



Special Olympics
COACH DEVELOPMENT MODEL

COACH!

***Special
Olympics***



What is the Special Olympics CDM?

The Coach Development Model (CDM) provides a framework for SO Programs to certify coaches and recognizes specific coach qualifications. Following the CDM, SO Programs recruit and train coaches to fit into the SOI Athlete Development Model (ADM). Coaches trained under the CDM support a lifelong sports experience for our SO athletes along their different sports development paths. The CDM model also offers guidance and new ideas on how best to work with local sports governing bodies to train and certify coaches.

The CDM delivers optimum sports experiences to athletes at all levels and trains coaches to provide excellent instruction, advice, and motivation. It also allows us to develop our unique Unified Sports coaches.





Coach Certification

There are five (5) key steps to becoming a certified Special Olympics Coach:



1. SO Orientation
2. A Coaching the SO Athlete Course
3. A Specific Sports Coaching Course
4. Mentorship
5. Endorsement

As these steps are taken, SO Programs manage coaches through three (3) processes:

1. Recruitment
2. Education
3. Retention

Recognizing coach qualifications and accomplishments gives coaches the added confidence to reach their potential. It is challenging to recruit, train, and retain coaches, but it benefits our athletes in all stages of their development.

Coach!



Recruitment



The CDM provides guidance on building relationships with sports federations, universities, and schools for the purpose of recruiting trained coaches. SO Programs encourage universities and schools to provide their students with the option of coaching a Special Olympics team as part of their education.

The CDM also provides guidance on recruiting coaches from the Unified Sports program as well as identifying SO athletes as potential coaches.

Coaches are also encouraged to identify and recruit coaching assistants to provide added support and improve coach to athlete ratios.

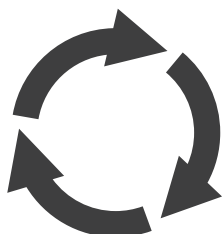
Education



Coach education never ends. Skills and tactics in each sport evolve and it is crucial that coaches are kept up-to-date on best practices in nutrition, psychology, and injury prevention.

The CDM also makes it easy to access relevant coach information by maintaining a central, current database that is accessible to each region.

Retention



Recognizing coach qualifications and accomplishments gives coaches the added confidence to reach their personal best. The CDM does this by first agreeing on a global definition for certification, and then encouraging recognition through initiatives such as a Coach of the Year Program.



Goal of the Special Olympics CDM

Our coaches are the driving force that makes Special Olympics thrive. The CDM helps them accomplish this and in turn, makes our athletes' goals a reality.

Our athletes expect no less.

