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2022 USA Games Team Indiana Handbook

June 5-11, 2022

Orlando, FL

Special Olympics
Indiana





Overview of 2022 USA Games

GENERAL

The 2022 Special Olympics USA Games will bring 4,000 athletes to the greater Orlando area to compete in a variety of sports. Hosted at some of the region's top athletic facilities including the ESPN Wide World of Sports Complex, the Rosen YMCA Aquatic Complex and Boardwalk Bowl Entertainment Center, the USA Games will offer athletes, their coaches, and families a week of national competition while surrounded by Orlando's beauty and world-class attractions.

TEAM INDIANA

For the 2022 Special Olympics USA Games, Team Indiana will consist of 100 members (51 athletes, 20 Unified partners, 19 coaches, and 10 support staff). Team Indiana will compete in 8 sports (Basketball, Bocce, Bowling, Golf, Softball, Swimming, Track & Field, and Volleyball). The selection process begins with the 2020 Unified Bowling State Tournament and concludes with the 2021 EKS Games. No selections will be based on 2022 state championships.

Team Indiana will focus on the team – eight sports, but only one Team Indiana. We will be prepared physically and mentally for competition. Our success is not determined by medals. Our success is determined by becoming the best we can be – striving for maximum potential.



Invincibility (in-vin-suh-bilati): noun, too strong or skillful to ever be defeated. Focuses on what can be done versus what cannot be done. Team Indiana.

Head of Delegation (HOD)

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Assistant Head of Delegation (AHOD)

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Other Support Staff Roles

Equipment Manager; Family Coordinator; Laundry Coordinator; Medical Coordinator; Coach Development Coordinator; Public Relations & Media Coordinator; Team Photographer; Utility Player



TEAM COMPOSITION

Below, Team Indiana's composition is outlined based on female athletes, male athletes, partners, and coaches. In Golf, Swimming, and Track & Field, competitors are placed in categories/levels which then list the events in those categories/levels. When nominating athletes and partners, be sure those competitors have the ability to compete in the events and/or distances listed for each sport.

In team sports (Basketball, Softball, and Volleyball), athletes and partners are limited to 1 event. In individual sports, athletes and partners are limited to 3 events – with the exception of Golf (1 event).

SPORT	TEAM MAKEUP	EVENTS	
Basketball	10 athletes (<i>male or female</i>) 3 coaches <i>Athletes & coaches will be from same County Program</i>	Traditional Team: Male Division	
Bocce	2 Unified pairs (1 athlete & 1 partner per pair) 1 coach	Singles (<i>athletes only</i>) Unified Doubles Unified 4-Person Team	
Bowling	2 Unified pairs (1 athlete & 1 partner per pair) 1 coach	Singles (<i>athletes only</i>) Unified Doubles Unified 4-Person Team	
Golf	2 Unified pairs (1 athlete & 1 partner per pair) 1 coach	Level 2: Unified 9-Hole Alternate Shot (1 pair) Level 3: Unified 18-Hole Alternate Shot (1 pair)	
Softball	8 athletes (<i>male or female</i>) 7 partners (<i>male or female</i>) 3 coaches <i>Athletes, partners, and coaches will be from same County Program</i>	Unified Team: Male Division	
Swimming	4 female athletes 4 male athletes 3 coaches (at least 1 female & 1 male) <i>NOTE: athletes may be chosen on a "HIGH PERFORMANCE" based selection</i>	Category 2 (3 female & 3 male athletes) 25m Backstroke 50m Backstroke 50m Breaststroke 50m Butterfly 50m Freestyle 100m Freestyle Relays (4x25m & 4x50m Free; 4x50m Medley)	Category 3 (1 female & 1 male athlete) 100m Backstroke 100m Breaststroke 100m Butterfly 100m Freestyle 100m Individual Medley 200m Freestyle 200m Individual Medley 400m Freestyle Relays (4x25m & 4x50m Free; 4x50m Medley)
Track & Field	6 female athletes 6 male athletes 4 coaches (at least 1 female & 1 male) <i>NOTE: athletes may be chosen on a "HIGH PERFORMANCE" based selection</i>	Category 2 (4 female & 4 male athletes) 100m Dash 200m Dash 400m Dash Relays (4x100m; 4x400m) Running Long Jump Shot Put Mini Jav	Category 3 (2 female & 2 male athletes) 400m Dash 800m Run 1500m Run Relays (4x100m; 4x400m) Running Long Jump Shot Put Mini Jav
Volleyball	6 athletes (<i>male or female</i>) 6 partners (<i>male or female</i>) 2 coaches <i>Athletes, partners, and coaches will be from same County Program</i>	Unified Team: Male Division	



