



2020 SOOR Fall Virtual Sports Season Coach

Description: The Virtual Sport Coach is responsible for providing athletes with at home training and preparation for virtual competitions.

Qualifications:

- The desire, ability and skill to provide quality athlete training to the athletes in their community.
- Experience as a coach, with sports specific knowledge preferred.
- Knowledge of sports management, volunteer management and persons with intellectual disabilities is a plus.
- Must complete Class A Volunteer Screening Process which includes General Orientation, Protective Behaviors and Criminal Background Check.

Requirements: Access to the internet and an email account are required. Ability to host video conferences a plus.

Primary Responsibilities:

- Know, understand and abide by the official Special Olympics Virtual Sports Rules and Guidelines.
- Understand the sport being coached
- Continually assess each athlete for participation in appropriate activities within, not challenged beyond, his or her abilities and capabilities.
- Inform athletes of inherent risks associated with a specific sport/activity.
- Maintain accurate records.

Support: Virtual Sports coaches will have support from SOOR Staff, Statewide Virtual Sports Director(s), Local Program Leadership (Sports Manager, LPC).

Resource materials will be provided including:

- Virtual Sports Rules and Guidelines
- Coach Education Training Plans for Virtual Sport
- Tips for Virtual Training
- Access to on-line training videos/live sessions
- Fall Virtual Sports Season and Games Overview

Time Commitment: Approximately 2 to 4 hours per week during the sport season, with training and/or athlete check-in sessions planned in advance.

If you would like to sign up to coach, please contact us at sports@soor.org or visit our website: www.soor.org and register online. You can also leave us a voice message at 503.542.0913 if you would like further information



2020 Special Olympics Oregon Fall Virtual Sports Coaching - Step by Step

Step 1 – Select the sport(s) that you would like to coach.

- Athletics, Golf, Soccer, Fitness, Esports

Step 2 – Select whether you would like to be a Local Program Specific or Statewide Virtual Sports Coach

- Each Virtual Sport Coach can choose to work exclusively with athletes within their local program or can offer to work with athletes from another part of the state.
- Local Program Athlete Support – I would like to work exclusively with athletes from my local program
- Statewide Support – I would like to work with athletes from around the state

Step 3 – Review the Rules and Guidelines and Training Materials

Step 4 – Connect with Assigned Athletes

- Once you receive your assigned athletes from either the local program or SOOR staff, connect via email, text or phone call.
- NOTE: Since there is no deadline (participants may sign up anytime between start of season and competition week), you may take on additional athletes as the season progresses.

Step 5 – Sport/Event Selection

- Get to know your athletes to help them select their events to begin training for the November competition

Step 6 – Determine Training Model(s)

- Determine training communication model(s) that you will use to support each athlete.
- Some athletes may be able to log onto a live video conference while others may only be able to receive support through email, text or phone call.
- Written training plans will be available for download, emailing or sending by mail as well.

Step 7 – Conduct/Support Training

- Family/Caregiver Check-ins and Support
- Host Virtual Trainings via Zoom or other (SOOR can assist in getting you access to an account)
- Stay in touch by email or phone to motivate through positive reinforcement
- Help facilitate connection to other training opportunities offered through SOOR Active

Step 8 – Share Your Stories

- Post photos, videos and highlights of your experience on social media and encourage your athletes to as well.

Step 9 – Help Athletes Submit Competition Scores

- Help with submission of final scores during 2020 SOOR Fall Virtual Games Competition Week between November 2 to November 9, 2020.

Step 10 – Celebrate at the Games!

- Tune in and celebrate during Opening Ceremonies on November 2, 2020 and again during Games Celebration Week on November 16-20, 2020