

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



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



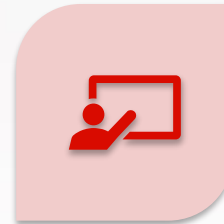
USE ONLY A
FEW WORDS



USE
PICTURES



DEMONSTRATE
BY ACTIONS



GIVE POSITIVE
REINFORCEMENT

Assistance Levels



Level of Assistance	Description	Sport Example
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



Diagnosis	Consideration
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

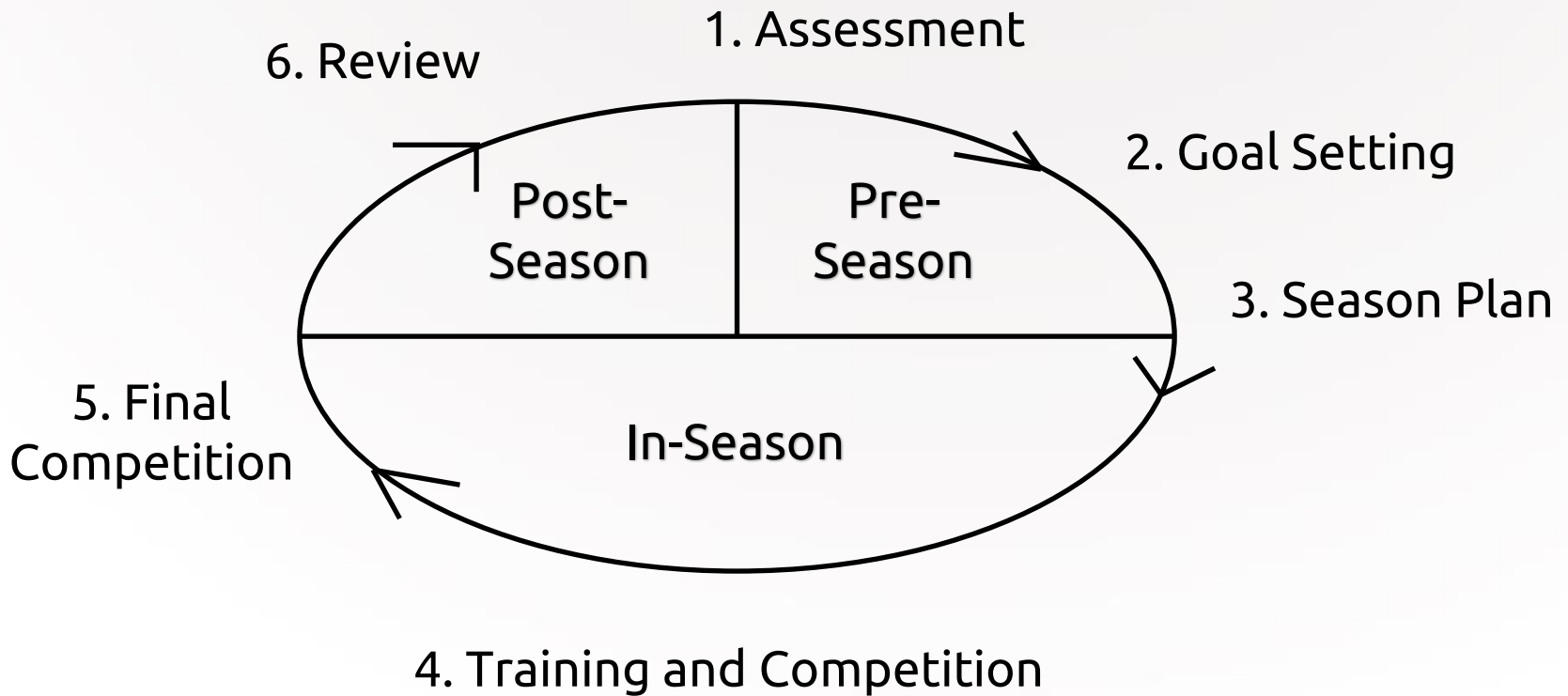


Create a supervision document to share with coaching staff!

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



Athlete Behavior	Strategies to Improve Learning
Swimmer has a short attention span	<ol style="list-style-type: none">1. Focus on a stroke for short periods of time2. Provide multiple activities focusing on same task
Basketball athlete yells if they miss a shot	<ol style="list-style-type: none">1. Emphasize the other parts of the game2. Work on shooting drills without a hoop, then evolve to shooting at a hoop
Bowler doesn't wait for their turn	<ol style="list-style-type: none">1. Have a coach at the lane help with the order of bowlers, explain whose turn it is2. Emphasize that the bowler will always follow the same person

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

Level 2 Powerlifting 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.

General Rules of Competition



- Athletes must be a minimum of 14 years old to participate.
- A non-supporting lifting suit must be worn at competition.
 - Suit straps must always be worn over the shoulders.
 - The suit must be one-piece and form fitting.
 - A T-shirt must be worn underneath the lifting suit.
- Weight belts can be worn outside the lifting suit.