SOI's Coach Development Model – SOI directional guidance for

Groups of Athletes Athlete may be in multiple groups at the same time Coach Development Components	MATP Athletes – from Fundamental ADM Stage: The focus is on the basics of motor development and fundamentals of sports skills, building a foundation of health, fitness and nutrition habits.	Young Athletes – from Fundamental ADM Stage: The focus is on the basics of motor development and fundamentals of sports skills, building a foundation of health, fitness and nutrition habits.	Athletes in Learning to Train ADM stage: Intent to convert skills learned in the Fundamental stage into sports specific skills, within multiple sport settings, focusing on learning to train.
Recruitment	Target individuals with expertise in severe/profound ID (Physical Education; Adapted PE; Exercise Therapy; Physiotherapy; Life-Skills Therapists; Special Ed.) Encourage staff at schools Negotiate with Universities to incorporate SO MATP programming into their curriculum	Target individuals with expertise in individuals ages 2-7 with ID (Physical Education; Adapted PE; Special Ed.; Early Child Development) Encourage & inform staff at schools and professional sports clubs Negotiate with Universities to incorporate SO play activities for individuals ages 2-7 with ID into their curriculum Recruit coaches from expanded Unified Sports, Family Networks, Project Unify and Young Athletes programs	Target individuals with expertise in individuals with ID (Physical Education; Adapted PE; Special Ed.) Encourage partnerships with schools, Sport Colleges; youth leagues, amateur clubs and professional sports clubs Negotiate with Universities to incorporate SO coaching individuals with ID into their curriculum Recruit coaches from trained volunteers, expanded Unified Sports, Family Networks and Project Unify Recruit assistant coaches to improve the coach-to-athlete ratio and provide additional support to head coaches
Education	PE; APE; Exercise Therapy; Physiotherapy; Special Ed. Principles of Motor Dev; Early Childhood Dev; Medical/Health Aspects w/ID Basic sports science knowledge: sports injury prevention (first aid), nutrition, sports psychology	Physical Education; Adapted PE; Special Ed.; Early Childhood Dev Basic sports science knowledge: sports injury prevention, nutrition, sports psychology	Sports Federation course (knowledge of sport rules, coaching & event mgmt) Physical Education; Adapted PE Basic sports science knowledge: sports injury prevention, nutrition, sports psychology
Certification	<ul style="list-style-type: none"> – Meet SOI coaches certification standards (5 criteria- General Orientation; basics of Coaching of SO athletes; 10 hours practicum as verified/endorsed by the local SO Program) – Rehabilitation; Physiotherapy; Exercise Therapy – SO MATP Course – Training in basic nutrition and injury prevention 	<ul style="list-style-type: none"> – Meet SOI coaches certification standards (5 criteria- General Orientation; basics of Coaching of SO athletes; Coaching specific sports; 10 hours practicum as verified/endorsed by the local SO Program) – Motor learning skills course – Young Athletes – Training in basic nutrition and injury prevention 	<ul style="list-style-type: none"> – Meet SOI coaches certification standards (5 criteria-General Orientation; basics of Coaching of SO athletes; Coaching specific sports; 10 hours practicum as verified/endorsed by the local SO Program) – Additional basic sports specific knowledge
Retention	<ul style="list-style-type: none"> – Recognition – Ongoing training opportunities – Develop plan to retain coaches – Develop incentive programs 	<ul style="list-style-type: none"> – Recognition – Ongoing training opportunities – Develop plan to retain coaches (identify needs of coaches such as support & professional development) 	<ul style="list-style-type: none"> – Recognition – Ongoing training opportunities – Develop plan to retain coaches
Unified Sports impact of above components	<ul style="list-style-type: none"> – Not applicable 	<ul style="list-style-type: none"> – Provide inclusive activities 	<ul style="list-style-type: none"> – Local level only for Player Development and Recreation models
Measures of Success - simple metrics	<ul style="list-style-type: none"> – Number of coaches from specific sources – Number of sources utilized (schools; Universities; sport federations ...) – Number of validated certified coaches – Increased coaches per athlete sport-specific training session 	<ul style="list-style-type: none"> – Number of coaches from specific sources – Number of sources utilized (schools; Universities; sport federations ...) – Number of validated certified coaches – Increased coaches per athlete sport-specific training session 	<ul style="list-style-type: none"> – Number of coaches from specific sources – Number of sources utilized (schools; Universities; sport federations ...) – Number of validated certified coaches – Increased coaches per athlete sport-specific training session



