



***Special Olympics***

*Alaska*

Be a fan™

5 YEAR SPORTS PLAN  
2010-2014

## **2010-2014 Sports Plan**

### **INTRODUCTION**

The *Sports Plan* ensures that Special Olympics Alaska offers the highest quality of training and competition opportunities for athletes. This document identifies the coaching, training, and competition structure and provides a framework for communication regarding the *Sports Plan*.

### **COACHES EDUCATION PROGRAM**

Special Olympics Alaska athletes are performing in more sports and at higher levels than ever before. Much of this success can be attributed to the quality of coaches. Coaches provide the sports skills and spirit that when instilled define a true athlete. The coach is a role model and character builder. The coach gives athletes the most immediate awareness of their self worth, ability, courage and capacity to grow and improve.

The Special Olympics Alaska Coaches Education System (CES) and coaching structure ensures that all Special Olympics Alaska athletes receive quality coaching. Special Olympics Alaska's goal is to provide a safe and effective sports training and competition experience. This is not only good practice but is necessary to meet the accreditation requirements of Special Olympics, Inc.

The Special Olympics Coaches Education System identifies basic standards and competencies necessary and essential for being a successful Special Olympics coach. Certification Trainings are provided three times per year and are typically held:

Summer Sports Coaches Training – 1<sup>st</sup> weekend in February

Fall Sports/Bowling Coaches Training – 1<sup>st</sup> weekend in May

Winter Sports Coaches Training – 2<sup>nd</sup> weekend in October

### **SPECIAL OLYMPICS ALASKA FIVE YEAR IMPLEMENTATION PLAN**

- 2010: Provide Level 1 sports coaches certification courses for all 16 sports to include athletes as coaches to ensure that all coaches are certified.
- 2011: Provide Level 1 sports coaches certification courses for all 16 sports to include athletes as coaches to ensure that all coaches are certified.
- Provide Level 2 sports coaches certification courses for all 16 sports to include athletes as coaches to ensure that all coaches are certified.
- 2012: Provide Level 1 sports coaches certification courses for all 16 sports to include athletes as coaches to ensure that all coaches are certified.
- Host a Unified Summit, including Level 2 training.
- 2013 Provide Level 1 sports coaches certification courses for all 16 sports to include athletes as coaches to ensure that all coaches are certified.
- Provide Officials Training Winter Sports to include athletes as officials  
Provide Officials Training Summer Sports to include athletes as officials

2014: Provide Level 1 sports coach's certification courses for all 16 sports to include athletes as coaches to ensure that all coaches are certified.

Provide Level 2 sports coach's certification courses for all 16 sports to include athletes as coaches to ensure that all coaches are certified.

## **COURSE DESCRIPTIONS**

### **Level 1**

➤ **General Orientation Course**

The first step in the certification process is the General Orientation. The General Orientation is a basic introduction to Special Olympics. It covers Special Olympics mission and philosophy, organizational history and structure, intellectual disability, eligibility, sports opportunities, initiatives, and rules.

➤ **Coaching Special Olympics Athletes**

This course focuses on what a sport-qualified person needs to know about the athlete, added responsibilities of the coach, training the athlete and preparing the athlete for competition. A practical component in working with Special Olympics athletes under the supervision and guidance of a lead trainer also is offered. Completion of this course includes 10 hour practicum following onsite training.

➤ **Skills Course**

The Skills Course is offered in each of the Special Olympics sports and focuses on the basic skills and strategies of the sport. It provides an application of the Special Olympics mission and philosophy in a sport-specific way. The Skills Course includes a classroom session, an activity session performing the skills with the lead trainers, and a model training session with athletes. Completion of this course includes 10 hour practicum following onsite training.

### **Level 2**

➤ **Unified Sports<sup>®</sup> Course**

The Unified Sports<sup>®</sup> Course introduces the philosophy and appropriate implementation of unified teams. Topics covered include eligibility guidelines, rules, and competitions. Completion of this course includes 10 hour practicum following onsite training.

➤ **Principles of Coaching Course**

The Principles of Coaching Course is non-sport-specific. It addresses the basic principles of coaching, coaching philosophy, planning and coaching administration, fitness and conditioning, safety, and risk management. Completion of this course includes 10 hour practicum following onsite training.

### **Level 3**

➤ **Tactics Course**

The Tactics Course is sport-specific and focuses on development of higher-level sport skills, game or event tactics and strategies, expanded skill instruction and athlete performance enhancement. Completion of this course includes 10 hour practicum following onsite training.

#### Level 4

##### ➤ **Comprehensive Mentoring**

The Comprehensive Mentoring course provides the opportunity to work with experienced coaches and comprehensive standards.

#### **SPORTS PLAN PERSONNEL**

In order to achieve the goal of quality sports training and competition for all Special Olympics athletes in Alaska, the Sports Plan utilizes a system with five levels of athlete support. The levels include the following:

##### Sport Commissioner

With statewide responsibilities, the Sport Commissioner works with the Sports and Competitions Manager and Special Olympics Alaska to develop and support coaches in Alaska for one of sixteen sports managed by Special Olympics Alaska under the guidelines of Special Olympics Inc.

##### Sport Management Team (SMT)

The SMT is a resource group that assists in managing the various functional aspects of offering a sport (recruiting/ training officials, recruiting/ training clinicians, managing competition, acting as a resource for coaches, etc). SMT members should have expertise in one area within the management and development of the sport. The team will assist with the overall management of the sport as a group effort.

