



***Special  
Olympics***  
*Massachusetts*

2019  
Fall Sports Season  
Informational Packet

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## Fall Season Event Calendar

- September
  - 14<sup>th</sup> & 15<sup>th</sup> Newport Sailing Regatta
  - 14<sup>th</sup> & 15<sup>th</sup> Coaches College
  - 14<sup>th</sup> Barnstable County Sheriff Run around the Jail 5K
  - 28<sup>th</sup> North Shore Equestrian
  - 29<sup>th</sup> LETR Berkshires Humvee Push
  - 29<sup>th</sup> South Shore Equestrian
  - 29<sup>th</sup> Big E Day
  
- October
  - 6<sup>th</sup> Pingree Soccer Qualifying Tournament
  - 11<sup>th</sup> & 12<sup>th</sup> Senior Sports
  - 20<sup>th</sup> Westfield Football Qualifying Tournament
  - Oxford Soccer Qualifying Tournament
  - Mansfield Soccer Qualifying Tournament
  - 27<sup>th</sup> Harvard Stadium Football Qualifying Tournament
  - TBD Flag Football Qualifier – Stonehill College
  
- November
  - 3<sup>rd</sup> State Soccer Cup
  - 17<sup>th</sup> Flag Football Bowl
  - Super Plunge – Pittsfield
  - Poultry Plunge - Pittsfield
  
- December
  - 1<sup>st</sup> LETR Cop on Top, Chicopee
  - 1<sup>st</sup> – 2<sup>nd</sup> LETR Cop on Top, Pittsfield
  - 1<sup>st</sup> Jolly Jaunt, Boston
  - 2<sup>nd</sup> LETR Holiday 5K, Peabody
  - 2<sup>nd</sup> Jolly Jaunt Hyannis
  - 9<sup>th</sup> Tabor Academy Polar Plunge

## 2019 Fall Season Deadlines

- **\*All athletes MUST have a valid medical to begin training\***
- **\*\*All Class A's/Medicals are due no later than week before the qualifier, or they will be scratched from competition\*\***
- **\*Send all forms to [Ops@SpecialOlympicsMA.org](mailto:Ops@SpecialOlympicsMA.org)\***

<b>Wednesday, August 28<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• Rosters from last Fall Season sent to coaches               <ul style="list-style-type: none"> <li>○ Will include medical/class A expiration dates and registered events from last season</li> </ul> </li> </ul>
<b>Wednesday, September 4<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• Soccer Team Intents Due               <ul style="list-style-type: none"> <li>○ Let SOMA know how many teams will be attending qualifiers and what their age/ability/discipline is. 7v7 will once again be offered, and 3v3 for any Juniors teams interested.</li> <li>○ Soccer qualifier venues will be assigned this year and sent to teams the following week</li> </ul> </li> </ul>
<b>Wednesday, September 11<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• Flag Football Team Intents Due</li> <li>• Senior Sports Registration and Housing Due</li> </ul>
<b>Wednesday, September 18<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• Soccer Registrations due for teams competing at Pingree</li> </ul>
<b>Wednesday, October 2<sup>nd</sup></b>	<ul style="list-style-type: none"> <li>• Soccer registrations due for teams competing at Oxford and Mansfield</li> </ul>
<b>Monday, October 21<sup>st</sup></b>	<ul style="list-style-type: none"> <li>• Soccer Final Registrations sent to Coaches</li> </ul>
<b>Wednesday, October 23<sup>rd</sup></b>	<ul style="list-style-type: none"> <li>• Soccer Final Registration due</li> </ul>
<b>Monday, October 28<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• Flag Football / Cheerleading Final Registrations sent to coaches</li> </ul>
<b>Wednesday, October 30<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• Final Registration due for Flag Football / Cheerleading</li> </ul>

## Fall Season Sport Offering

### Fall Season Sports Offered

- Equestrian
- Flag Football & Cheerleading
- Soccer

### Sport Rules

- Qualifying Tournaments are mandatory for all athletes and Unified Partners that wish to advance onto the Season Ending State Tournament.
  - Waivers requests for missing qualifier must be submitted prior to qualifying tournament and will be reviewed by SOMA staff
  - Qualifying Tournaments will be a round robin format
- Special Olympics Resource page ([http://www.specialolympics.org/Sections/Sports-and-Games/Sports\\_and\\_Games.aspx](http://www.specialolympics.org/Sections/Sports-and-Games/Sports_and_Games.aspx)) is home to
  - All Sports rules
  - Coaching and training guides