TEAM MEMBER REQUIREMENTS – for all athletes, partners, coaches, & support staff

- Must be a resident of Indiana
- Must be nominated by your County Coordinator (excluding support staff)
- Must be in good standing with SO Indiana
- Read, sign, and submit the Code of Conduct form
- Complete, sign, and submit all required registration forms, medical forms, and other forms as needed
- Must have the ability to function and be away from home for ten days or more
- Must possess the skills to be able to function as a part of the delegation (e.g. cooperation, sharing, group living, following directions, basic social skills, good behavior, etc.)
- Must be able to walk long distance and stand for long periods of time on a daily basis (excludes applicants in wheelchairs, but still have the stamina for such activities)
- Must be able to lift 25 pounds
- Must refrain from the use of alcohol and tobacco products during training camps and USA Games
- Participate in all training camps and attend all portions of those camps
- Participate in all Team Indiana promotional and fundraising events
- Must agree to the Team Indiana finance arrangement as outlined later (see Pages 7-9)
- Participate in fitness assessments and Healthy Athletes screenings at training camps and at USA Games – athletes and partners required; coaches and support staff are encouraged to participate.

COACH, UNIFIED PARTNER & SUPPORT STAFF REQUIREMENTS

- Must be a Class A volunteer with SO Indiana, according to its Volunteer Management System, which includes:
 - Completed & signed Coach/Volunteer Application,
 - Completed (and passed) criminal background check,
 - Completed Coach/Volunteer Orientation,
 - Completed Online Protective Behaviors training, and
 - Completed Concussion Awareness training.
- FOR COACHES: Achieve Level 1 and Level 2 coaching certifications of the SO Indiana Coach Education Program.
 - Level 1: Coaching Special Olympics Athletes and Coaching Unified Sports online courses
 - Level 2: Bullying Hazing & Inappropriate Behaviors, Sports-Specific Course (online or in-person), Sports Nutrition, and Sportsmanship online courses
- FOR COACHES: Develop a training plan for athletes and partners (from November 2021 through the Games), utilizing the Fit 5 program.
 - Training plans will be distributed to athletes and partners at the end of Training Camp 1.
 - Coaches will have time during each training camp to adjust plans based on performance during fitness assessments, Healthy Athletes screenings, and camp practices.
 - But coaches must come to the first training camp with a training plan developed with only minor modifications needed at camp.
- FOR COACHES: Communicate weekly with athletes and partners on training progress and daily nutrition journals.
- FOR COACHES: Report monthly to the HOD and Player Development Coordinator on athlete and partner training progress.
 - Provide success stories (i.e. weight loss, personal bests achieved) for promotion.
 - Identify issues and barriers.
 - Work with the HOD and Player Development Coordinator to address issues and overcome barriers.



SELECTION PROCESS

The selection process is outlined in SOI's *General Sports Rules* and will be followed by SO Indiana. Our quota is described earlier in this handbook.