##### Coach

As a key member of Special Olympics Alaska, the role of Coach is critical in the overall development and advancement of the athlete. The Coach is responsible for developing and implementing sport skills training as well as competitive opportunities for athletes in the community. Coaches provide the sports skills and spirit that define a true athlete. In addition, coaches are role models and character builders. Coaches give Special Olympics athletes the most immediate awareness of their own worth, ability, courage and capacity to grow and improve. Coaches should consistently assess, motivate, and recruit athletes.

##### Assistant Coach

The Assistant Coach is intended to support the Coach in creating and maintaining safe and effective practices as well as other responsibilities which will free up the Coach for other duties.

##### Officials

Competition officials are an important aspect of every Special Olympics competition. Special Olympics sports officials ensure adherence to the rules and safe competition, and are necessary to ensure the integrity of the sport. Recruitment and training of officials is an ongoing concern.

##### Eligibility and Selection Process

The requirements for eligibility and selection of personnel to serve a role as part of the Sports Plan are grounded in Mission and Philosophy of Special Olympics Alaska. Considerations for selection include:

- Experience – personal sport involvement, years coaching, etc.
- Education – coaching certifications, classes/workshops attended
- Certification Status – current and past certifications

- Community Involvement – activities which demonstrate commitment to the community
- Commitment – activities which suggest a long term commitment and sense of responsibility to the mission of Special Olympics Alaska
- Experience in working with individuals with intellectual disabilities

## **2010-2014 GROWTH OPPORTUNITIES**

### **Unified Sports®**

Special Olympics Alaska anticipates that the greatest area of growth will be in Unified Sports®. They are Special Olympics training and competition programs developed by Special Olympics in which approximately equal numbers of Special Olympics Athletes and peers without intellectual disabilities (Partners) participate together on sports teams for training and competition against other Unified Sports teams. All participants (Special Olympics Athletes and Partners) on a team should be of similar age and ability. Unified Sports® is a unique and influential program because it:

- Expands sports opportunities for athletes seeking new challenges.
- Dramatically increases inclusion in the community.
- Allows athletes to develop sports skills and prepares them for participation in other community sports - and at a faster rate.

Teams are constructed in such a way as to provide training and competition opportunities that meaningfully challenge and involve all athletes. These opportunities often lead to improved sport skills, higher self-esteem, and equal status with peers, and new friendships.

### **Athletes Leadership Programs**

Special Olympics Alaska monitors Athlete Leadership Program initiatives in the field as well as athlete input relating to roles that they would like to play in the organization. As athletes look for continuing opportunities in sport, these programs will be available to them.

#### **Athletes as Coaches**

After years of participating in sports training and competition, some athletes report that they are looking for new activities and challenges. Providing opportunities for athletes to participate in Special Olympics Alaska as coaches allows them the opportunity to continue their involvement with Special Olympics in new and challenging ways. Qualified mentors work alongside athletes to complete this CES course and coach during the season.

#### **Athletes as Officials**

After years of participating in sports training and competition, some athletes report that they are looking for new activities and challenges. Providing opportunities for athletes to participate in Special Olympics Alaska as officials allows them the opportunity to continue their involvement with Special Olympics in new and challenging ways. Qualified mentors work alongside athletes to complete this CES course and participate in officiating experiences during the season.

## **SUMMARY**

The Special Olympics Alaska 2010-2014 Sports Plan will improve the experiences for Special Olympics Alaska athletes and all people involved in the program. The plan supports coaches for every sport in Special Olympics Alaska. Working together we will continue to improve the quality of sport experiences for every Special Olympics athlete in Alaska.

# Coach Education System

## Training and Certification

<b>Track for Coaches <i>without</i> Sport Experience</b>	<u>All Coaches</u>		<b>Track for Coaches <i>with</i> Sport Experience</b>
<b>Comprehensive Mentoring</b> <i>Sport Mentoring and Assistance</i> * Work with Experienced Coach(es) * Comprehensive Standards	<i>10 hour Practicum</i>	<b>4</b>	<b>Comprehensive Mentoring</b> <i>Sport Mentoring and Assistance</i>
	Comprehensive Mentoring		
<b>Tactics Course</b> <i>Sport Strategies &amp; Tactics</i> * Advanced Training & Strategies * Competition Tactics & Strategies * Enhancing Athlete Performance	<i>10 hour Practicum</i>	<b>3</b>	<b>Tactics Course</b> <i>Sport Strategies &amp; Tactics</i>
	Training Seminar		
<b>Principles of Coaching Course</b> <i>Expanding the Sport Sciences</i> * Planning and Administration * Sports Psychology * Physical Preparation & Nutrition	<i>10 hour Practicum</i>	<b>2</b>	<b>Principles of Coaching Course</b> <i>Expanding the Sport Sciences</i>
	Training Seminar		
<b>Unified Sports Course</b> <i>Expanding the Program</i> * Definition; the Program * Guidelines for Implementation	<i>10 hour Practicum</i>		<b>Unified Sports Course</b> <i>Expanding the Program</i> * Definition; the Program * Guidelines for Implementation
	Training Seminar		
<b>Skills Course</b> <i>Basic Sport Skills and Strategies</i> * S.O. Philosophy; Practicum Plans * Fundamental Skills Development * Competition/Games Understanding	<i>10 hour Practicum</i>	<b>1</b>	<b>Coaching Special Olympics Athletes Course</b> <i>Effectively Teaching &amp; Coaching Athletes</i>
	Training Seminar		
<b>General Orientation</b> <i>Introduction to Special Olympics</i> * Special Olympics Mission/Philosophy * Organizational History & Structure * Intellectual Disabilities; Eligibility; Rules	<i>10 hour Practicum</i>	<b>0</b>	<b>General Orientation</b>
	General Orientation		