### Sport Appropriate Uniforms & Equipment Guidelines

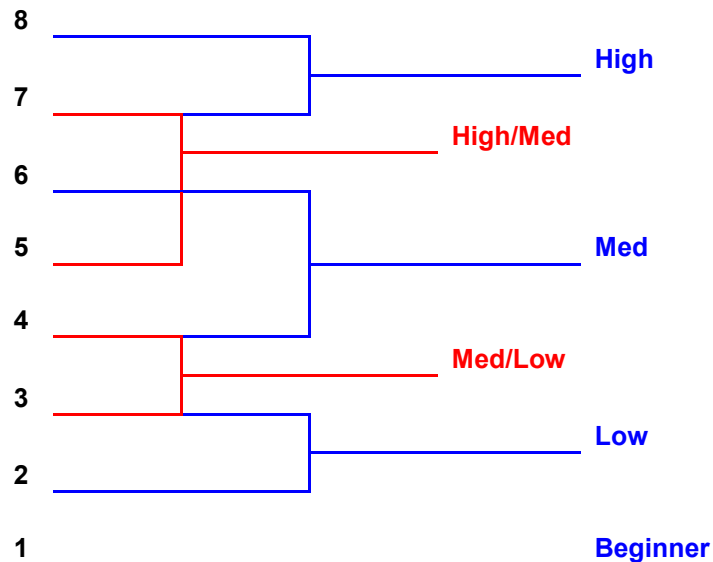
- Matching Branded Uniforms **are required** for all participants
  - Soccer
    - Logoed Shirt with #'s
    - Matching shorts or pants (*NO POCKETS*)
    - Cleats
    - Shin Guards
    - Teams must provide their own Soccer ball
    - Mouth Guards
  - Flag Football
    - Logoed Shirt with #'s
    - Matching shorts or pants (*NO POCKETS*)
    - Cleats
    - Tri flagged quick release belt
    - Mouth guards
  - Coaches – Logoed Polo Shirt / T- Shirt / Hoodie or Jacket / Pants
- The following alternations to uniforms or equipment is **NOT ALLOWED**
  - Any equipment deemed unsafe that could lead to potential injuries to any of the participants on the playing field, such as exposed metal, crutches, canes or wheelchairs are not allowed.
  - Metal cleats
  - Hard casts
  - Face Paint
  - Pockets on shorts or pants
  - Shoulder pads
  - Helmets

## Team Evaluation Form

The Team evaluation form (*accompanying documentation*) is a tool to help you identify the level of your team. Is **HIGHLY recommended** that a coach fills it out to determine your team's level of play.

Instructions:

- 1) Individual Assessment Form
  - a. Complete one individual assessment for each athlete and or Unified Partner
  - b. Choose a point value the best describes the individual's skill level
  - c. When each section is complete add each score box for a total point value for that section
  - d. Add up the total from each section and divide by six for the individuals overall rating
  - e. Transfer scores to Team Summary Form
  
- 2) Team Summary Form
  - a. Transfer results from all individual assessment's to team summary form
  - b. List the players from the highest score to the lowest score
  - c. Add all the scores and take the average to get the Total team rating
  - d. Add all the scores from the top five players and take the average to get the Top Five Players score
  - e. Add all the scores and take the average of the bottom five players to get the bottom five players score
  
- 3) Results
  - a. The following graph will determine your level based on your team's rating score



## Sport Information

### Flag Football & Cheerleading:

- Qualifying Tournaments
  - TBD – Stonehill College, Easton
  - 10/20 Westfield State College, Westfield
  - 10/27 Harvard Stadium, Boston MA
  
- **Teams will BE ASSIGNED** to a qualifying tournament
  
- Qualifying Tournaments **are mandatory** for all athletes and Unified Partners that wish to advance onto the Season Ending Tournament
  - Teams may attend one(1) of the above events to qualify
  - Waivers requests for missing qualifier must be submitted 1 week prior to qualifying tournament and will be reviewed by SOMA staff
  - Qualifying Tournament will be a round robin format
  
