

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



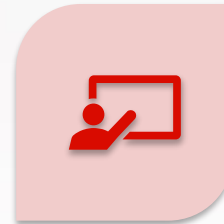
USE ONLY A
FEW WORDS



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

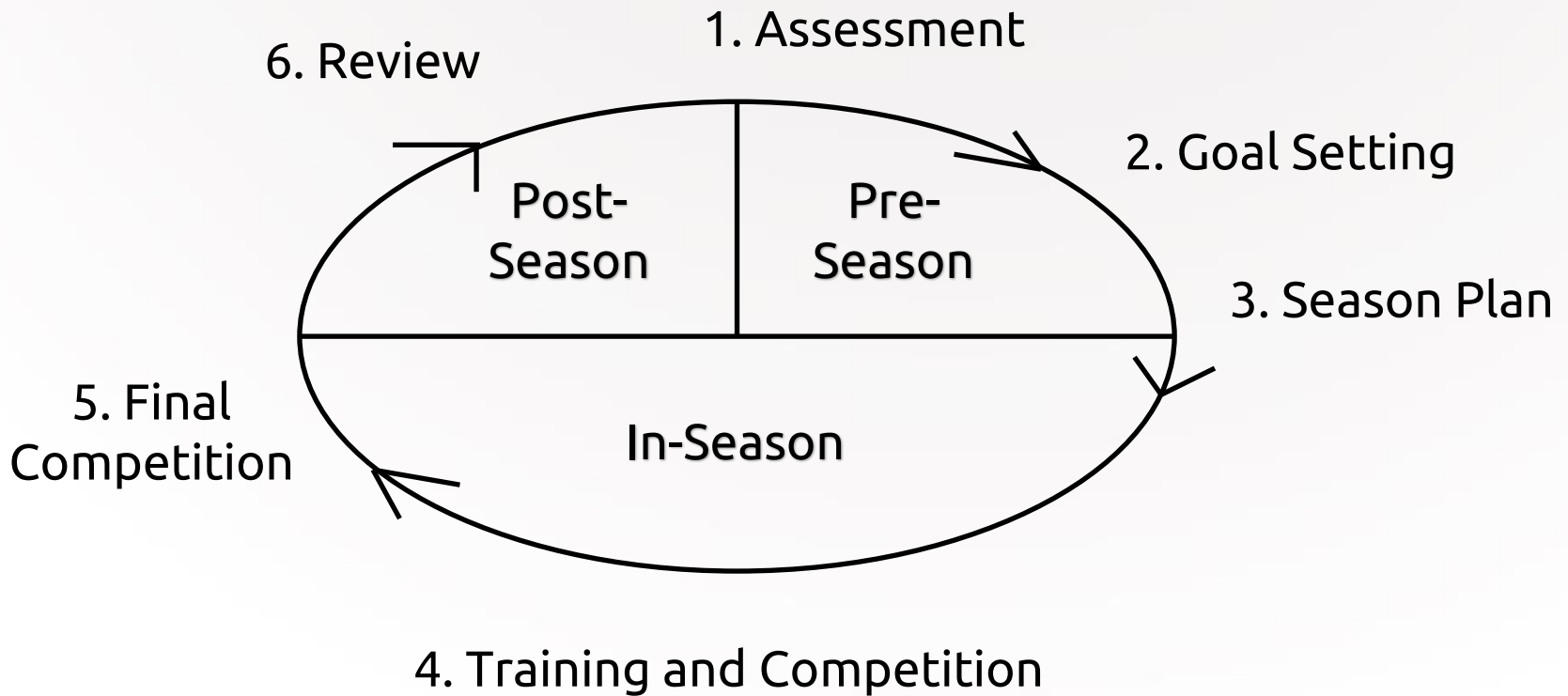


Create a supervision document to share with coaching staff!

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 Snowshoeing 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.



Equipment

Snowshoes

- Frame should not be smaller than 7 inches by 20 inches.
- No additional spikes are permitted.

Footwear/Poles

- Competition footwear is limited to running shoes, hiking boots, or snow boots.
- Poles are optional.

Bibs

- Bib numbers must be visible on the front torso.

Rules of Competition



The Start

- Participants must have both tips of their snowshoes behind the starting line.
- There will be no timed interval starts.
- The starting command will be “racers ready... Go!”

False Starts

- Any participant starting before the start signal will be charged with a false start.
- Anyone that makes two false starts in the same race will be disqualified from that race.



Rules of Competition

The Race

- Only the officials and competitors in the race are allowed on the course.
- In the 25- and 50-meter races, each competitor must stay in their assigned lane from start to finish.
- Any races 100 meters or longer will use a waterfall start.
 - Athletes can enter the inside lane as soon as they can without impeding another competitor.

The Finish

- A competitor has finished the race when their torso reaches the vertical plane of the finish line.
- A competitor must have both snowshoes on their feet when crossing the finish line.

Rules of Competition



Two-Minute Rule

- If during a race a competitor falls, has difficulty with a snowshoe or binding, or leave the course, they have two minutes to correct the problem.
- In any race 100 meters or longer, competitors must progress at least 20 meters toward the finish line every 2 minutes.



Rules of Competition

A competitor will be disqualified for any of the following:

- Progressing more than 3 steps without snowshoes.
- Crossing the finish line without snowshoes on feet.
- Receiving any physical assistance.
- Impeding another competitor.
- Leaving the course voluntarily.
- Making two false starts.
- Using improper snowshoes.

Events



Race Lengths

- There will be 25-, 50-, 100-, 200-, and 400-meter races available.
- Courses may include straightaways, down and backs, or a loop.
- All races will be offered as traditional and Unified.

Registration Limits

- All participants are allowed to register for up to three events.
- This can be any combination of traditional or Unified events.

Events



Unified Doubles Races

- Athletes and Unified Partners will each need an individual qualifying time for registration.
- Athletes and partners will run in back-to-back heats. Typically, Unified Partners will race the first heat, then wait at the finish line for the next heat with the athletes to complete.
 - This way, everyone can go to the awards area together.
- Final times will be the sum of the two participants times.

Assistance Categories



Staging

- The athlete can have an assistant only through the staging area.

1-on-1

- The athlete can have an assistant through the staging area and up to the starting line.
- At this point, the assistant must go to the finish line and wait.

Outside Lane

- The athlete will be in a lane on the outside of the course.

Divisioning



Coaches need to include the competitor's qualifying time for **each event** for which they are registered.

There may be multiple divisions on the course for some races, depending on the size of the competition.

Please advise coaches, parents, and spectators of this so there is not confusion during or after the race.

Practice, Skill Development & Resources



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