- If the number of nominated athletes or teams does not exceed the quota, all athletes and teams shall advance, provided the athletes and teams compete in the state championship for that sport.
- If the number of nominated athletes or teams exceeds the quota, athletes or teams that advance shall be selected as follows:
 - Priority is given to first place finishers from all divisions of the sport/event in the state championship. If the number of first place finishers exceeds the quota, select athletes or teams to advance by random draw.
 - If there are not enough first place finishers to fill the quota, all first place finishers shall advance. The remaining quota shall be filled by a random draw of second place finishers from all divisions of the sport/event in the state championship.
 - If the quota is large enough for all second place finishers to advance, the remaining quota shall be filled by a random draw of third place finishers from all divisions of the sport/event in the state championship.
 - Repeat this process, adding each place of finish as necessary, until the quota is filled.
- These procedures apply to both individual and team sports.
- Exceptions apply for quota positions given to "High Performance" athletes. Athletes achieving the standard in a particular event automatically places the athlete at the top of the selection process. Those event standards are still being determined by the Games organizers and will be announced when available.
- Participation in virtual, online, or locally implemented challenges or competition will be considered as part of the selection process.

PRIORITY

Over the course of the 2021-22 (August to June) training period leading up to USA Games, conflicts may arise between an athlete's, partner's, or coach's local participation and Team Indiana commitments. Upon being named to Team Indiana, no matter athlete, partner or coach, the team member's first Special Olympics priority is to Team Indiana. Scheduling decisions will favor Team Indiana in all instances.

ALTERNATES

During the selection process for athletes, partners and coaches, alternates will be included. These alternates will replace Team Indiana members when members are no longer able to attend USA Games or no longer comply with team requirements. In cases where the alternate is not needed to replace a team member, the alternate will not attend USA Games.

TRAINING PLAN

The official training season for USA Games begins August 1, 2021 for those athletes and partners selected before that date. For Golf and Softball, the training season begins October 1, 2021. The training season concludes with the Closing Ceremonies of USA Games. Training will be approximately 10 ½ months.

During this time, athletes and partners may participate in other sports at the local, area or state level. However, their #1 focus must be their USA Games sport. At all times, they should be in training in that sport; complemented by secondary sports.

Each coach will work with athletes and partners identifying areas of excellence and areas for improvement. In addition, Special Olympics has developed the Fit 5 training program to improve physical activity, nutrition, and hydration. If properly trained in this program, an athlete will improve physical fitness and athletic performance.



Training Expectations

- From August 1, 2021 to Training Camp 1, athletes and partners are expected to train in accordance to the fitness plan as outlined by the Player Development Coordinator. For Golf and Softball, this begins October 1, 2021.
- Team members selected prior to the Lilly 1,000 Mile Challenge are required to participate. This is a steps-based challenge.
- From Training Camp 1 through USA Games, athletes and partners are expected to train in accordance with the fitness plan and to the sport-specific training plan as outlined by the coach.
- Throughout the training season, athletes and partners are expected to keep a daily nutritional journal.
- Athletes and partners are expected to communicate weekly to the coach their training progress and nutritional journal entries.
- The “Training Plan General Guidelines” section (below) outlines the training plan progression from beginning to the Games. Specific plans will be provided upon selection and upon dismissal from training camps. “Sport-Specific” refers to the athlete’s or partner’s USA Games sport. Secondary sports (the sport in which the athlete or partner is participating for their County) should not be included in the training guidelines below.
- NOTE: Training Camp 1 will include 4 fitness workouts and 1 team practice. Athletes and partners are to arrive to the first training camp in shape.

Training Plan General Guidelines

Time Frame	% of Workout General Fitness	% of Workout Sport-Specific	Workout Duration	Workouts per Week
August '21 to Camp 1	100	0	60 minutes	3-5
Camp 1 to Camp 2	75	25	60-90 minutes	4-6
Camp 2 to Camp 3	50	50	60-90 minutes	4-6
Camp 3 to USA Games	25	75	30-60 minutes	3-5

Fitness Assessments/Healthy Athletes Screenings

- | | | |
|--------------------|----------------------|-----------|
| • Training Camp 1: | November 12-14, 2021 | Mandatory |
| • Training Camp 2: | February 2022 | Mandatory |
| • Training Camp 3: | April 2022 | Mandatory |
| • USA Games: | As schedule allows | Mandatory |

Training Camps

At designated times during the training period, Team Indiana’s athletes, partners, coaches and support staff will meet for team building, review important materials, receive updates, practice, and better prepare the individual and team for Orlando.