  - Athletes competing in Cheerleading do not have to attend an Qualifying Tournament in order to compete at the State Games
    - *As cheerleading is a demonstration sport, athletes who compete in Cheerleading may also compete in either Soccer or Equestrian*
  
- Roster Size
  - Minimum of 8; Maximum of 15
  
- Registration
  - September 11<sup>th</sup> Team Intentions DUE
  - Week of September 16<sup>th</sup> Qualifier location assignments sent to programs
  - October 30<sup>th</sup> **FINAL REG DUE**
  
- Cheerleading Equipment Needed
  - Music & IPod
  - Pom-Pom's
  - All cheerleaders should be dressed in the appropriate cheerleading uniforms

## Flag Football & Cheerleading Continued

- Season Ending Tournament
  - When: Saturday November
  - Where: Gillette Stadium & Franklin High School
    - Teams that were at Franklin High School in 2018 will be given preference, but are not guaranteed, to play at Gillette in 2019
    - **Starting in 2019 Cheerleading will begin rotating out of Gillette like flag football**
  - Meals
    - No lunch is provided.
    - Special Olympics Massachusetts is working with the Patriots to offer discounted meals at CBS Scene for all teams as well as working to arrange for concessions at Franklin High School
  - Transportation
    - All programs and teams are responsible for their own transportation to and from this event.
  - Notes
    - This annual event is hosted by the New England Patriots Charitable Foundation. With this partnership, this event also serves as a New England based Flag Football Championship with teams from all over New England participating.



## Soccer:

- Qualifying Tournaments
  - 10/6 Pingree School, Hamilton, MA
  - 10/20 Ruel Field, Oxford, MA
  - 10/20 Plymouth St Fields, 50 Plymouth St, Mansfield
  
- Qualifier Location
  - Teams **will be ASSIGNED TO** a qualifier location
  
- Qualifying Tournaments are **mandatory** for all athletes and Unified Partners that wish to advance onto the Season Ending Tournament
  - Waivers requests for missing qualifier must be submitted 1 week prior to qualifying tournament and will be reviewed by SOMA staff
  - Qualifying Tournament will be a round robin format
  
- Roster Size
  - Minimum of 8; Maximum of 15
  
- Soccer Offerings
  - 3v3 for all Juniors levels teams
    - *Juniors will only be allowed to enter a 3v3 roster*
    - *SOMA also considering 3v3 for Player development*
  - 5v5
  - 7v7 Unified and Traditional for High Level teams
  
- Registration **DUE** Dates
  - September 4<sup>th</sup> Team Intentions DUE
  - Week of September 9<sup>th</sup> Qualifier location assignments sent to programs
  - September 18<sup>th</sup> Pingree Registration **DUE**
  - October 2<sup>nd</sup> Oxford & Mansfield Registrations **DUE**
  - October 23<sup>rd</sup> **FINAL REG DUE**
  
- Season Ending Tournament
  - When: November 3<sup>rd</sup>
  - Where : The Governors Academy 1 Elm St, Byfield, MA
  - Meals
    - A box lunch of sandwich, drink, & fruit is provided to each participant.
      - *All lunches are donated by The Governors Academy*
  - Event Parking
    - Once onsite Governors Academy students will direct you to the appropriate parking spot.

- Please follow the students as they direct you into the campus and park where instructed, so we may have a safe traffic flow in and out of the campus.
  
- Notes
  - The annual Soccer State Cup is hosted in partnership with The Governors Academy. The Governors Academy has been the host site for this event for the past 30 years. Students make up the Games Management Team and meet for 2 months with SOMA staff to prepare themselves for running this event. In order to be a member of the Games Management Team, students apply during their junior year, where they shadow a senior for event. Shadows and event leads recruit the entire campus to volunteer, train volunteers, and raise funds in support of Special Olympics Massachusetts and the State Soccer Cup.

