

2021

Winter Season Plan

***Special
Olympics
Colorado***



2021 Winter Season Plans



All SOCO and COVID guidelines will be enforced including but not limited to:

- ▶ Masks being worn at all times.
- ▶ Following the sport specific COVID best practices.
- ▶ Adhering to all facility guidelines.
- ▶ Practice and Competition size of groups will be limited to a maximum of 5 (1 coach and 4 athletes) – basketball excluded.
- ▶ No spectators allowed.



Basketball

- **Training Season**

- **January 17 – March 19**

- SOCO will ONLY be offering All Stars Skills this year.
- Teams can practice OUTSIDE in groups of 10 or less, unless county restrictions state different.
- Teams and athletes can request at home kits (basketball and cones).
- Weekly interactive virtual practices with special guests!
- Trick shot contest.
- E-Sports tournament – if you have athletes that are interested, please contact Adrian Mora (amora@specialolympicsco.org).

- **Regional events**

- Inter-squad events will take place from March 1 – March 12. SOCO will provide ribbons and support as needed.

Basketball



- **State**

- Entries will be due March 12.
- Scores will be collected and compared (divisioned) with those around the state with awards being announced on the Champions Highlight Show on March 27).
- No in-person competitions will be happening at this point.

- **Celebrations**

- Opening Ceremonies and Awards Pick up to be determined.
- Victory Dance – March 20 – Hollywood theme!
- Registration link - https://us02web.zoom.us/meeting/register/tZMpdO-rrTsrG9JLF9RteVjYWUZh3U_FqXSF

Basketball All Star Skills



- Lay ups – drill that includes passing as well
- Power – Vertical Jump*
- Endurance – 30 Second Endurance Jump with ball
- Speed – $\frac{3}{4}$ Court Sprint*
- Agility – Lane Agility Drill*
- Dribbling – Compass Drill
- Shooting – Around the World
- Explosive Passing – Seated Basketball Throw
- Pro Level Challenge - 2 Ball Dribbling Progressions

*ball not needed to complete



Figure and Speed Skating

- **Training/Practices**

- January 3 – February 19
- Teams will need to break up into groups of 5 (1 coach and 4 athletes for training).

- **Regional Competition**

- Inter-squad events to take place from January 25 – February 8.

- **State Competition**

- Entries will be due February 10.
- February 20, 2021 at Apex Ice Arena.
- Figure skating teams will be in groups of 5, compete in both events, then exit the facility and allow for next group to come in.
- Speed Skating teams will be in groups of 5, compete in events, then exit facility and allow for the next groups to come in.



Snowshoe/Cross Country

- **Training/Practices**

- January 3 – February 26
- Teams will compete on their own in groups of 5 (1 coach and 4 athletes).
- Check out our new Snowshoe on-line training - <https://www.youtube.com/playlist?list=PLHY0PF9u7Dg0lD7kN7DOge9ApGS6YsPDJ>

- **Regional Competition**

- Inter-squad events to take place from February 1 – February 12

- **State Competition**

- Entries will be due February 12.
- February 27 at Mueller State Park.
- Planning to set up a date at Argonaut Farms for the same weekend.
- Teams can also submit scores from Intersquad events.



Alpine and Snowboarding

- **Training/Practices**

- January 3 – March 3
 - Training will take place at Copper Mountain on Sundays and Wednesdays.
 - If you have not turned in your Registration form, please note those will be due Friday.
- Teams will be asked to break up into pods of 5 (1 athlete, 4 coaches) for training.
- We are planning to host an Alpine ski clinic for NEW coaches on December 19. Please reach out to sf@specialolympicsco.org if you are interested.
- Questions about training parking, etc. – please stay on the call.

- **Regional events**

- Intersquad events to be hosted by teams. SOCO will provide ribbons and support as needed (training days at Copper to be used for this).
- Teams may also ski at their home mountain to submit scores.

Alpine and Snowboarding



- **State Event**

- At this time, Copper is not hosting any competitions (they have cancelled Grand Prix and Dew Tours).
- Entries will be due February 26 (for those not training at Copper).

Snow sports Celebrations



- All scores will be collected and compared (divisioned) with scores from around the state.
- Awards will be announced on March 13 on the Champions Highlight Show.
 - Highlights from each sport (add photos to the dropbox links on last slide).
- **Victory Dance – March 7 – DISCO TIME!**
 - Registration link - <https://us02web.zoom.us/meeting/register/tZwucuirqjwjG9REq9DN0pREb10H0v0xb31D>
 - Opening Ceremonies and Awards Pick Up to be determined.



Dropbox links for Winter CHS

- Snow/Ice Sports (Figure and Speed Skating, Snowshoe, Cross Country, Alpine Skiing and Snowboarding)
 - <https://www.dropbox.com/request/TeHgd6fipKawCxs0QqR3>
- Basketball
 - <https://www.dropbox.com/request/TRVWAGrPqxMU5TOTj9TF>



Healthy Athletes Direct to YOU!

In 2021 we will have an exciting new opportunity for coaches to bring trained Clinical Directors in our Healthy Athletes Program straight to your practice. This may include the following:

- Physical Therapy
- Social Emotional Counseling
- Dentistry

These professionals will provide health education, answer questions from athletes, and run through some brief fun activities and assessments – all while ensuring the safety of you and your team. We will also have some fun incentives in store!

Healthy Athletes Direct to YOU!



- This is a great opportunity to provide your team with quality, personalized, health programming.
- The Healthy Athlete screenings will be available starting in the spring and signups will begin in January.
- To sign up or for more information, contact: Leah Combs, Senior Health Manager, lcombs@specialolympicsco.org.



Fitness Captains

- A Fitness Captain is an athlete within their respective team(s) that is chosen by one or more of their coaches because their coach saw that they had the ability to lead if given the tools and resources.
- How to nominate a Fitness Captain?
 - Send an email to socofitnesscaptain@specialolympicsco.org with the following:
 - Athletes Name
 - Contact Information (email and phone number)
 - Team(s) that they are on
 - Sports that they play
 - Brief reason on why you are nominating them



Fitness Captains

- **Upcoming Trainings**

- January 2021
- *Fitness Captains need to only attend one training a year in order to be considered trained Fitness Captains
- **Fitness Captains must be 16 years of age or older
- Questions?? Please Email socofitnesscaptain@specialolympicsco.org



Upcoming Activities

- 2021 Family Health Forum Webinar – 1/26/2021 - slevine@specialolympicsco.org
- Topics will include:
 - Healthy Relationships
 - Understanding Boundaries
- 2021- 2025 SOCO Strategic Plan Review
- 2021 Spring and Summer Season Updates
- 2021 Winter Sports COVID Best Practices
- Certificate of Insurance Reminders: Requests into Regional Manager by: 1/15/2021

One final thank you!



<https://www.youtube.com/watch?v=E2HVg7jjSUc>