



1969-2019

Coach Education Program

The key to improving athlete performance and well-being is based on the quality of sport training and experiences provided by the local Special Olympics coach. "Coach" refers to an individual who assumes responsibility for athletes, actively trains athletes, and coaches them in competitions. The SO Indiana Coach Education Program adheres to the basic standards and competencies necessary and essential for being a Special Olympics coach, as defined by Special Olympics North America. Standardization of essential knowledge and coaching proficiency adds credibility and consistency to the entire program. In addition, coaches will gain new and/or improved competencies and skills, which will provide better opportunities for their athletes.

After all, the better the coach . . . the better the athlete.

The Coach Education Program is based on:

- Athlete safety is the coach's top priority.
- As outlined in the Special Olympics Founding Principles: "Consistent training under the guidance of qualified coaches, with emphasis on physical conditioning, is essential to the development of sports skills, and competition among those of equal abilities is the most appropriate means of testing these skills, measuring progress and providing incentives for personal growth."
- Also from the Special Olympics Founding Principles: "Special Olympics celebrates and strives to promote the spirit of sportsmanship and a love of participation in sports for its own sake."
- Special Olympics coaches not only provide skills training for athletes, but are also role models and character builders. Coaches give SO athletes the most immediate awareness of their own worth, ability, courage and capacity to grow and improve.
- An effective coaches' education program, which advances both coach and athlete, must include subjects beyond sport-specific material. It must include topics of safety, health, injury prevention, nutrition, general physical fitness, sportsmanship, character development and coaching philosophy.
- Special Olympics coaches are eager to learn about coaching and the sport, especially when knowing their athletes and County Program will benefit. The SO Indiana Coach Education Program provides rewards to County Programs who have coaches registered in the program and those coaches complete online courses.
- Other sports organizations have excellent coach education courses. SO Indiana should utilize these learning opportunities. Though many of these courses focus on interscholastic sports, principles are applicable to Special Olympics.
- Online courses are the preferred method of learning. Standardization of content is insured through online courses. Necessary competencies are reviewed through these online courses. Coaches have limited time and are already donating many hours to their athletes. Online courses are more "user-friendly", allowing coaches to take courses when their time allows. Online courses allow users to stop and resume learning without losing progress.

COACH EDUCATION LEVELS & REQUIREMENTS

The following section lists the required coaching courses to achieve each level. All requirements for Sport Assistant must be met before a coach may work with Special Olympics athletes.

SPORT ASSISTANT
ENTRY LEVEL REQUIREMENTS
All SO Indiana coaches must achieve Sport Assistant, which is simply the requirements to become a Class A Volunteer. See Page 14 for details.
LEVEL 1 - CERTIFIED COACH
CORE COACHING KNOWLEDGE
For coaches to achieve Level 1 certification, he/she must be a Class A Volunteer/Sport Assistant and complete the following online courses:
<ul style="list-style-type: none"> • All Sport Assistant requirements • Coaching Special Olympics Athletes (from Human Kinetics Coach Education Center, formerly ASEP) - \$16.95 • Coaching Unified Sports® (from the NFHS Learning Center) - FREE
LEVEL 2 - CERTIFIED COACH*
SPORTS SPECIFIC KNOWLEDGE
For coaches to achieve Level 2 certification, he/she must have a Level 1 certification and complete the following courses:
<ul style="list-style-type: none"> • All Level 1 requirements • Creating a Safe and Respectful Environment (from the NFHS Learning Center) - FREE • Sport-Specific Course (from the NFHS Learning Center or in-person) - COST VARIES • Sports Nutrition (from the NFHS Learning Center) - FREE • Sportsmanship (from the NFHS Learning Center) - FREE
* NOTE: Level required of Head Coaches attending USA Games in the specific sport being coached.
FITNESS COACH COURSE (available 2019) - online or in person training conducted by Program approved trainer. Option to become a certified Fitness Coach is not sport specific, but general knowledge applicable to all sports. Being certified as a Fitness Coach is not a requirement to coach at the USA Games.
LEVEL 3 - CERTIFIED COACH **
ADVANCED COACHING KNOWLEDGE
For coaches to achieve Level 3 certification, he/she must have Level 2 certification and complete the following courses:
<ul style="list-style-type: none"> • All Level 2 requirements • Concussion in Sports (from the NFHS Learning Center) - FREE • Heat Illness Prevention (from the NFHS Learning Center) - FREE • Principles of Coaching (from WVU online) - \$35.00
** NOTE: Level required of Head Coaches attending World Games.

Questions? Interested in joining the Coach Education Program? Contact Patrick Kozlowski (pkozlowski@soindiana.org).

The State Office has a limited number of passcodes, allowing our coaches to take the "Coaching Special Olympics Athletes" and "Fundamentals of Coaching" courses free-of-charge to them.