



Special Olympics

Indiana

Be a fan™

2012 State Conference

Theme: For the Love of the Game

January 27 & 28 ❖ Marten House Hotel & Lilly Conference Center in Indianapolis

This year's annual Special Olympics State Conference theme is "For the Love of the Game" exemplifying the extraordinary dedication, determination and commitment of our many athletes, coaches, leadership volunteers, families and staff to bringing sports opportunities to our athletes. Each of these groups of people do whatever it takes to make it happen at a local, area and state level because they believe in the value of sports in teaching athletes about life. Whether it is the lesson of good sportsmanship in a tough fought battle or how to genuinely acknowledge the efforts of a struggling athlete as they learn a new skill each of these demonstrates lessons we can gain through participation in sports.

This year's program offers stimulating topics presented by qualified professionals from many arenas. They represent our partner agencies, businesses, and sports/health-related companies that also believe in the value of sports to our athletes and partners. Special Olympics struggles to provide the best quality athletic experience to each athlete based on their skills. Working with fellow program leaders and experts in the field the best practices to improve your program and yourself will be presented.

Always remember to encourage your coaches to take advantage of the coaches training schools that help guarantee your athletes are receiving quality instruction from certified coaches.

On Friday, January 27 we invite you to celebrate with us at the annual Friday night Recognition Dinner again sponsored by Indiana State University (our Summer Games host and partner). During the festivities we will honor the athletes, coaches, volunteers, families, and Law Enforcement Torch Run® (LETR) officers who exemplify the Spirit of Special Olympics. Following dinner and awards, the evening will conclude with music and dancing.

The Saturday Luncheon sponsored by ResCare, will spotlight our past year through a photo presentation highlighting our 2011 events and recognition of our Accredited County and Area programs. A delicious buffet lunch and door prizes will help make this a celebration to remember.

Registration

Full Package Registration fees cover all Friday and Saturday sessions, conference materials, Friday Recognition Dinner, Saturday Luncheon, and a participant gift. No Friday lunch, or Saturday breakfast are included. Registration forms and fees are due in-house by January 16. Cancellations received before the deadline will receive a full refund; no refunds will be given after January 16. Please refer to the registration form for the various cost breakdowns. All payments are required prior to the conference.

Housing

Rooms are being held at the Marten House Hotel located at 1801 W. 86th Street on the northwest side of Indianapolis. You are responsible for contacting the hotel directly at 800-736-5634 by January 16 to make your reservations. Please tell them you are with Special Olympics Indiana to get the discounted rate (\$75 per room for up to 4 in a double room). Act fast! Requests received after January 16 are subject to rate and space availability. If accessibility is a need please inform them when you call.

Off-Site Sessions

Transportation to off-site sessions will **NOT** be provided. These sessions will begin promptly at their assigned start times and locations so please plan accordingly.

Certification Training Sessions

Coaches training sessions for Certification will include classroom instruction and practical experiences, so please dress to participate. Sports training includes Track & Field, Basketball, Volleyball, Powerlifting, Aquatics, Cycling and Corn Toss. In addition we will offer Young Athletes, Coaching Special Olympics Athletes and Treasurer Training for certification.

Confirmations

Written confirmation and a map with final details will be emailed or faxed to all registrants prior to the conference. If you have questions or concerns please contact Tracy Miller via email (tmiller@soindiana.org) or phone (800-742-0612 ext. 234 or 317-328-2020). *You are responsible for retaining a copy of the classes you signed up for.*



Schedule and Session Descriptions

Friday, January 27

8:00 – 9:15 am

Personal Accountability

Participants will learn about accountability, and how to identify when they are or are not acting in an accountable way. Participants will then work with a small group to walk through challenges or successes, they have had in the past.

Autism Toolkit for Coaches

Working with athletes with Autism can be a challenge at times. Learn techniques to keep them engaged and part of your practice or activities with practical approaches and tools that are proven to work.

Safety Tips for Coaches

Despite your efforts to keep athletes safe some accidents can occur that you can learn to be more prepared to handle. Ideas on what to keep in your first aid kit, how to avoid issues with seizures, weather conditions and medications will be addressed.

Volunteer Management

Making sure we communicate and recognize our volunteers in ways that they can relate to can make a big difference in their response to our requests. Each generation has particular intrinsic and extrinsic things they are hoping to get out of volunteering, so this session will help you give them more of what they want and need from a volunteer experience.

ALPs Program Certification & Best Practices

Area and County Programs that seek to use athletes in leadership roles (coaches, volunteers, management team members, speakers, etc.) are required to have somebody from your program certified by attending. Learn the various roles available for Athlete Leaders and the expectations of ALPs Program volunteers in successfully meeting these requirements. Hear creative ways some programs have put these athletes to work.

Eunice Kennedy Shriver Games

With our first year completed, we now have a better idea of how this Fall event can help focus on providing quality events in multiple sports. Come hear about potential changes that will make this Indianapolis based state event the premier event to attract sponsors, spectators and community support.

