

# I N S P I R E G R E A T N E S S <sup>TM</sup>



**Special Olympics**  
Alaska

## COACHES EDUCATION SYSTEM

Sport Skills Course Training  
SO-AK Athlete Training Center & Campus  
Anchorage, Alaska  
May 3-4, 2008

### *Tentative* AGENDA

#### **Saturday, May 3**

9:00am-9:15am	President's Message	Jim Balamaci
9:15am-9:30am	Welcome and Introductions	Landon Lockard
9:30am-9:45am	Course Overview	Nicolle Egan
9:45am-10:15am	Sports Plan	Tim Wallstrom/Landon Lockard
10:00am-11:30am	General Orientation Course	Landon Lockard
11:30am-12:00pm	Lunch (on site)	
12:00pm-1:00pm	Risk Management	Nicolle Egan
1:00pm-4:00pm	Coaching Special Olympics Athletes	Tim Wallstrom/Landon Lockard

#### **Sunday, May 4**

8:00am-9:00am	Debrief (SO-AK)	Tim Wallstrom
9:00am-10:00am	Strength and Conditioning	Karen Patten
10:00am	Leave for Venues	
10:30am-2:00pm	Bowling Skills Training Course (Location TBD) Bocce Skills Training Course (Location TBD) Golf Skills Training Course (Tanglewood)	
12:00-12:30pm	Lunch (on site)	
2:00pm	Leave for SO-AK ATC& C	
2:30-3:00pm	SO-AK Competition	Landon Lockard
3:30pm	Wrap Up	Landon Lockard

#### **Directions to SO-AK Athlete Center & Campus from Clarion**

East on 6<sup>th</sup> Avenue (turns into Glenn Highway)  
Left on Mountain View Drive (McDonalds on the corner)  
3200 Mountain View Drive