

## **SOPA / SOYO Multi-Sports Training Camp**

Special Olympics Pennsylvania (SOPA) and the Society of Orthodox Youth Organizations (SOYO) will hold a multi-sport training camp August 15 through August 21, 2010 at Antiochian Village in Bolivar, Pennsylvania.

Each year, approximately 140 Special Olympics athletes from across Pennsylvania, ranging in age from 12 to 50+ years, participate in this week-long training camp, featuring instruction in aquatics, athletics, basketball, bocce, golf, hiking, soccer, softball, tennis and volleyball. The athletes receive intensive training in a primary sport of their choice each morning and spend the afternoon learning about new sports in a less intensive training session. The sports training is complemented by a number of evening activities, including a get-acquainted night, movie night, bowling night, a square dance, a talent show, and a Farewell Dance.

The SOPA staff is made up of certified coaches, chaperones, and medical, administrative, and support personnel. The SOYO staff is made up of "teen coaches," most of whom are college students. Special Olympics athletes from the following county programs participated in last year's camp: Allegheny, Bethlehem, Blair, Delaware, Lawrence, Lehigh, Montgomery, Northumberland/Snyder, and Washington.

Like most summer camps, the Antiochian Village is in a rural, mountainous area with lots of trees and fresh air. The athletes and coaches live in cabins which accommodate up to eight people (four sets of bunk beds, a toilet, a shower, and a sink area). There is a full-time medical staff on hand. Meals are served in a dining hall. There are no TVs and there are no air conditioners. This is a busy, fun-filled week and there is no cost for the athletes and coaches to attend!

If you are interested in participating in Sports Camp either as an athlete or a coach, please contact Dan Floryshak **no later than April 1, 2010** at (610) 481-9728 or email "adjmflory@verizon.net."

## CAMP INFORMATION

### CAMP DESCRIPTION

- Scenic, mountain setting with modern cabins and facilities
- Outdoor basketball, volleyball, and tennis courts, soccer and softball fields, swimming pool
- Average daily temperature: 80-90 degrees
- Registered nurse, doctor, and EMT's on-site
- Sponsored by the North American Council of Teen SOYO

### SPORTS TRAINING

- Training offered: aquatics, athletics, basketball, soccer, softball, volleyball, & lifetime sports (bocce, hiking, golf, tennis, snowshoeing).
- Trained Clinicians and Certified Coaches at each training site.
- Morning and afternoon stretch/warm-up and long distance run/walk.
- Morning session – 2 hours of intensive training in primary sport
- Afternoon sessions – rotation through each of the other sports with less intensive training.
- Athletes will be running in hot sun for a total of three hours minimum each day.
- Athletes divided into ability groups for afternoon sports rotations.
- Athletes participate in each sport offered throughout the week
- SOYO and SOPA Coaches/Chaperones coach and participate with athletes in each sport.
- Additional recreational sports and camp activities offered.
- Rigorous drills conducted suitable to ability group.
- Mini competitions by ability group and Unified Sports™ competition with coaches on Friday.

### ATHLETE CRITERIA & REQUIREMENTS

- Applicants of all ability levels welcomed! **(Due to the Special Olympics required 4:1 athlete/coach ratio, this camp is not appropriate for those athletes requiring 1-to-1 attention for behavioral and/or physical needs.)**
- Athletes must be 12 years of age by camp date (8/15/2010).
- Athletes must be coachable, and/or accept instruction from new individuals
- Athletes must be well conditioned to endure up to 5 hours of intensive sports training each day. Pre-camp fitness training is highly recommended!
- Athletes must complete and sign all parts of Registration Application: Parts A – G (required by each athlete), Part H (2 recommendations required **only** if athlete **did not** attend camp in the previous 3 years), and a **current** and **complete** Special Olympics Pennsylvania Athlete Application (aka medical).
- Athletes must have trained/participated in at least one sport during the past year.
- Athletes must follow the rules of Antiochian Village, Camp Committee and Coaches.
- Athletes must exhibit sportsmanlike conduct/good attitude at all times and may not exhibit any significant behavior problems!
- Athletes must turn in car keys at registration when they arrive on Sunday, if providing own transportation.
- Athletes must be able to deal with last-minute changes to the schedule due to weather or other unforeseen circumstances.
- Athletes must be able to handle rural environment with outdoor wildlife, insects, and plants which could be encountered.

## CAMP INFORMATION (cont.)

### COACH CRITERIA & REQUIREMENTS:

- SOPA Coaches must be at least 18 years of age by application deadline.
- Coaches must accept athlete to coach, same-sex ratio policies enforced throughout the week.
- Coach Registration Form and Document of Coaches' Responsibility must be completed, signed front and back, and received by deadline.
- **Coaches must have a PA State Criminal Record Check dated 2005 or later and a Volunteer Application Form on file in County prior to registration deadline!**
- **Coaches must accept housing with athletes of the same-sex, that includes 24 hour responsibility, for all 7 days of camp. (Coaches may be assigned to supervise athletes from other counties.)**
- SOPA and SOYO chaperones will be referred to as coaches and therefore will be required to perform coaching duties.
- Coaches should know the athletes they accompany to camp.
- Coaches must accept authority of Camp Director and Committee.
- Coaches must participate and assist Head Clinicians at all assigned venues (including swimming)
- Coaches must work with all ability level athletes.
- Coaches must be well conditioned to endure up to 5 hours of intensive sports training each day. Pre-camp fitness training is highly recommended!
- Coaches must be able to endure an extremely long, hot, exhausting week with 100% participation, proper sports attire and good attitude! *(If you have a medical condition that prohibits you from participating in all coaching aspects...this is **not** the place for you!)*
- Coaches must be able to deal with last-minute changes to the schedule due to weather or other unforeseen circumstances.
- Coaches must be able to handle rural environment with outdoor wildlife, insects, and plants which could be encountered.

### ATHLETE to COACH SAME-SEX RATIO

- **Ratio of 4:1 (athlete to coach) policy maintained throughout week.**
- Applications of athletes accompanied by same-sex coach application receive first priority.
- Athlete applications not accompanied by a coach application will only be accepted on the availability of coaches applying and the condition that the same-sex 4:1 ratio is met.
- Male and female coaches must apply with same-sex ratio of athlete applicants.
- **Coaches** may be denied if there aren't sufficient **same-sex** athletes applying. Generally we have a higher percentage of male athletes apply to camp; therefore, male coaches are typically needed.