## Senior Sports Classic Overview

Date:	October 10 <sup>th</sup> & 11 <sup>th</sup>
Venues:	Cape Coder – <i>Hotel &amp; Dance</i> Fairfield Inn - <i>Hotel</i> Barnstable High - <i>Competition</i>
Sports Offered:	Bocce, Golf Skills, Corn Hole & Race-walking
Age Guidelines:	Senior Sports is for athletes 45 years or older Any athlete between 40-45 who attended in 2018 will be allowed to participate in 2019
Registration Info:	Each athlete will be allowed to participate in: <ul style="list-style-type: none"><li>• One race-walking event and</li><li>• One selection of bocce, corn hole or golf skills.</li><li>• For a total of two events</li></ul>
Other Events:	Friday Night Dinner & Dance Saturday BBQ hosted by the Parrot Heads
Awards:	To be given out following each heat/event
Medicals:	All athlete medicals should be onsite with the coach and will be checked for on Friday at registration. Medicals are due to Section Office by specified deadline.
Chaperone Ratio:	3 athletes to 1 Chaperone
Forms & Deadlines:	<b><u>DUE</u></b> September 4th

## Coach Education Criteria

### To Receive Certification

- 1) Be a SOMA Class A Volunteer:
  - a. Complete a Class "A" Volunteer application (*every 3 years*)
  - b. Complete the online Protective Behaviors (*every 3 years*)
  - c. Complete a "Coaching in SOMA" General Orientation (*1 time only*)
- 2) Complete the SOMA Sport Certification test (*every 3 years*)
- 3) Concussion Awareness Training
  - a. Requirement for all S.O. coaches across the country.
    - i. Available through the CDC website
    - ii. Available through the National Federation of State High School Associations [www.NFSH.org](http://www.NFSH.org)
    - iii. If you have already taken it through your work or school submit your completed certificate to SOMA and you are covered
- 4) CPR & First Aid Certification
  - a. All programs to have at least one individual who attends practices and tournaments to have this certification.
  - b. Does not need to be the Head Coach, just someone SOMA can track

And if you coach Unified Sports:

- 5) Complete a Unified Sports Course to Coach a Unified Sports Team
  - c. *Only if you coach a Unified Sports team*
  - d. *Done online*

If you have any questions about your certification status or certification status of the coaches in your program please contact your Operations Manager. See page to see who your Community Development Manager contact is.

### **Interested in hosting a CPR / 1<sup>st</sup> Aid Training for the programs in your area? Here is what you need to do:**

- Line up a volunteer trainer to teach course
  - SOMA will pay for lunch & certification cards
- Confirm course with your community development manager

## **Smoking, Drinking, Illegal Substances**

- Special Olympics Massachusetts has established that all competition venues, housing facilities, ceremonies venues, and Olympic Towns will be alcohol, tobacco, cannabis (of any form), non-control substances & vaping free. Any coach, chaperone, volunteer, family member or athlete in violation of the Policy will face disciplinary action from SOMA, which could result in the violating individual(s) being sent home and suspended from future participation. SOMA Coaches, Chaperones, Volunteers, Family Members or Athletes must agree to abstain from the consumption of alcoholic beverages, tobacco, cannabis, and vaping during the entire course of all Special Olympics Massachusetts competition events.
- No concealed weapons, firearms are allowed at any Special Olympics Massachusetts event!

## **Best Practices of a Safe Coach**

The following bullets are simple best practices of a safe coach and reminders for all Special Olympic Massachusetts coach

- Limit 1 to 1 interaction with athletes
  - always be with in the sight line or ear shot of others
- Always submit an incident report after an injury
- Follow injury and concussion return to play policy
- Never distribute any medication that is not in its original container
- Mandated reporter
  - SOMA coaches are not mandated reporters,
  - you know your athletes and if you suspect that they are subject to any abuse or in immediate danger do not hesitate to notify the police and Special Olympics staff
- Before any trip, event or overnight
  - review code of conduct
  - clearly explain rules and behavior expectations for all (*athletes, chaperones, partners*)
- Create a session long training plan that sets goals that focus on athlete development and skill improvement

## Coaches College

September 14<sup>th</sup> at Holy Cross Luth Athletic Complex, 1 College St, Worcester, MA

