



**Special
Olympics**



COACH WEBINAR SERIES

2024

Presented
by:



Gallagher

**DELIVERING
THE COACH
DEVELOPMENT
OPPORTUNITIES
YOU WANT**

**SO YOU CAN
PROVIDE THE BEST
TRAINING AND
COMPETITION
ENVIRONMENTS
FOR YOUR
ATHLETES**



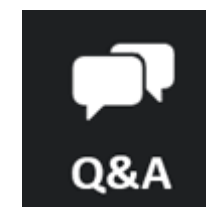
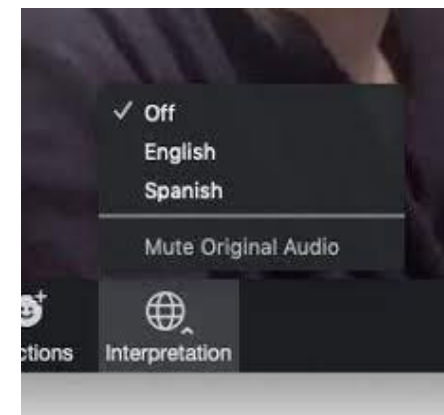
Simultaneous Interpretation



Powered by: **Gallagher**

This webinar offers simultaneous interpretation in English, Spanish, French, Arabic, Chinese, Portuguese, Italian, and Russian

- Select the 'Interpretation' button at the bottom of the screen
- Select language



Q&A

Please ask any questions you have in the Q&A section



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Our Host



Fernando Marques

Fitness Captain



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Maggie Brennan

Senior Manager Sport Development
& Sport Partnerships



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Laurent Boquillet

Head of Global Development,
World Athletics



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Dr Niamh Mourton

Athletics Coach



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CECS

Pathways

www.worldathletics.org



CECS

Level I

U16 coach

CECS Level I U16 coach

Who you are:

- You are interested in athletics and want to take over some coaching activities
- You are a schoolteacher and want to improve your knowledge about athletic events
- You are already coaching teens and want to have an official coaching certificate
- You love the sport and want to learn from athletics for other sports

CECS Level I U16 coach

What you can expect:

- New CECS Level I will produce qualified youth coaches to train teens providing the “bridge” from Kids’ Athletics to ‘real’ athletics.
- You will be competent and able to take the kids through to the youth programmes of training and competition relevant to teens' athletics (13-15 years of age).
- The Level I syllabus covers all event groups and emphasises practical skills of coaching. It provides theoretical base sufficient to allow coaches to continue learning, either through their own efforts or within the structure of the CECS.

CECS Level I U16 coach

What you will learn:

- Get a fundamental scientific background
- Understand how training and adaptation work
- Find rules and ideas how to plan a training session
- Know the basic technical models and major faults of all events
- Learn the teaching progressions for all events
- Find advices from experienced coaches what to look at
- Understand the variety of your responsibilities as a coach

CECS Level I U16 coach

How it works:

- You will acquire your **coaching knowledge** by online modules on your own time and your own pace.
- All the modules will comprise several units. Once you finish the unit you have to answer some „check your knowledge“ questions.
- You will find 30 mandatory modules and some modules of your choice.
- You will acquire and improve your **coaching skills** by an internship with a mentor.
- You can attend a course organized by your federation or you do it on your own.

CECS Level I U16 coach

What you will get:

- After finishing all your online units and your internship with a mentor coach you will receive the:

World Athletics CECS Level I Certificate

- This certificate also entitles you to apply for a World Athletics CECS Level II course.



CECS
Level II
U20 coach

CECS Level II U20 coach

This is who you are:

- You are a CECS Level I coach and want to increase your knowledge
- You have an approved equivalent licence of your national federation and want to enter the World Athletics coaching system
- You are already actively coaching and want to specialize in an event group, primarily in the U20 age class
- Athletics is your passion and you want to learn as much as possible

CECS Level II U20 coach

What you can expect:

- New CECS Level II will produce qualified coaches to train junior athletes with a performance orientation
- You will be competent and able to take the juniors from the teens training through to the junior programmes of training and competition relevant to U20 athletics.
- The Level II syllabus is an event group specific specialisation programme. It emphasises practical skills of coaching and provides theoretical base sufficient to allow coaches to continue learning, either through their own efforts or within the structure of the CECS.

