and neck
3. Lay them on their side

Can someone with physical disabilities also compete in Special Olympics?

# Social/Medical Considerations



With many of our athlete's conditions, they may succeed more with performance tasks rather than verbal tasks. (ADHD consideration!!)

Approximately 20% of our athletes have an autism diagnosis, with about half also being non-verbal.

# Medical Considerations Table



<b>Diagnosis</b>	<b>Consideration</b>
Seizure Disorder	Be prepared to protect and observe the athlete should a seizure occur and minimize adverse affects
Autism spectrum disorder	Understand that athletes may engage in self-stimulatory behavior (hand-flapping, jumping, etc.), and that it is not necessarily a problem
Attention deficit/hyperactivity (ADHD)	Shorten drills and provide one-to-one assistance when needed
Down Syndrome	Family should ensure the athlete is screened for Atlanto-axial instability (see medical if necessary)
Fetal alcohol syndrome	Demonstrate clear performance tasks



# Preparing for Competition



Provide accurate qualifying times/scores, and skills assessment scores.

Make sure that you know the rules.

Teach your athletes the rules and, during training, phase out your verbal reminders about rules.

At competition, coaches may have little or no opportunity to assist athletes when they are not following the rules. (A coach cannot be on the track with them!)

# Preparing for Competition

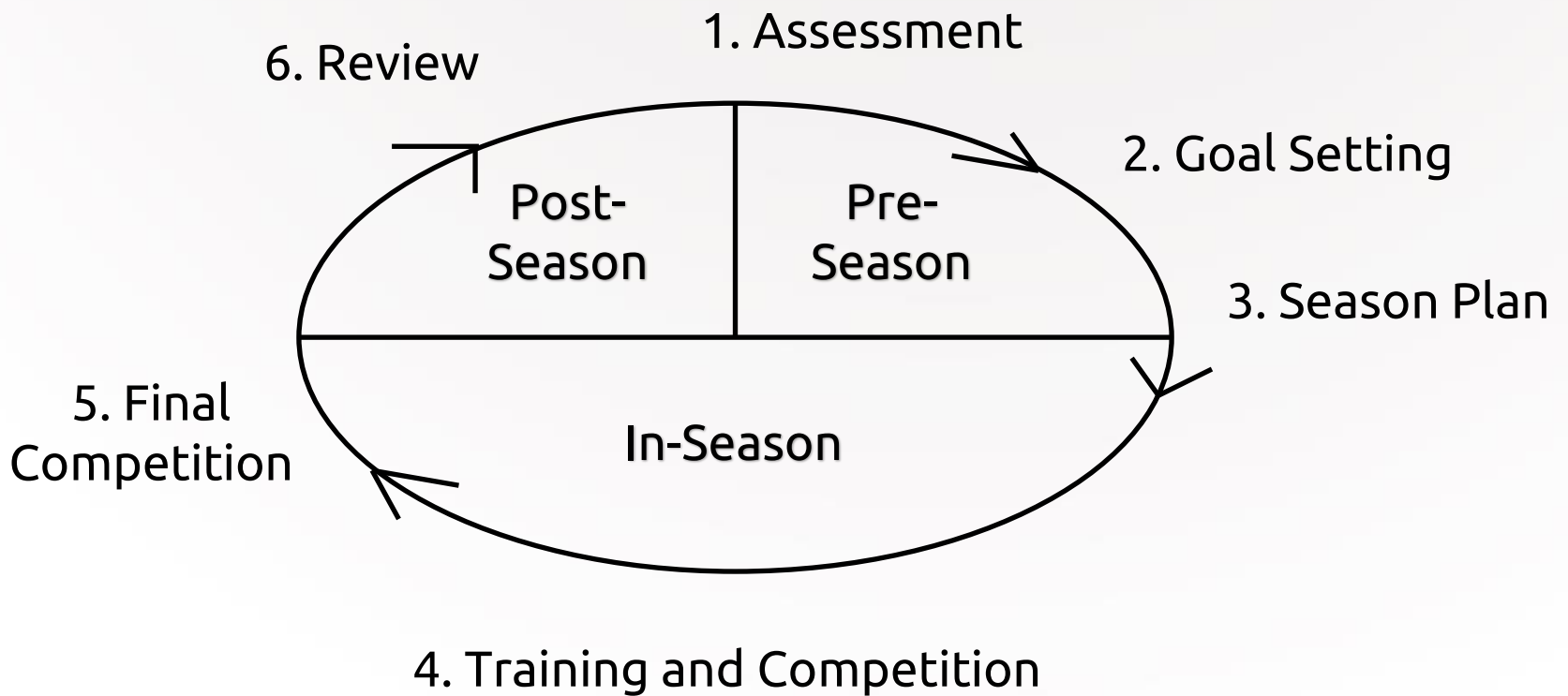


Create a supervision document to share with coaching staff!

There is a lot going on outside of the actual competition, including:

- Transportation
- Lodging
- Social activities
- Healthy Athletes
- Awards ceremonies
- Multiple events at the same time

# Season Cycle



# Competition-Day Coaching



Early arrival time – allows for more planning, getting uniforms ready, and understanding the venue layout

Check-in with athletes on attire and equipment

Set groundwork for how athletes should behave independently and focus on a growth mindset, even at competitions

When there is a reason, it is okay for you, as a head coach, to protest with an official in a calm matter. Seek to learn, not always to change!