e for SO Regions to deliver to SO Programs

<p>Athletes in Training to Compete ADM stage: The athlete narrows their training to focus on one or two sports. Becomes comfortable with all aspects of competition preparation.</p>	<p>High Performing Athletes – from Training to Compete ADM Stage</p>	<p>Masters/Veteran Athletes – ADM stage The athlete who is interested in participating in sport recreationally/for fun or competitively at this age (as determined by athlete and coach then by sport)</p>
<p>Target individuals with expertise in advanced-level sports, Olympic & Paralympic experience, and sport-specific performance training (nutrition; psychology; fitness)</p> <p>Encourage partnerships with Olympic committees, sports academies, sports federations and professional sports clubs</p> <p>Negotiate with Universities to incorporate SO coaching high performing individuals with ID into their curriculum</p> <p>Recruit coaches with the above expertise from expanded Unified Sports</p> <p>Recruit assistant coaches with the above expertise to improve the coach-to-athlete ratio and provide additional support to head coaches</p>	<p>Target individuals with expertise in advanced-level sports, Olympic & Paralympic experience, and sport-specific performance training (nutrition; psychology; fitness)</p> <p>Encourage partnerships with Olympic committees, sports academies, sports federations and professional sports clubs</p> <p>Negotiate with Universities to incorporate SO coaching high performing individuals with ID into their curriculum</p> <p>Recruit coaches with the above expertise from expanded Unified Sports</p> <p>Recruit assistant coaches with the above expertise to improve the coach-to-athlete ratio and provide additional support to head coaches</p>	<p>Target individuals with expertise in individuals with ID (PE; APE; Special Ed.; Recreation)</p> <p>Encourage partnerships with schools, youth leagues, amateur clubs and professional sports clubs</p> <p>Cooperate with Universities to offer SO recreational opportunities</p> <p>Recruit coaches from trained volunteers and expanded Unified Sports, Family Networks and Project Unify</p> <p>Recruit assistant coaches to improve the coach-to-athlete ratio and provide additional support to head coaches</p>
<p>Sports Federation course (knowledge of sport rules, coaching & event mgmt)</p> <p>Physical Education; Adapted PE</p> <p>Advanced coaching skills</p> <p>Sport-specific science knowledge: sports injury prevention, nutrition, sports psychology</p>	<p>Sports Federation course (knowledge of sport rules, coaching & event mgmt)</p> <p>Physical Education; Adapted PE</p> <p>Advanced coaching skills</p> <p>Sport-specific science knowledge: sports injury prevention, nutrition, sports psychology</p>	<p>Sports Federation course (knowledge of sport rules, coaching & event mgmt)</p> <p>Physical Education; Adapted PE</p> <p>Advanced coaching skills</p> <p>Sport-specific science knowledge: sports injury prevention, nutrition, sports psychology</p>
<ul style="list-style-type: none"> – Meet SOI coaches certification standards (5 criteria- General Orientation; basics of Coaching of SO athletes; Coaching specific sports; 10 hours practicum as verified/ endorsed by the local SO Program) – University/Federation sports specific certification at a high level 	<ul style="list-style-type: none"> – Meet SOI coaches certification standards (5 criteria- General Orientation; basics of Coaching of SO athletes; Coaching specific sports; 10 hours practicum as verified/ endorsed by the local SO Program) – University/Federation sports specific certification at a high level 	<ul style="list-style-type: none"> – Meet SOI General Orientation as verified/endorsed by the local SO Program and has a familiarity with working/ coaching within the ID community
<ul style="list-style-type: none"> – Recognition – Ongoing training opportunities – Develop plan to retain coaches 	<ul style="list-style-type: none"> – Recognition – Ongoing training opportunities – Develop plan to retain coaches 	<ul style="list-style-type: none"> – Recognition – Ongoing training opportunities – Develop plan to retain coaches
<ul style="list-style-type: none"> – All levels in Competitive and Player Development models 	<ul style="list-style-type: none"> – All levels in Competitive model only 	<ul style="list-style-type: none"> – All levels and all models
<ul style="list-style-type: none"> – Number of coaches from specific sources – Number of sources utilized (schools; Universities; sport federations ...) – Number of validated certified coaches – Increased coaches per athlete sport-specific training session 	<ul style="list-style-type: none"> – Number of coaches from specific sources – Number of sources utilized (schools; Universities; sport federations ...) – Number of validated certified coaches – Increased coaches per athlete sport-specific training session 	<ul style="list-style-type: none"> – Number of coaches from specific sources – Number of sources utilized (schools; Universities; sport federations ...) – Number of validated certified coaches – Increased coaches per athlete sport-specific training session

More information can be found with links to materials at: www.specialolympics.org/sports.aspx





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www.specialolympics.org

