

# Coaching Clinics

## Preparing for State Games Roundtable



Preparation starts with  
practice:

What do you do  
to prepare your athletes at  
practice?

# Preparing for State Games

- Practice to Compete
- Have your athletes ready for the physical demands of a long weekend by including fitness in your practice schedule
- Know the rules and follow them locally
- Make sure your athletes/coaches are eligible

# Preparing for State Games

- Understand the quota process and divisioning

# Quota

**Example:** There are 10 Level 2 golf slots available for an upcoming state games. Overall, there are 100 athletes & unified partners that are in the golf RTP. How is the original and final quota calculated?

Area Program	RTP Number	Original Quota	Requests	Releases	Final Quota
2	20	2		1	1
3	40	4	4		5
4	10	1	1		2
5	30	3		2	1
6	2	0	1		1

# Divisioning

- <https://youtu.be/oOFkQssMM8U?si=1caToet73OTkceBN>

## Other Factors

Accurate qualifying scores matter!!

An athlete or team's division can change from local, regional & state competition based on the level of play.

To ensure equitable competition, age groups and/or gender can be combined to ensure divisions of 3-8 athletes/teams.

# How does your HOD prepare you for State Games?

- Attend the sports specific calls
- Use the Delegation Hub
- Share information with families and athletes, you are the "Connector"

# Games Registration: How do you prepare for Games Registration?

# State Games Registration

- Registration is on-line  
<https://www.specialolympicsva.org/summer-games/summer-games-registration-tutorial>
- Enter accurate times/distances
- Delegation Reports
- Alternates: Registration/Activation
- Communicate with your HOD/Area leadership

# Playing time locally and at state games

# How do you handle your athlete's medical and daily living needs?

# Medical/Daily Living Skills Preparation

- Review medical information, emergency contact information and medications with your athletes and their families/guardians
- Obtain a medical update on your athletes prior to traveling whether your athletes are on medications or not

## Medical Update Form (Sample)

Athlete/Unified Partner/Coach Name:

Athlete/Unified Partner/Coach Sport:

Check and fill in  
information on any  
allergies:

- Food
- Medications
- Insect Bites
- Other

Any special dietary needs:

Can the athlete/partner/coach administer their own medications?  Yes  No

Please describe any medical issues that are significant:



### Current Medications and Instructions

Medication/Vitamin or Supplement Name	Dosage	Times per day	Time of Day Administered	Medication needs to be taken with food (yes/no)
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

Any additional information you want to share with your coach or the event team that is important in the care of the athlete

Athletes are in an unfamiliar environment and may forget to take their medications

# How do athletes and families pack their medications?



If you have athletes with medications or medical conditions that need special care then bring an additional medically trained person with your delegation or a parent as an additional chaperone that is familiar with the athlete's needs

# Final questions or best practices?

# Compete as often as you can

<https://www.specialolympicsva.org/events/invitationals>