### Timeline

- 8:30am Coaches Registration
- 9:00am Welcome Session
- 10:00am Morning Session
 

Flag Football	Soccer	Track & Field
Swimming ( <i>part 1 of 2</i> )	Basketball	
- 12:00pm Lunch
- 1:00pm Afternoon Session
 

Swimming Continued	General Session
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### Session Overviews

- Flag Football
  - Lead by Brad Nathan & Zach Rocha of Sidekick Sports Academy. Sidekick Sports is an official affiliate of NFL Flag Football. This session will review proper Flag Football techniques and progression drills for athletes of all abilities.
    - Brad – Brad is a NFL Flag Certified Coach and has worked with multiple Recreation Departments during his ten years as a youth sports professional leader. He is the Director of the Arlington Recreation NFL Flag League.
    - Zach -Executive Director of Sidekick Sports Academy. Zach is a NFL Flag Certified Coach and founded the Boston Flag Football Association in 2016. He has overseen multiple coaching courses, across multiple sports and led the 2018 Special Olympics Massachusetts Flag Football Coaching Course.
- Soccer
  - Session will focus on athlete skill development as well as athlete progression from 3v3 model -5v5 model – 7v7 model
  - Lead by John Ford & Vicky DiNatale.
    - John holds multiple Mass Youth Soccer coaching certifications (*level E, F, G*) as well as being a certified regional and national coach with the National Soccer Coaches Association. John also is the Head coach for the New England Revolution Unified Team as well as been Head Soccer coach for team Massachusetts at 2006, 2010 & 2014 USA Games. John also was inducted into the Special Olympics Massachusetts Hall of Fame in 2006
    - Vicky is the Competition and Wellness Coordinator for Special Olympics Massachusetts, She has been a graduate assistant coach for the Springfield College Women's soccer team, Head coach for Northampton High School JV girls soccer team, Springfield College varsity soccer player, and assistant coach for the New England Revolution Unified Soccer team

- Track & Field
- Swimming
  - Lead by the Michael Phelps Foundation.
  - Michael Phelps Foundation is an official partner of Special Olympics Inc, and is re writing the swimming coaches guidelines for Special Olympics. This training will review:
    - Principles of Swimming
    - pool safety and being comfortable in the water
    - stroke development & techniques
    - Starts, turns & finishing
    - race pacing
- Basketball
  - Lead by Stephen Basden, 4 year starter for Endicott College varsity basketball team
  - Session will focus on athlete skill development from beginner entry level drills to drills and techniques for high level advanced players.
- General Session
  - Building Athlete Success On and Off the Playing Field
    - Coaching athletes is more than just teaching X's and O's, it is about developing the entire athlete, both on and off the field. Creating a culture of success requires attention to the small details that are often more important than the drills and skills you teach. We are looking to create athletes that are successful not because of the medals and trophies they have won, but instead because of the people they have become. This session will explore this topic and discuss best practices to create success in your athletes and your program.
  - Session will be led by Christin Santiago-Calling
    - Christin is a Recreational Therapist, with 20 years-experience of working with children and adolescents with trauma, neuropsychiatric diagnosis and sexual harmful behaviors. She is the Director of Recreational Therapy for the Whitney Academy in Freetown, Massachusetts, which is a residential treatment center for adolescent boys who have experienced significant trauma. She has developed many programs using innovative therapeutic activities in order to assist adolescents develop their internal and emotional skills through activity, movement, and clinically sound strategies that assist in them managing their trauma symptoms. Christin also has an international reputation as a skillful and engaging trainer, having both trained and supervised across the USA, Canada, Europe, Scandinavia, UK, and in Australia. Christin also coaches across a multitude of (seven) sports as a part of the Special Olympics of Massachusetts. In 2016 she was chosen as the Finalist for Coach of the Year for Special Olympics of North America. In 2018 she was selected as the Head Athletics Coach for Special Olympics of Massachusetts to participate in the USA Games in Seattle, Washington. 2019 she was inducted into the Special Olympics Massachusetts Hall of Fame.
- Incentives
  - Sign up for one session – Portable cell phone charger with Special Olympics Logo
  - Sign up for two sessions – Warm up Jacket with Special Olympics Logo

## County Contacts

The below counties (*with a few exceptions*) are overseen by a Operations Manager.