# Managing Athlete Behavior



<b>Athlete Behavior</b>	<b>Strategies to Improve Learning</b>
Swimmer has a short attention span	<ol style="list-style-type: none"><li>1. Focus on a stroke for short periods of time</li><li>2. Provide multiple activities focusing on same task</li></ol>
Basketball athlete yells if they miss a shot	<ol style="list-style-type: none"><li>1. Emphasize the other parts of the game</li><li>2. Work on shooting drills without a hoop, then evolve to shooting at a hoop</li></ol>
Bowler doesn't wait for their turn	<ol style="list-style-type: none"><li>1. Have a coach at the lane help with the order of bowlers, explain whose turn it is</li><li>2. Emphasize that the bowler will always follow the same person</li></ol>

# Managing the Program



## **A successful Special Olympics coaching staff is:**

- Knowledgeable about the sport, rules, and competition details.
- An understanding of the mission of Special Olympics.
- Always recruiting new coaches and seeking opportunities to learn more about their sport.
- Focusing on including families, caretakers, and the community.
- Emphasizing safety and offering activities for all ability levels.

# SOMN Health Programs



## Fit5

- Plan for physical activity, nutrition and hydration
  - 5 fruits and vegetables a day
  - 5 bottles of water a day
  - 5 days of physical activity a week
- Fitness cards offer exercises to challenge abilities. These can be done at practice, the gym and home.
- Seasonal pledge challenges for teams offer incentives and resources.

# SOMN Health Programs



## **SOFit**

- Comprehensive health and wellness program focusing on four pillars of wellness: emotional, physical, nutritional, and social.
- Resources and funds provided to delegation or organization
- To learn more about Fit5 or SOFit, or get some of these resources, reach out to our Health Programs Coordinator!
- Jack Dobbs – [Jack.Dobbs@somn.org](mailto:Jack.Dobbs@somn.org)



# Level 2 Alpine Skiing and Snowboarding Session



This training will cover:

Rules of Competition

Events

Resources

If you would prefer to read the handbook, it is linked below this video, and covers the same information.

# Rules of Competition



- All athletes must wear an appropriate helmet for ski racing during training and competition.
- Athletes may not receive physical assistance when skiing on the course
  - Verbal encouragement or direction is allowed
  - Coaches can assist during warm up and during pre-race runs but **cannot** be on the course during the timed race



# Rules of Competition

## **Start Command** - 5, 4, 3, 2, 1, GO!

- Timer begins when the athlete's foot crosses the start line
- Starting referee may assist in forward momentum of the athlete

## **Performance Standards**

- Coaches will need to evaluate the ability of each skier to determine the appropriate level for competition.
- A maximum time limit of 3 minutes will be set for all intermediate and advanced events in order to keep at a timely pace.
- Athletes that cannot complete the course in the allotted time should be registered for the next lower level of competition. SOMN staff may move an athlete to a different level for safety reasons.



# Rules of Competition

- **One-Minute Rule:** athletes that move out of the general direction of the course (fall, miss a gate, lose a ski, etc.) will have 1 minute to re-enter the course.
  - Athletes that fail to adhere to one-minute rule or receive physical assistance will be disqualified from that run
  - Athletes who are not able to re-enter the course on their own within one minute should be removed from the course by their coach.



# Correct Gate Passage

A gate has been passed correctly when both the competitors' ski tips and both feet have passed across the gate line. This may be done in one of three ways:

- In the correct order of the course
- The athlete may go past the gates, climb up the hill and come back down through the gates
- The athlete may go past the gates, climb up the hill and break the plane from below the gates without repassing through them.



# Correct Gate Passage

If a competitor loses a ski without committing a fault, then the tip of the remaining ski and both feet must have passed the gate line.

- The start and finish lines are the same as a gate line.

If a competitor removes a pole from its vertical position before both the competitors' ski tips and both feet have passed the gate line, the ski tips and feet must pass the original gate line.

- The gate line will be marked in the snow.

# Alpine Helmet Regulation



Please check helmets before the season begins. The quota request will have a check box confirming you checked the team's helmets.

Information on helmet regulations can be found in the SOMN Alpine Handbook that is linked below this video.

If following this rule is a financial challenge for your team, please connect [sports@somn.org](mailto:sports@somn.org) to potentially apply for the LETR Scholarship to help cover costs.

# State Competition



## **Glide/Slalom/Giant Slalom**

- Course inspection will be allowed prior to timed runs.
- During this time, athletes can slowly ski the course by side slipping or snow plowing.
- Coaching is allowed on the course at this time.
- Glide, Slalom and Giant slalom consist of two timed runs.
  - Combined times for each run will determine the results
  - All athletes with two times will be placed above athletes with only one time, DQ or not finishing a run
  - If a time is not recorded, participation will be awarded



# State Competition



## Downhill

- Course inspection will be allowed prior to timed runs.
- Event consists of one timed run. If a time is not recorded, participation will be awarded.

# Divisioning



## **Levels** – Novice, Intermediate or Advanced

When a coach registers a delegation, they must submit the following:

- Event and level for each athlete
- Coaches on each team

# Winter Games Competition Details



- Lift tickets: all participating athletes and registered coaches that meet the Coach Ratio total will receive complimentary tickets.
- Family members, spectators and additional coaches will need to purchase lift tickets if they wish to ski.
- Please do not allow athletes to free ski between events.

# Practice, Skill Development & Resources



- Special Olympics Minnesota wants to make sure that you have confidence in your knowledge of the alpine skiing and snowboarding rules.
- Below this video, you will find links to other resources available including:
  - SOMN Alpine Skiing and Snowboarding Page
  - SOMN Alpine Skiing and Snowboarding Handbook
  - SOI Alpine Skiing and Snowboarding Coaching Guide
- Any questions? Contact [sports@somn.org](mailto:sports@somn.org).