9:30 – 10:15 am

Keynote Address: For the Love of Special Olympics

Mike Furnish, President/CEO of Special Olympics Indiana, will Present his report on the State of Special Olympics covering issues such as strategic plans, finances, challenges, and focuses for the coming year. He will highlight 2011 successes and share how Indiana will make the future better for “The Love of the Game”.

10:30 – 11:45

Conflict Resolution: The Art of War

Knowing how to effectively deal with volatile situations and people can be a valuable skill to master. Hear proven ways to avoid, deflect and fight fairly to help tone down any situation before it gets to a critical point.

Stress Address

Learn how to maximize your ability to manage stress through personal wellness. Your lifestyle choices in the areas of nutrition, physical fitness, sleeping habits and much more influence your capacity to manage life’s curveballs. Guild a healthy lifestyle to fortify your defenses against stress!

Track & Field Coaches Training (on-site)

This Level 2 coaches training will cover the levels, rules, accurate measuring and timing, structuring practices and sportsmanship issues related to Athletics. Completion of this session and a 10-hour practicum with athletes will earn you Special Olympics certification. Please dress to participate.

County Accreditation and Resources

Without further ado, the new County Management Guide is ready for revealing. This long awaited guide has a multitude of information including job descriptions, rules of order, and a section called the “Summer Games Survival Guide”. We will review the guide along with a tutorial on the updated County Accreditation.

TRAIN Fitness Assessment

Testing Recreational Activities and Improving Nutrition (TRAIN) is the newest fitness assessment used by Special Olympics. Come explore how we plan to use it in Indiana and experience some of the benefits for our athletes of doing this on a periodic basis.

More Than Just Sports

Special Olympics athletes may get involved initially because of wanting to participate in a sport, but there are many other aspects that they seek through their involvement. Area 9 and their county programs have committed to give them more than just sports. Hear how they have expanded events to address other needs and interests of their athletes.

Noon – 1:00 pm

LUNCH (on your own)

The hotel offers a very good buffet or there are several local restaurants from which to choose. For a listing of nearby restaurants, visit the registration table.

1:15 – 2:15 pm

Handling Difficult Behaviors

This session will assist participants with practical hands-on strategies that may be utilized to assist with behavioral management of individuals with disabilities. Handout and resources will be given along with time for questions and answers.

Planned Giving:

The Carl and Betty Erskine Society

Starting in 2012, individuals and families who have experienced the life-changing benefits of Special Olympics will be given the opportunity to make a planned gift for the future of the organization. This is most commonly done through a will, bequest, life insurance, gift of securities or retirement plan. These are ways to give a difference-making gift to Special Olympics without any impact on your daily budget.

Corn Toss Coaches Training (on-site)

Come get certified in our newest sport. We will cover rules, practice recommendations, conditioning and state guidelines. Completion of this session and a 10-hour practicum with athletes will earn you Special Olympics certification in this sport. Please dress to participate.

Event Planning

Hear about excellent event planning principles from the experts—the 500 Festival, who annually host the world’s largest half-marathon and other Indianapolis 500 related festival events.

State Conference Schedule and Session Descriptions (continued)

(Friday sessions continued)

1:15 - 2:15 pm

ABC's of Attaining and Recruiting Quality Coaches

Learn where to look for quality coaches, how to entice them to want to coach a Special Olympics team, how to match up a coach with a team, what training they need, and how to retain a coach for years to come.

Athlete Safety Policies

A chance to review existing athlete safety policies, coordinators and coaches are invited to review and ask your important questions. We will review such policies as housing, transportation, volunteer & extreme weather.

2:30 - 3:30 pm

Time Management Essentials

Do you have too much time on your hands? With all the pressure and conflicting priorities many of us face today, an abundance of time is a luxury most people do not have. This session will help you determine how you are using your time today and pinpoint areas where you can be more efficient. We will also discuss how your energy and personality affect the way you manage time, and provide tips and suggestions.

International Law Enforcement Torch Run® Conference

Learn more about the world's largest grassroots fundraising organization for Special Olympics. Also we will preview the 2012 International LETR Conference which will be held in Indianapolis November 8-10, when over 1,000 officers from around the world gather. There will be some discussion about how local volunteers and athletes can get involved in this once-in-a-lifetime event.

2:45 - 4:30 pm

Social Media

"Social Media" is an umbrella term that defines the various activities that integrate technology, social interaction and the construction of words, pictures, videos and audio. This session will highlight the importance of social media to a non-profit organization and will provide best practices for Twitter and Facebook.

Aquatics Coaches Training (on-site)

Held in the hotel pool, you will be in the water to learn the details on strokes, skills and drills, structuring practices for varying skill levels, safety issues and equipment along with how to submit accurate scores. Completion of this session and a 10-hour practicum working with athletes will earn you Level 2 certification.

Risk Management

American Specialty, our Special Olympics corporate insurance provider, will provide an update of all critical policies. They will share examples of situations and cases that have or could have put the organization and our athletes at risk for harm. This session is a good refresher for experienced volunteer leaders and an eye-opener for our newer leaders.