<b>County</b>	<b>Manager</b>	<b>E-mail address</b>	<b>Phone</b>
Barnstable	Eric Archambault	<a href="mailto:eric.archambault@SpecialOlympicsMa.org">eric.archambault@SpecialOlympicsMa.org</a>	508-485-0986 ext. 221
Berkshire	Matt Vaghi	<a href="mailto:matt.vaghi@SpecialOlympicsMa.org">matt.vaghi@SpecialOlympicsMa.org</a>	508-485-0986 ext. 229
Bristol	Eric Archambault	<a href="mailto:eric.archambault@SpecialOlympicsMa.org">eric.archambault@SpecialOlympicsMa.org</a>	508-485-0986 ext. 221
Dukes	Eric Archambault	<a href="mailto:eric.archambault@SpecialOlympicsMa.org">eric.archambault@SpecialOlympicsMa.org</a>	508-485-0986 ext. 221
Essex	Kevin Crossman	<a href="mailto:kevin.crossman@SpecialOlympicsMa.org">kevin.crossman@SpecialOlympicsMa.org</a>	508-485-0986 ext. 259
Franklin	Matt Vaghi	<a href="mailto:matt.vaghi@SpecialOlympicsMa.org">matt.vaghi@SpecialOlympicsMa.org</a>	508-485-0986 ext. 229
Hampden	Matt Vaghi	<a href="mailto:matt.vaghi@SpecialOlympicsMa.org">matt.vaghi@SpecialOlympicsMa.org</a>	508-485-0986 ext. 229
Hampshire	Matt Vaghi	<a href="mailto:matt.vaghi@SpecialOlympicsMa.org">matt.vaghi@SpecialOlympicsMa.org</a>	508-485-0986 ext. 229
Middlesex	Kevin Crossman	<a href="mailto:kevin.crossman@SpecialOlympicsMa.org">kevin.crossman@SpecialOlympicsMa.org</a>	508-485-0986 ext. 259
Nantucket	Eric Archambault	<a href="mailto:eric.archambault@SpecialOlympicsMa.org">eric.archambault@SpecialOlympicsMa.org</a>	508-485-0986 ext. 221
Norfolk	Kevin Crossman	<a href="mailto:kevin.crossman@SpecialOlympicsMa.org">kevin.crossman@SpecialOlympicsMa.org</a>	508-485-0986 ext. 259
Plymouth	Eric Archambault	<a href="mailto:eric.archambault@SpecialOlympicsMa.org">eric.archambault@SpecialOlympicsMa.org</a>	508-485-0986 ext. 221
Suffolk	Kevin Crossman	<a href="mailto:kevin.crossman@SpecialOlympicsMa.org">kevin.crossman@SpecialOlympicsMa.org</a>	508-485-0986 ext. 259
Worcester	Matt Vaghi	<a href="mailto:matt.vaghi@SpecialOlympicsMa.org">matt.vaghi@SpecialOlympicsMa.org</a>	508-485-0986 ext. 229



## Volunteers Needed

If your program or team needs help recruiting Coaches, Unified Partners or Volunteers let SOMA know so we may help you by advertising your needs in our monthly volunteer newsletter.

Please submit the following information to Jennifer Dowdy at [Jennifer.dowdy@specialolympicsma.org](mailto:Jennifer.dowdy@specialolympicsma.org)

- Sport
- Practice Location, Day & Time
- Age of your athletes
- Contact person with email address and phone number



Come and celebrate Special Olympics Massachusetts at the BIG E on September 30<sup>th</sup>  
All SOMA teams will receive free entry to the fair and t-shirts

9:30 am	First arrival time for Teams at Fair Ground Bus Depot
10:00 am	Opening Ceremony at the Flag Plaza
11:30 am	Second arrival time for teams at Fair Grounds Bus Depot
1:00 – 4 pm	Young Athletes Expo, Unified Bocce, and Cheerleading Demonstration at Storrowton Village
4:30 pm	Staging for BIG E Parade
5:00 pm	BIG E Parade

To register or for more information please contact your Operations Manager at [ops@SpecialOlympicsMA.org](mailto:ops@SpecialOlympicsMA.org)

Special Olympics Massachusetts would like to THANK the following partners!

