



### Young Athletes Coach Responsibilities:

- Must be ages 16 or older.
- Experience working with children with intellectual disabilities preferred but not required.
- Willing to drive up to 30 minutes, one day a week, for a 6-8 week time frame (varies by program site).
- Attend one of the scheduled Young Athletes Coaches trainings hosted by Special Olympics MA staff on Zoom. These trainings will be happening on a quarterly basis. Next one in April.
- **Lead-Up Preparation to a Weekly Young Athletes Program:**
  - Continue to familiarize oneself with the Young Athletes activity guide and other resources which will be introduced during the training.
  - Help create a Young Athletes session plan for a 6-8 week program (warm up, skill development stations, group activities, cool down).
- **Day Of Young Athletes Program Responsibilities:**
  - Set up equipment stations and layout of the activities according to the weekly session plan.
  - Be flexible with making adaptations and modifications to activities or equipment based upon the abilities of participants.
  - Ensure each athlete is able to participate at their own pace.
  - Allow the Young Athletes to take on leadership roles during each session as you see fit (leading songs, warm up stretches, etc.).
- After each session, make announcements to parents about future sessions and what to expect.
- Make note of the skills that were challenging and should be worked on again in the next session.
- Provide resources and information to encourage family members to continue practicing the activities with their children at home. Additional resources can be provided by the Special Olympics MA staff upon request.

### Young Athletes Site Coordinator:

- Must be ages 21 or older.
- All knowledge of responsibilities included with being a Young Athletes coach.
- Past experience working with the Special Olympics Young Athletes Program.
- Communicate with Special Olympics MA staff about starting a Young Athletes program in your community.
- Help identify and recruit potential volunteer groups to help each week of the program.
  - Ideal to have a 1:1 ratio of volunteers to athletes. COVID guidelines have affected this.
- Ability to train and delegate responsibilities to volunteers.
- Help in the process of identifying a space to host a weekly Young Athletes program (gymnasium, outdoor field, conference room, library, etc.)
- Confirm the day, time and location of a weekly program with SOMA staff.
- Help promote the program, by sharing a flyer through different channels within the community. All participants will register through the Special Olympics MA website.
- Coordinate equipment kit, athlete/volunteer t-shirt & awards pick up with Special Olympics MA staff prior to week 1 of the program.
- Communicate important session information to families in weekly email reminders.
- Manage the registration check-in table each week before the activities begin. This includes managing the COVID pre-screening protocols of each volunteer, athlete and parent in attendance.