Games Management System (GMS 6.0)

This session is open only to volunteers that have a working knowledge of GMS. Come preview this dramatically different version of GMS 6.0 and discuss how to effectively use it for entering athletes in Area and State competitions.

3:45 - 4:45 pm

Knights of Columbus Partnership - Year 2

Get an update on progress on this partnership that culminates in a discount in the amount County Programs pay for Summer Games. Hear from state K of C officials about the kinds of activities that are taking place, and network with other SO programs who have successfully established positive relationships with their local Council.

Project UNIFY®: A Game Changer

Members of our newly formed Youth Leadership Council will share their vision of how youth can impact Special Olympics in many positive ways. Catch their excitement and see how their compassion can make working with your county, area or state events be a game changer.

6:00 - 10:30 pm

Annual Recognition Dinner

The evening starts with a cash bar from 6:00 - 6:45 pm, followed by dinner and the presentation of the *Spirit of Special Olympics* Athlete, Coach, Volunteer, Family, and LETR Officer awards. Following dinner and awards, enjoy music and dancing with your friends and family.

State Conference Schedule and Session Descriptions (continued)

Saturday, January 28

8:00 am – 9:45 am

Nifty Needlers:

Scarves for Special Olympics

Come hear about the Special Olympics Scarf Project that has introduced a whole new group of volunteers to our organization. Be a part of it by learning how to knit in this participatory session. Supplies will be available or you can bring your own.

Cycling Coaches Training *(on-site)*

This Level 2 Certification session will cover safety considerations, equipment, state entry materials, building athletes' stamina and fitness levels and more. Participation in this session and a 10-hour practicum working with athletes will get you certified in this sport.

Volleyball Coaches Training

(off-site at Brebeuf)

Participation in this session and a 10-hour practicum with athletes will earn you Level 2 Certification in this sport. Learn the rules, skills and drills, how to structure your practices and other keys to success.

County and Area Networking

Only County Coordinators and Area Directors are invited to participate in this structured format to explore better ways to do things, share similar problems and create workable solutions. This session is facilitated by the County Council members.

10:00 – 11:15 am

Event Photography

This session will focus on photography basics for the purpose of photographing Special Olympics events. Topics will include equipment, lighting, composition, shutter settings (aperture and shutter speed), and shooting action shots. Equipment discussion will include both Point and Shoot and digital SLR cameras; and may also include flashes, tripods and monopods.

Coaching Special Olympics Athletes

This certification session offers more extensive information about working with our athletes, their learning styles, psychological, social and medical considerations. It also helps you explore your coaching style, sports knowledge, working with assistant coaches and preparing for training and competitions.

Powerlifting Coaches Training

(off-site at Brebeuf)

Attend this Level 2 Certification session to learn rules, safety considerations, the three lifts, conditioning and equipment. Participation in this session and a 10-hour practicum working with athletes will get you certified in this sport.

Area & County Teamwork

We Grow Together

Having a working relationship between Areas and Counties really pays off when there is a sense of being "One Big Family". Learn the mission and golden rule Area 5 operates under to accomplish this. They have changed the commitment levels and made it simple and fun!

9:30 – 11:30 am

TRAIN Instructors' Training

Want to offer TRAIN fitness assessments locally to your athletes? This training will provide you with the tools & information necessary to provide this valuable program. NOTE: Local TRAINers MUST attend to offer TRAIN in your County/Area.

11:30 am – 12:45 pm

Luncheon Celebration

This buffet luncheon is a chance to share in the successes of the year with fellow Special Olympics volunteers, Area and County leaders, athletes, family members and staff. We will share a highlights video of state events from throughout the year and a few door prizes.

1:00 – 3:15 pm

Young Athletes Coaches Training

Come become certified in this innovative sports play program for children with and without intellectual disabilities ages 2-7. Work with the state office to bring this program to your area and let it help you introduce the families of these children to the many benefits of Special Olympics.

Polar Plunge® Best Practices and Recruitment

The Polar Plunge is Special Olympic Indiana's largest fundraiser and signature event. In 2011 Polar Plunge involved more than 1,800 plungers across the state. Area and County programs that participated collectively received more than \$100,000 in revenue from their efforts. Come to this session to learn about a Plunge in your area and how your county can sign-up today!

Basketball Coaches Training

(off-site at Brebeuf)

This level 2 coaches training will cover rules, skills and drills, warm-ups and conditioning, structuring practices and sportsmanship issues. Completion of this session and a 10-hour practicum working with athletes will let you become certified. Please dress to participate.

1:00 – 2:00 pm

Summer Games Track & Field

Attend this session to learn more about changes to the Summer Games track & field competition. While NOT a coaches' training, this session is good for County Coordinators and track and field coaches to attend. Possible changes include the implementation of preliminaries and finals, revamping the level system, and modifications to the competition schedule.

2:15 – 3:15 pm

Treasurer Training

This is a restricted session designed only for County/Area Treasurers, County Coordinators and Area Directors. For veterans of centralized accounting, this is an opportunity for review. For new treasurers or coordinators, this training is definitely what you need.