CECS Level II U20 coach

What you will learn:

- Get a deeper understanding of applied scientific knowledge
- Understand the principles of speed, strength, endurance and technical training
- Know the advanced technical models of your event group
- Learn about various periodisation models for the U20 age group
- Find rules and ideas how to plan a microcycle
- Find specific drills and exercises to improve from the beginner stage
- Learn how to prepare and execute competitions

CECS Level II U20 coach

How it works:

- The core element of the Level is a 6 days onsite course.
- You will find practical sessions, own coaching demonstrations, micro-cycle planning workshops, discussions on typical coaching scenarios, analyzing videos of your own athletes and many other topics.
- To prepare the course you will attend 10 online modules prior to the onsite course.
- Your national federation will select and nominate you for the Level II course.

CECS Level II U20 coach

What you will get:

- After finishing all your online units and passing the exams you will receive the:

World Athletics CECS Level II Certificate

- This certificate also entitles you to apply for a World Athletics CECS Level III course.



CECS
Level III
Senior coach
High performance coach

CECS Level III Senior coach

Who you are:

- You are a CECS Level II coach and want to deepen your expertise in an event group and want to further specialize in one particular event.
- You have an approved equivalent licence of your national federation and want to enter the World Athletics coaching system
- You are already successfully coaching high performance athletes and want to achieve the highest level of your coaching expertise
- Athletics is your passion and you want to learn as much as possible and refine your coaching inventory.

CECS Level III Senior coach

What you can expect:

- New CECS Level III will produce qualified coaches to train emerging senior athletes with a high-performance orientation on the international/global level
- You will be competent and able to take your athletes from an advanced junior level through to the individualized top level of performance
- The Level III syllabus is an event group specific specialisation programme, allowing further specialisation in one event.
- It emphasises practical skills of coaching and provides a theoretical base sufficient to allow coaches to continue learning, either through their own efforts or within the structure of the CECS.

CECS Level III Senior coach

What you will learn:

- Get the latest knowledge of the applied science relevant for your event
- Understand that all athletes are individuals and must be taken as such with their unique combinations of mental and physical performance prerequisites
- Learn about individual adaptation processes and its consequences for training and competition
- Find and invent specific drills and exercises for your top athlete, understand and generate individualized technical models

CECS Level III Senior coach

What you will learn:

- Get to know the latest developments in technologies and their consequences for top athletes
 - Shoes (sprinting, running, walking, jumping, throwing)
 - Training and Competition Equipment
 - Procedures and gear for monitoring training load and adaptation
 - Planning Software
- Understand the changing role of coaches and demands of coaching top-level athletes
- Learn how to prepare for major international competitions

CECS Level III Senior coach

How it works:

- The main element of this level is a 4 days onsite course.
- At the core of the course is the presentation and analysis of most successful case studies, supplied by top coaches of medal winners on a global level in all events of one event group
- This includes practical sessions, own coaching demonstrations, analysis of individual season planning and individual technical models
- To prepare the course you will attend about 10 online modules in advance, presenting up to date scientifically based information.
- Pre-course online meetings will prepare the onsite course
- Your national federation will select and nominate you for the Level III course.

CECS Level III Senior coach

What you will get:

- After finishing all the online modules, attending the onsite course and passing the exams you will receive the :

World Athletics CECS Level III Certificate

- This certificate also entitles you to apply for a World Athletics Academy course.

It all started with Special Olympics Athletics



Michael brings gold medal honours to Longford!

By Geraldine Grennan

There were scenes of unrivalled jubilation in the Longford camp at the Special Olympics in South Bends, Indiana, yesterday (Tuesday) when Granard athlete Michael Farrelly won gold medal honours in the Run and Long Jump finals, defeating over three hundred other athletes from around the world. Michael, from Rathcor, Granard, is the first Longford athlete to ever perform exceptionally well in all categories so far, according to his coach and mentor Stephen Mulvihill. "He is in the top five group in the 400 metres trials," says Stephen "and we are all keeping our fingers crossed for the Finals." The 400 metres Final is due to take place today (Wednesday).

Stephen says the weather is the "crucial factor" for all the Irish athletes at the Special

Olympics. "The 400 metres semi-finals took place in 94F degrees," he says "and it seems to be getting hotter and more humid every day." Since the Irish contingent arrived in South Bends a week ago the temperatures have been in the high 90's°F and the humidity is between 80 and 90 per cent. "It has been over 100°F a few times since we arrived here," says Stephen "but our athletes did not have to participate in any competitions in that sort of heat."

Michael Farrelly, who only became actively involved in sport last year when he was picked for a Special Olympics team is one of the "top-class athletes" at the world Finals in South Bends. "We are very proud of him," says Stephen Mulvihill "he has been a marvellous Ambassador for Ireland and for Longford since setting foot in Indiana."



