



Coaches Spirit

The Quarterly Training and Competition Newsletter for Special Olympics Montana

Volume 1 Edition 1

5 January, 2010



Reminders!

1. [Winter Games Registration](#) is due at the State Office by February 3, 2010. If you do not receive your registration packet by January 8, please call the State Office.
2. Coaches Training Camp Survey is due on March 15. You can access the survey on our website at www.somt.org
3. Don't forget to forward Area Winter Games information to the State Office. This information is necessary, so we can insure our annual census accurately reflects all athletes who take part in Special Olympics Montana programs. Paper copies are accepted; we will manually enter this information into our database.
4. Public school teachers can receive OPI credits for SOMT training; contact Rise for more information.

Upcoming Competition Events

2010

February 8 – Southwest Area Winter Games – Discovery Basin

February 21-23 – Big Sky Area Winter Games – Bozeman and Moonlight Basin

[February 28 – March 2 – State Winter Games – Whitefish](#)

March 9 – Southwest Area Bowling Tournament – Butte

April 23-24 – Yellowstone Valley Spring Games – Billings

April 24 – TriCounty Area Spring Games – Helena

April 27-28 – Southwest Area Spring Games – Butte

May 12-14 – State Summer Games – Bozeman

[July 18-23 – National Games – Lincoln, Nebraska](#)

August 5-8 – Coaches Training Camp – Great Falls

September 24-26 – Fall Leadership Conference – Great Falls

November 4-6 – State Basketball Tournament (tentative date) – Butte

2011

June 6 – July 14 – World Summer Games – Athens, Greece

[More Events](#)

Coaches Training Camp 2010

In 2009, SOMT held its first Coaches Training Camp with approximately 70 coaches taking courses in eight sports-specific trainings and five non-sports specific trainings.

Sports specific trainings were for levels II & IV and included athletics, aquatics, basketball, horseshoes, golf, gymnastics, bocce and floor hockey. Non-sports specific trainings included Principles of Coaching (Level III), Unified Sports®, Project Unify, GMS training and paperwork preparation.

**2010 Coaches Training
Camp
August 5th-8th, 2010
Montana School for the
Deaf and Blind
Great Falls, MT**

We again plan to present a training camp in the first weekend in August. We are asking for your assistance to plan what sessions will be offered. A survey form is available at our website, www.somt.org. This is an on-line survey. Your recommendations will determine what courses will be offered.

The final schedule for the coaches training camp will be ready by State Summer Games and will be posted on our website.

As in 2009, SOMT will provide free dormitory housing at the Montana School for the Deaf and Blind (MSDB). Coaches wishing to stay elsewhere may do so at their own expense.

New Coaches Training Guidelines

New rules are being presented and current rules are being revised for coaches training by Special Olympics North America (SONA). The following changes effect coaches training in Montana:

1. All coaches, volunteers and chaperones must complete Level I training within one year. Level I training is in two parts: General Orientation, which is a one-time only requirement and Protective Behaviors, which must be retaken every three years. Level I training can be accessed at www.somt.org/forms.
2. Coaches are expected to be at least Level II in the sport they coach within two years. Coaches completing Level II training for the first time must do 10 hours of practicum **after** the training. Practicum prior to the training is no longer acceptable. The reasoning is that coaches will learn new skills they can bring to their training sessions with their athletes.

This rule change does not affect Principles of Coaching or Level IV training. For these trainings, previous experience is acceptable. However, if a coach completes Level II and Level IV training at the same time, certification will not take effect until the practicum is completed.

This change went into effect on June 1, 2009.

3. All sport head coaches and Local Program Coordinators are expected to complete Principles of Coaching (POC) within six years or by 2016, whichever is later. Coaches who have already completed this training will be grandfathered.**

**Anyone interested in coaching for Team USA at the 2011 World Games must take POC. SONA is considering this as a requirement for National Games after 2010.

