



## 2021 Winter Virtual Games – Coach Job Description

**Description:** The virtual games 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 and out of 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, access to an email account and the ability to host video conferences

### 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 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
- Winter 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 more information on becoming a virtual coach, please contact us at [sports@soor.org](mailto:sports@soor.org) or visit our website: [www.soor.org](http://www.soor.org). You can also leave us a voice message at 503.542.0913.**



## **2021 Special Olympics Oregon - Winter Virtual Games Coaching - Step by Step**

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

- Athletics, Basketball, Fitness and 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**

- We will be assigning athletes to coaches on the week of January 25th, 2021.
- Once you receive your assigned athletes from either the local program or SOOR staff, connect via email, text or phone call.

### **Step 5 – Sport/Event Selection**

- Get to know your athletes to help them select their events to begin training for competition week.

### **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 do as well.

### **Step 9 – Help Athletes Submit Competition Scores**

- Help with submission of final scores during the 2021 Winter Virtual Games Competition Week, between March 15<sup>th</sup> - 22<sup>nd</sup>.

### **Step 10 – Celebrate at the Games!**

- Tune in and celebrate during Opening Ceremonies on Monday, March 15<sup>th</sup> and again during Games Celebration Week, starting on Monday, March 29<sup>th</sup>