

Special Olympics Delaware

What does it mean to be a Special Olympics
Coach?

Special Olympics
Delaware



Real Sports Experience

Special Olympics is first and foremost a sports organization

1. **Athlete Safety**-Coaches provide appropriate supervision at all practices and events.
2. **Athlete Development**-Athletes are encouraged to perform their sport to the best of their ability.
3. **Sport Development**-Coaches attend sport clinics to further their skills and to keep current on Special Olympics requirements.

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Special Olympics Delaware Coaches



The coach is responsible for a team. Special Olympics Delaware requires coaches to become certified in the sport . Coaches report to a Sport Director for their assigned sport.

- **In addition, coaches are expected to ensure the following responsibilities are carried out:**
 - Attend all sports meetings and conference calls pertaining to specific sports
 - Maintain athlete records and complete registration process for competition
 - Assess each athlete to determine appropriate skill level for competition and training.
 - Communicate with athletes and their families all information concerning training, competition, and events.
 - Develop an 8-10 week training program for the team (or each athlete for skills events) including fundamental skills, conditioning, and rules.
 - Conduct well organized practices, utilizing assistant coaches and volunteers.
 - Have complete knowledge of and abide by Sports Rules of Special Olympics.
 - Attend competitions with the athletes and provide the appropriate supervision to all athletes for the duration of the event.
 - This includes ensuring that all athletes are present and on time at the appropriate staging areas, events, and special events.



Uniforms and Attire

Area Leadership Team Members and Coaches are responsible for making sure athletes and unified partners have matching uniforms and for submitting uniform orders when needed.

- Dress Code Guidelines for events
 - Athletes should wear the uniform purchased by SODE and sport-specific shorts or khakis
 - Coaches should wear uniform shirts purchased by SODE and khaki-type shorts or slacks.

*JEANS SHOULD NOT BE WORN DURING EVENTS

Event Roles and Responsibilities



Coaches play an important role in the success of events and are expected to fulfill the following responsibilities:

- Chaperone athletes to ensure appropriate supervision
- Encourage athletes to attend Olympic Village and Healthy Athletes when they are not competing
- Follow directions of the Area Leadership Team Member or Head Coach
- Actively participate in athlete involvement
- Arrive on time to staging areas, events, and other scheduled meetings
- Assist as needed with administrative duties
- Act as a role model at all times

Special Olympics Coaches' Oath

"In the name of all coaches, we shall follow written and verbal instructions of Special Olympics officials at all times, have our athletes at the appropriate events and activities at the proper time and abide by the rules and policies, in the spirit of sportsmanship."

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