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Athletics – Sport Impact Standards

Optimum athlete experience is driven by unprecedented standards of quality across four essential pillars

- Optimum Performance Environment
- Presentation of Competition
- Quota Allocation Refinement
- General Sport Operations



Positive Experience of Competition



We will explore some themes to help us as coaches provide the most positive experiences of SO Athletics competition for our athletes.

- What do we celebrate
- Tracking progress/performance data
- Performing under pressure



What do we celebrate?



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*Improvement is Everything,
Winning is just part of it....*



Captain Rosa's Mantra

- Be Brave
- Do Your Best
- Have Fun

Be More Rosa!

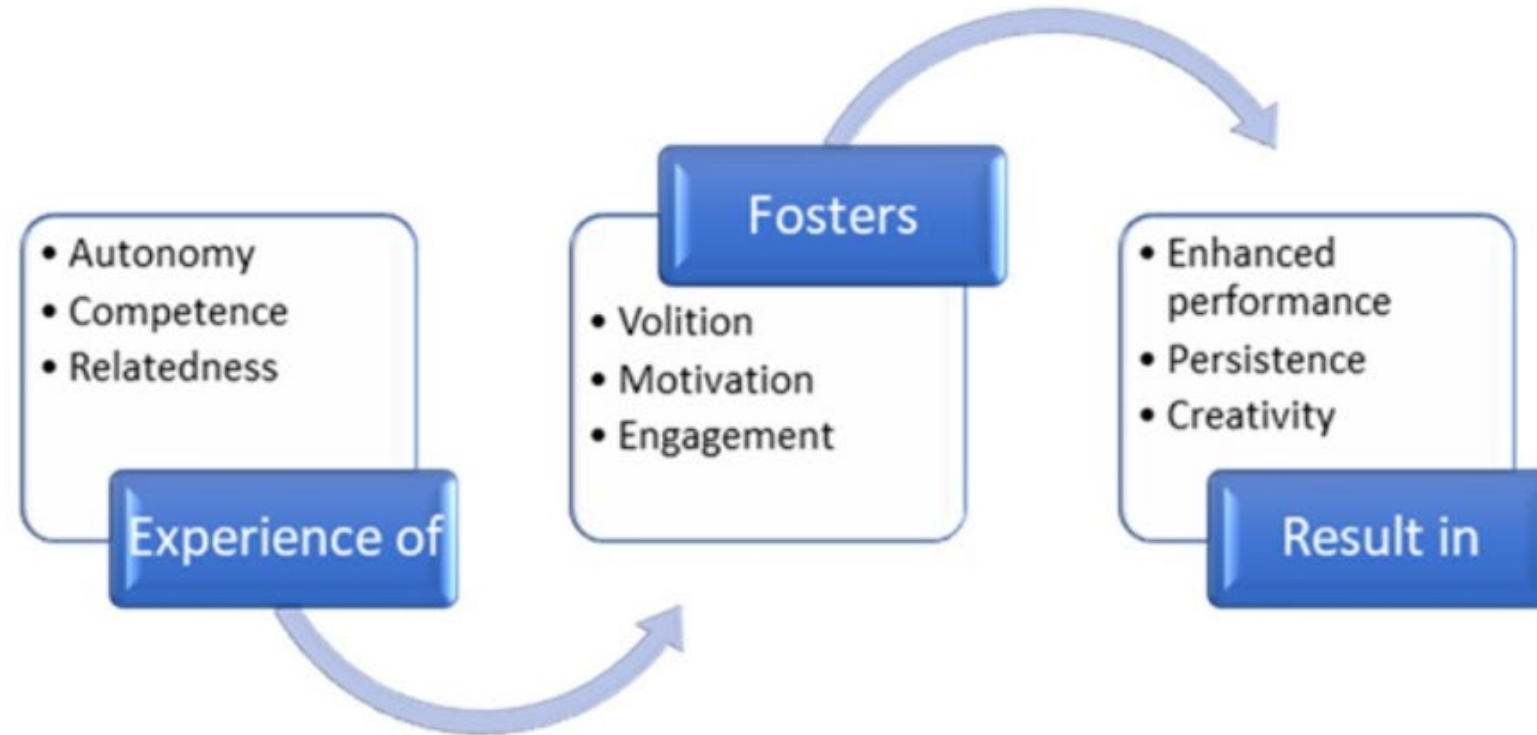


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Self Determination Theory

(Deci & Ryan)



UK Coaching



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Positive Experiences of Competition



Working with our athletes to help them set goals and track their own progress as part of their athletics journey.....

Improvement is Everything, Winning is just part of it....