Training Camp 1

- MANDATORY for all athletes, partners, coaches & support staff
- Site: Higher Ground Retreat Center, West Harrison, IN
- Friday-Sunday, November 12-14, 2021
- This is an OVERNIGHT camp.
- Meals & lodging are provided.
- Objectives:
 - Participate in team building exercises



- Practice
- Select events, qualifying scores, relay order
- Finalize entries, registration forms & medicals
- Take photos for credentials & Team Indiana promotional material
- Host mock interview for athletes, partners & coaches to identify the “hidden media gems”
- Take measurements for uniforms & team clothing
- Update on fundraising goals
- Host fitness assessment and/or Healthy Athletes screenings
- Participants: Team Indiana only
- Family members may transport Team Indiana members to and from the training camp but will not stay, other than an information meeting on Sunday morning.

Training Camp 2

- MANDATORY for all athletes, partners, coaches & support staff
- Site TBD
- February 2022
- Lunch is provided.
- Objectives:
 - Participate in team building exercises
 - Review & track progress towards training plans
 - Host fitness re-assessment and/or Healthy Athletes screenings
 - Update on fundraising goals
 - Update family & friends on USA Games news
 - Take re-measurements for team uniforms (if needed)
- Participants: Team Indiana & family members; though family members are on their own for lunch and will not participate in all sessions or activities.

Training Camp 3

- MANDATORY for all athletes, partners, coaches & support staff
- Site TBD
- April 2022
- Lunch is provided.
- Objectives:
 - Participate in team building exercises
 - Review & track progress towards training plans
 - Hold final opportunity for team practices before the Games
 - Host fitness re-assessment and/or Healthy Athletes screenings
 - Update on fundraising goals
 - Update family & friends on USA Games news
- Participants: Team Indiana & family members; though family members are on their own for lunch and will not participate in all sessions or activities.

FINANCE ARRANGEMENT

For USA Games previous to 2014, athletes and partners were solely responsible for fundraising their portion of the cost. While coaches and support staff were asked to raise a token amount of the overall budget (usually \$200 per coach or support staff), the majority of the responsibility fell to the athletes, partners and their County Programs.



Under a new arrangement in 2014 and 2018, Team Indiana fundraised as a team. In Seattle, we competed as a team; and, we fundraised as one team – one unit – one program. As the Musketeers once said, “All for one; and one for all.”

If this arrangement does not work for your County Program, then you should not nominate an athlete, partner or coach for Team Indiana. The arrangement also creates fundraising opportunities not always used by County Programs. As a result, County Programs will not use their current fundraising events and strategies towards Team Indiana.

Fundraising events and promotions are requirements, just as attendance at training camps. If athletes, partners, coaches, or support staff do not support the fundraising efforts of Team Indiana, then the HOD and AHOD reserve the right to replace those individuals with the designated alternates.

The commitments are outlined below, including SO Indiana’s commitment to Team Indiana (25% of the overall budget).

Commitment Fee

- All County Programs with selected athletes, partners, coaches & support staff agree to a \$150 “commitment” fee per person.
- Commitment fees are due within one month of being selected.
- Commitment fees are non-refundable.
- For athletes, partners & coaches, commitment fees are the responsibility of your County Program, and fees will be transferred from your County’s account.

Plane Pull (August 2021)

- Athletes, partners, coaches & support staff selected prior to June 30, 2021 will be part of Team Indiana’s 2021 Plane Pull teams.
- Participation is a requirement.
- Plane Pullers will raise a minimum of \$1,000 each.

Polar Plunge (February 2022)

- Fall sports competitors (selected after the Plane Pull) will participate in the 2022 Polar Plunge.
- Plungers will raise a minimum of \$1,000 each.
- If preferring not to plunge, they will raise a minimum of \$1,000 each and attend the Polar Plunge as a “virtual” plunger in SO Indiana’s virtual plunge program.

Corporate Sponsors

- SO Indiana guarantees at least 25% of Team Indiana’s budget will be covered by corporate sponsorships.
- Coaches, athletes, and partners may secure additional corporate sponsors, which will count towards their fundraising goals.
- Team Indiana members must coordinate corporate sponsorship efforts with the HOD or AHOD, prior to asking and meeting with potential corporate sponsors.

