

Train-the-Trainer System
Coaching Special Olympics Athletes
Principles of Coaching

The object of this course is to certify instructors giving them the ability to train and certify coaches in their programs throughout Vermont. The Vermont Coaches Education Plan mandates that all coaches must be certified within 4 years of volunteering and renew every 4 years. This certification will make that process more accessible.

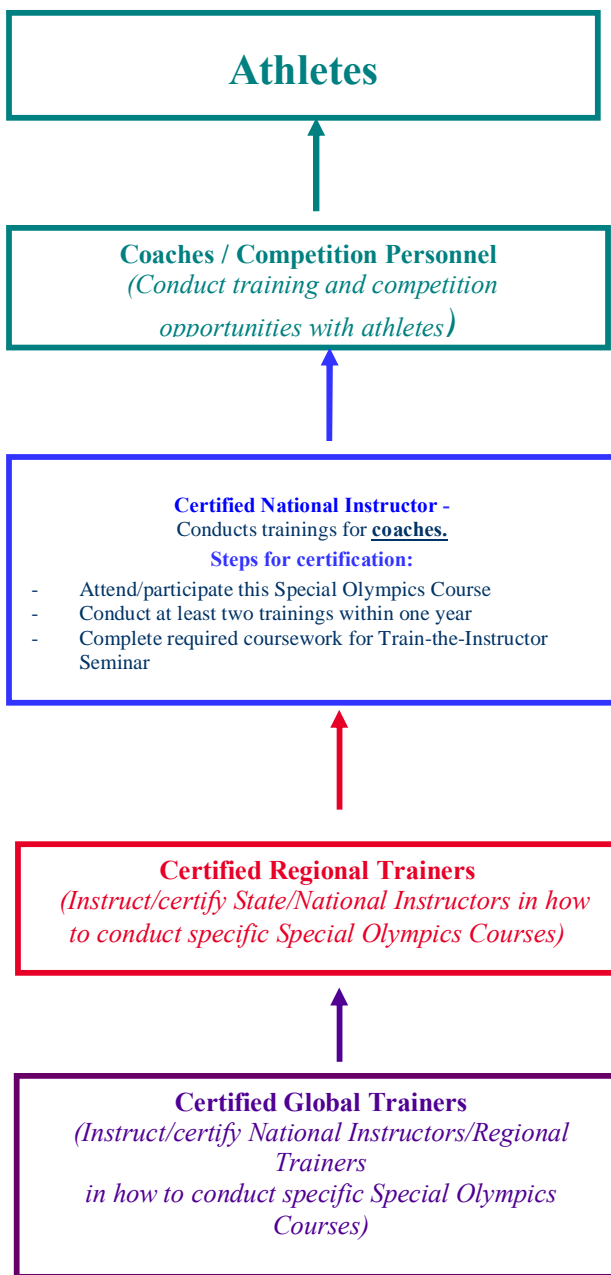
Having Certified Instructors in your program allows you to hold trainings when you need them, in what sport you need them without travelling or working around others schedules.

Potential instructors must have the following qualifications:

- Special Olympics experience (broad understanding and background in Special Olympics)
- sport experience (former sport participant or certified sport federation coach)
- effective communication skills

To become a Certified National Instructor, an individual has to attend this seminar, conduct two courses within that same year and complete the paperwork. This will all be outlined in the training.

North America Train-the-Trainer System



Special Olympics

Vermont

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Course Descriptions

Coaching Special Olympics Athletes Course ó This course is designed for the new coach with sport experience and the veteran Special Olympics coach looking to improve his or her training and coaching skills. The course involves four sections: the athlete, the coach, training and coaching each athlete, and successfully preparing for competition. Topics include:

- intellectual disabilities - psychological, and social considerations
- expanding the role as a Special Olympics coach
- improving athletes performance and behavior through positive coaching techniques

Principles of Coaching Course ó This course is non-sport specific and seeks to expand more of the sport sciences. It addresses the basic principles of coaching, coaching philosophy, planning and coaching administration, fitness and conditioning, and safety and risk management. Topics include:

- expanding the sport sciences
- planning and administration
- sports psychology
- physical preparation and nutrition

2009 REGISTRATION FORM

Name
Address
Local Program
Phone <input type="checkbox"/> Home <input type="checkbox"/> Work
E-Mail
How do you prefer to receive SOVT communications? <input type="checkbox"/> Regular mail <input type="checkbox"/> E-mail
The \$50.00 registration fee includes materials, Friday dinner and lodging, Saturday breakfast and lunch.
METHOD OF PAYMENT
<input type="checkbox"/> Check (Enclose) <input type="checkbox"/> Bill my Local Program
Roommate Preference ó please list
Return to: ddiaz@vtso.org or mail to Special Olympics Vermont, 368 Avenue D, Suite 30, Williston, VT 05495

Space is limited for overnight accommodations; registrations will be accepted on a first come basis.

2009 Registration Deadline

September 11th

Receive a 10% discount before August 24th



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Schedule

Friday – September 25th

5:00pm Registration
5:30pm Dinner
6:30 ó 9:00 Training ó Making Effective Presentations
Train the Trainer ó Session I

Participants will be assigned a section of training to present as part of certification on Sunday.

Saturday – September 26th

7:00am Breakfast
8:00am Train the Trainer -Session II and Session III
12:00pm Lunch
12:45pm Train the Trainer -Session IV and Session V
3:15pm Break
3:30pm Participants Presentations
5:30pm Debrief and Depart



Special Olympics

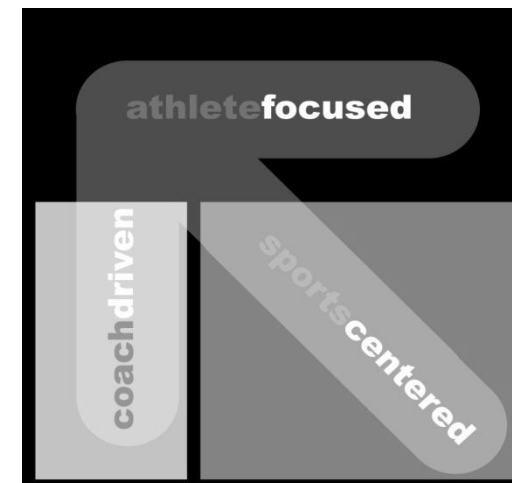
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Train-the-Trainer

Coaching Special Olympics Athletes Principles of Coaching

September 25 – 26, 2009



**Vermont Police Academy
Pittsford, Vermont**

Take U.S. Route 7 to Pittsford. Turn East onto Furnace Road.
Take the first left onto Academy Road. Follow signs to the student parking lot