- Visually tracking training performance
- Visually tracking competition performance
- Positive experiences of competition
- Doing your best - always.



Performing Under Pressure



Training and Development:

- Athletes are encouraged to undergo proper training, and the standards promote the development of both physical and mental skills.
- Coaches play a key role in guiding athletes' progress in a supportive and structured environment.



Performing Under Pressure



Purpose:

- Training with anxiety helps counteract performance decrements under pressure.
- Applicable to athletes with ID

Results:

- Alike their TD peers training with anxiety does **counteract** later **negative effects** in skill acquisition when **re-exposed** to anxiety for athletes with ID. (Reilly & Richards, 2013)



Positive Experiences of Competition



- Create realistic pressure environments
- Focus on process goals (over outcome)
- Positive self-talk
- Imagery
- Breathing techniques



Positive Experiences of Competition



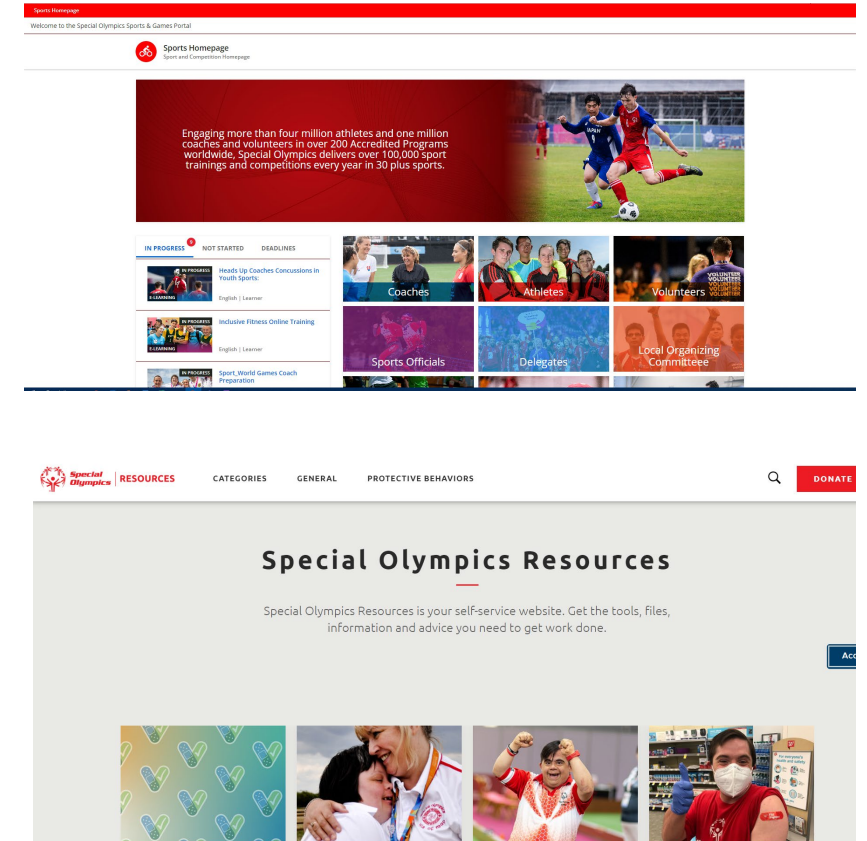
- Don't Assume
- Ask
- Adapt Together



Coaching Resources

Special Olympics offers fantastic resources for coaches to continue to learn and improve their coaching knowledge:

- **Special Olympics Online Learning Portal**
- **Special Olympics Resource Page**



Coach Webinar Series Dashboard



Special Olympics Coach Webinar Series 2024 Presented by Gallagher



The Special Olympics Coach Webinar Series, presented by Gallagher, is back for 2024. This year's series will discuss topics chosen by you, and take a deep dive into 4 specific sports.

Webinar 1: *Teaching and Learning in Special Olympics* with Dr Rebecca Shangraw

Webinar 2: *How young people learn and what this means for Special Olympics Coaches* with ICOACHKIDS

Workshop 1: Floorball, with Steen Houman

Workshop 2: Badminton, with Badminton World Federation

Workshop 3: Swimming, with the Michael Phelps Foundation

Workshop 4: Athletics, with World Athletics

This page is your one stop shop for finding what you need from the series. Here you can register for each webinar, watch the recordings, submit your questions to our speakers and hosts, access resources like PDFs, slidedecks, and videos from the presentations, and access any translated materials we have.

We hope you enjoy this year's Coach Webinar Series, presented by Gallagher!



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Thank You!

Thank you for joining this year's,
Coach Webinar Series!



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