Accounting

- All contributions for Team Indiana, whether Plane Pull, Polar Plunge, corporate sponsorships, etc., will be deposited directly into the Team Indiana account, utilizing the SO Indiana consolidated accounting system.



- Team Indiana donations will NOT be deposited into the County Program’s account.
- Online donations will be received using Team Indiana’s FirstGiving pages, created by SO Indiana.
- FirstGiving individual giving pages will be created and maintained by SO Indiana. No other online fundraising websites will be allowed.
- Any other financial arrangements must receive prior authorization from Team Indiana’s HOD or AHOD.

Financial Surplus

If fundraising revenue exceeds expenses, the surplus will be divided between County Programs with selected Team Indiana members and SO Indiana as follows:

- 5% of the surplus will be directed to the County Program of the athlete, partner, or coach raising the most funds from the 2021 Plane Pull.
- 5% of the surplus will be directed to the County Program of the athlete, partner, or coach raising the most funds from the 2022 Polar Plunge.
- The remaining surplus will be divided between the County Programs with selected Team Indiana members and SO Indiana, proportionate to each team member’s fundraising efforts. For example, if your County Program’s team members collectively raise 10% of the overall fundraising revenue, your County Program will receive 10% of the remaining surplus (after 5% each awarded to top Plane Pull and Polar Plunge fundraisers).
- Any team member failing to fundraise the minimum amount is subject to team dismissal and is ineligible for the share of the surplus for their County Program.

Financial Shortfall

- If fundraising revenue does not exceed expenses, the shortfall will be the responsibility of SO Indiana (50%) and the County Programs (50%).
- The County Programs’ portion of the shortfall will be distributed proportionally to the number of athletes, partners, coaches, and support staff on Team Indiana.





TIMELINE

October 2020	USA Games session at SO Indiana State Conference (Virtual/Online)
November 2020	Distribution of BOWLING nomination forms BOWLING nominations due (Fall bowling season) – Unified pairs & coach
December 2020	State Unified Bowling Tournament (Locally Implemented)
January 2021	Distribution of BASKETBALL team nomination forms
February 2021	BASKETBALL nominations due – team & coaches
March 2021	Men’s State Basketball Tournament (Indianapolis)
April 2021	Selection of BASKETBALL team & coaches Distribution of BOCCE, BOWLING, SWIMMING, TRACK & FIELD, and VOLLEYBALL nomination forms
May 2021	BOCCE, BOWLING, SWIMMING, TRACK & FIELD, and VOLLEYBALL nominations due – athletes, Unified pairs (Bocce & Bowling), team nominations (Volleyball), & coaches
June 2021	Summer Games (Terre Haute) Selection of athletes, partners, teams, & coaches for BOCCE, BOWLING, SWIMMING, TRACK & FIELD, and VOLLEYBALL
July 2021	Distribution of GOLF and SOFTBALL nomination forms
August 2021	Training season begins for Team Indiana athletes & partners selected to date GOLF and SOFTBALL nominations due – team (Softball), Unified pairs (Golf), & coaches Plane Pull (Indianapolis) Unified Golf Sectionals (Various) Softball Sectionals (Various) Unified Golf State Tournament (Greenwood) State Softball Tournament (Greenwood)
September 2021	Selection of athletes, partners, & coaches for GOLF and SOFTBALL
October 2021	Training season begins for Team Indiana athletes and partners selected from GOLF and SOFTBALL
November 2021	TRAINING CAMP 1: November 12-14 (Higher Ground Retreat Center, West Harrison, IN) Team Indiana entry deadline with USA Games Organizing Committee
February 2022	TRAINING CAMP 2 (Site TBD)
April 2022	TRAINING CAMP 3 (Site TBD)
June 2022	June 3 – Team Indiana arrives at team hotel for departure June 4 – Departure for USA Games June 5 – Opening Ceremonies & Games begin! June 11 – Closing Ceremonies June 12 – Return Home