The Meet



- Head coaches will receive a powerlifting information card for each athlete when they arrive. This will be how the second and third attempt weights will be reported.
 - Weigh-ins and starting weights will be collected prior to the competition in the registration process. If there are any starting weights that need to be adjusted prior to starting, please bring to event management ASAP.
 - Upon arrival at the competition, rack height will also need to be known for squat athletes.
- The order of the events at competition will be squat, bench press, then dead lift.

The Meet (cont.)



- A lifting attempt must receive a minimum of two out of three white flags from our judges to be a successful attempt.
- Coaches need to submit weight of the next attempt immediately after the athlete completes an attempt.
- Based on the number of people registered, athletes may be split into multiple flights to keep the meet running on time.
 - Flights will be determined by first attempts (low to high).
- Scores will be the maximum weight successfully lifted.

Squat



Lifter faces the front of the platform with the bar held horizontally across the shoulders.

Their hands should be gripping the bar with feet flat on the platform with knees locked.

The lifter must wait for the referee's signal, then lower the body.

Then, they must recover to the upright position and remain motionless.

The referee will then give the signal to replace the bar on the rack.

Squat



Causes for disqualification:

- Failure to observe the referee's signal.
- Double bouncing the bar.
- Failure to assume an upright position.
- Shifting feet laterally, backward, or forward during the lift.
- Failure to bend far enough down.

Squat



Causes for disqualification (continued):

- Changing the position of the bar after the lift has started.
- Contact of the bar or the lifter by a spotter.
- Contact of the elbows or upper arms with their legs.
- Failure to make an attempt to replace the bar to the rack.
- Dropping the bar after completion of the lift.

Bench



Lifter must assume the position on the bench with their head and trunk in contact with the surface of the bench.

Their feet must be on the floor or on plates.

The lifter must wait for the referee's signal after removing the bar from the rack to start.

The lifter must then lower the bar to the chest and hold it motionless.

The referee will signal to press, and the lifter should press upward with an even extension of the arms and hold the bar motionless before replacing the bar on the rack.

Bench



Causes for disqualification:

- Failure to observe referee's signal.
- Any change of the position after the start signal.
- Any heaving or bouncing of the bar from the chest after it has been held motionless.
- Any pronounced uneven extension of the arms during the lift.

Bench



Causes for disqualification (continued):

- Any downward movement of the bar while being pressed.
- Failure to press the bar to full arm's length.
- Contact with the bar or lifter by a spotter.
- Deliberate contact with the bar and the bar-rest uprights during the lift.

Dead Lift



Lifter faces the front of the platform with the bar positioned horizontally in front of the lifter's feet.

Lifter can grip the bar with either the backs of both hands facing the front, or an over/under grip.

Any attempt to raise the bar will count as an attempt.

Completing the lift will mean knees are locked straight, shoulders are in an erect position, and the bar is held motionless.

Bar can be set down after the referee signals such.

Dead Lift



Causes for disqualification:

- Any downward movement of the bar or on either end of the bar during the lift.
- Failure to stand erect with the shoulders in a locked position.
- Failure to lock the knees straight at the completion of the lift.

Dead Lift



Causes for disqualification (continued):

- Supporting the bar on the thighs during the lift.
- Lowering the bar before receiving the referee's signal.
- Allowing the bar to return to the platform without maintaining control with both hands.

Combination Events



Combination 1

- Athlete competes in both the bench press and dead lift.
- Athlete receives one award for the combination of those two scores.

Combination 2

- Athlete competes in all three lifts: squat, bench, and dead lift.
- Athlete receives one award for the combination of those three scores.

Three unsuccessful attempts in any of the lifts will result in a zero score for that lift.

Registration Details



Athletes can enter up to two individual events or one combination event. All that this changes is the number of awards they are eligible to receive.

Coaches need to submit the athlete's body weight as their qualifying score during online registration.

Coaches will also need to submit the starting weight for each lift. This will be done during the errors and exceptions process.

Divisioning – Weight Classes



Weight classes for Men

111 lbs

130 lbs

145.5 lbs

163 lbs

183 lbs

205 lbs

231 lbs

264.5 lbs

264.75 or more lbs

Weight classes for Women

95.75 lbs

103 lbs

114.5 lbs

125.5 lbs

139 lbs

158.5 lbs

185 lbs

185.25 or more lbs

Practice, Skill Development & Resources



- Special Olympics Minnesota wants to make sure that you have confidence in your knowledge of the powerlifting rules.
- Below this video, you will find links to other resources available including:
 - SOMN Powerlifting Page
 - SOI Powerlifting Coaching Guide
 - SOI Video Tutorials
- Any questions? Contact sports@somn.org.