

SOKS General Information

This is a document that covers basics of Special Olympics Kansas policies, procedures, rules, etc for the sports/games that are offered by SOKS. Some of this information will apply more to the local program coordinator than an individual sport coach, but the basic information is good information for all coaches to know.

General Coaching Information

Current SOKS Coach Policy- Each Local Program is required to have one sport-specific certified coach at all regional and state competitions (found on pg. 24 of the SOKS Manual).

In order for a coach to be sport certified he/she must meet the following requirements (documents must be current):

- Class A on file at SOKS
- Protective Behaviors on file at SOKS
- Concussion training (certificate on file with SOKS)
- Coach training (Submit quiz to SOKS)
- Complete and submit sport-specific test

For coaching requirements, please visit the SOKS website.

Athlete Physicals

All athletes must have a current physical on file with the Headquarters Office in Kansas City to practice or compete with a team. Life doesn't start in SOKS without a current physical on file.

Physicals are good for 2-3 years depending on the date the physical is given and how that date falls within the physical cycle.

<u>Physicals Given Between</u>	<u>Expire</u>
January 1, 2014 – December 31, 2015	December 31, 2016
January 1, 2016 – December 31, 2017	December 31, 2018
January 1, 2018 – December 31, 2019	December 31, 2020

Down syndrome athletes must have a Down Syndrome Addendum on file with the Headquarters Office. If the athlete is positive for atlantoaxial, the form must state that it is ok for the athlete to participate in a specific sport. Athletes that are negative for atlantoaxial can participate without restrictions.

Send original physical forms to HQ (do not send to your regional office with games registration – common mistake), keep a copy for yourselves

Direct all questions about physicals to Linda Hunt @ the HQ office....913-236-9290 ext 101 or huntl@kssso.org

Specific Games/Sport Info

Most games/sports have a regional event that all athletes must attend in order for the athlete to attend the state event. The regional event is usually the month preceding the state event. Teams/athletes are registered for the regional event by submitting paperwork to the regional office by the deadline established by the regional director; usually 2 weeks prior to the event **If registration information has not been received 3 weeks prior to the regional games date, contact your regional director.** Once the regional event is completed those results are sent to the HQ office and that information is used to register the athlete/team for the state event....paperwork is filled out once by the coach or Local Program Coordinator even if the team will be attending both the regional and state events.

Winter Games

Registration info sent to teams by late December. Games in Weston, & St Joseph, MO 3rd week in January (Wednesday – Friday). Contact Tim Rehder for Competition Information at rehdert@kssso.org or 913.236.9290 ext. 108

Events Offered

Athletes can participate in Snowshoeing, Cross Country Skiing, Alpine Skiing, Figure & Ice Skating and Floor Hockey

Basketball & Cheerleading

Registration info sent to teams by mid January, regional events in February, state in Hays the 3rd weekend in March (Thursday – Saturday)

Events Offered

Athletes can participate in skills, team play, or cheerleading.

Athletes can participate in skills and team play, or cheerleading and team play.

Athletes cannot participate in skills and cheerleading because they are at the same time (Thursday afternoon) at state.

Powerlifting

Registration information sent to teams in early April. State Powerlifting is held in May

Events Offered

Athletes can participate in Combo 2 (deadlift, bench press)

Athletes can participate in Combo 3 (deadlift, bench press, squat)

Low motor events are sit-up and curls

Spring/Summer Games

Registration information sent to teams late March, regional events in April/May, Summer Games the first weekend in June (Friday – Sunday) in Wichita.

Athletes may choose one of the following sports (Minor Sports): Aquatics, Cycling, , and Tennis. These sports all compete Friday afternoon.

Sport Event Restrictions:

Aquatics:	2 individual events and a relay Low motor events (20m and under) or Regular motor events (25m and above)
Cycling:	No restrictions
Tennis:	Match play or skills

Athletes can compete in a minor sport and track or just track since track is held on Saturday and Sunday.

Softball & Golf

Registration information sent mid June, July for regional tournament, last weekend in July for state event in Wichita (Friday – Sunday).

Athletes can participate in both golf (Friday night) and softball (Saturday & Sunday)

Soccer & Bocce

Registration information sent early August, regional event in early September, state event the last Sunday in September in Olathe, KS

Athletes can participate in singles bocce, doubles bocce, or soccer.

Fall Sports Classic – Bowling & Volleyball

Registration information sent mid September, October for regional events, Fall Sports Classic in Kansas City the 2nd weekend in November (Friday & Saturday).

Athletes can participate in both bowling and volleyball. Since volleyball is on Friday, athletes that want to participate in both sports must bowl on Saturday. If an athlete doesn't play volleyball, they can bowl either day.