National Games Lincoln, Nebraska July 18-23, 2010

Congratulations to the following coaches and athletes selected for Team Montana:

Athletics

<i>Joe Ouert – Coach</i>	<i>Jess Rago – Coach</i>
Tom Dohrman – Great Falls	Tina Hunt – Missoula
Carson Patten – Lewistown	Katie McNeil – Bozeman
Becky West – Kalispell	Jim Lowery – Great Falls

Bocce

<i>Kristie Anderson – Coach</i>	
Carol Ollikain – Lewistown	Pat Chapman – Great Falls
Joe Gibson – Butte	Kim Palmers – Great Falls

Golf

Warren Gramling – Coach	
Stacey Johnston – Chester	Alan Gotcher – Eureka
Jessie Gratz – Great Falls	John Espinoza – Eureka

Soccer

<i>Vanessa Browning – Coach</i>	<i>Jennie Griswold – Coach</i>
<i>Dan Tilton – Coach</i>	
Brandy Peterson – Billings	
Buzz Toliver – Billings	
Lawrence Flatlip III – Pryor	
Kerrie Sheets – Billings	
Bill Christophersen – Billings	
Michelle Hardy – Billings	
John Peck – Billings	
Lee Banderob – Billings	
Tim Knudson – Billings	
Kandi Christophersen – Billings	

Unified Soccer

<i>Denny Hogan – Coach</i>	<i>Ev Gillett – Coach</i>
<i>Suzie Barringer – Coach</i>	
Megan Dolan – Great Falls	
Georgie LaVallie – Great Falls	
J J Petersen – Great Falls	
LuAnn Howendobler – Great Falls	
Michael Rapp – Great Falls	
Trevor Trainor – Great Falls	
Haley Vining – Great Falls	
Ben Ensieleit – Great Falls	
Cassie Hogan – Great Falls	
Sabin Vaira – Great Falls	

Follow all of the competition and find information about the games at www.2010specialolympics.org



Training Tips

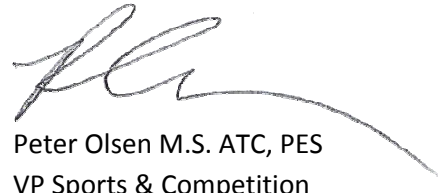
Pre-competition Nutrition: Regardless of the level of competition, the best performance, and ultimately the best experience can only come to an athlete who is appropriately fueled for his or her competition. While pre-competition nutrition is ultimately an individual endeavor guided by each athlete's own diet idiosyncrasies, there are some general guidelines that can help coaches guide nutrition choices:

Because it takes an average of three hours for food and fluids to pass through the stomach and be absorbed in the small intestine, pre-game nutritional plans should start at least three hours prior to competition. Increased hydration should occur during the entire 24 hour period leading up to a competition. This is especially important for sports where sweating is more likely. The primary fluid source should be water prior to competition. While a proper balance of electrolytes is important, unless otherwise recommended by a physician or sports medicine professional, limit beverages that are high in sodium or sugar such as pop or sports drinks. Electrolyte balance is most effectively maintained through a well-balanced diet. Athletes should attempt to eat a well-balanced meal three to four hours prior to the start of competition that consists of at least 60% complex carbohydrates and 20% protein. In order to maintain blood sugar levels, athletes should then snack up until 30 minutes prior to beginning physical exertion (warm-up or competition, whichever occurs first). Snacks can consist of crackers, granola bars, or any other light food an athlete likes. Snacks should be small e.g. a handful of raisins, or half a granola bar every thirty minutes or so.

In a tournament situation, athletes often must recover quickly from a competition in order to compete again in a relatively short time frame. In these situations, proper post competition nutrition is crucial. Hydration should continue at an increased rate and athletes should consume a snack high in carbohydrates and protein within 30min to an hour after competition. While traditionally, fruit has been thought to have been an effective recovery food, recent research suggests that fruits high in fructose such as oranges

can actually contribute to a crash after the sugar is burned by the body. Instead, the current recommendation as the result of a longitudinal study of elite cyclists is that athletes consume chocolate milk!! after competition due to its effective balance of carbohydrates, protein and fat. Ultimately, the key is that your athletes need to eat *something* after competition that contains both carbohydrate and protein.

Thank you coaches for everything that you do to ensure the highest quality competitive experiences for your athletes!



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