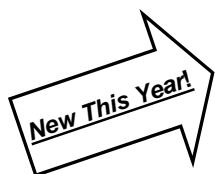


COURSE SELECTION INFORMATION



New Sports Programs taking place within the SOWA organization—

This is a session will introduce all coaches to the Young Athletes Program, Motor Activities Training Program (MATP), the new sport of Bocce, as well as the launch of the SOWA Sports Catalog for team uniforms with a presentation by Polar Graphics (our souvenir provider).

This is a MUST for all coaches who attend the 2008 Coaches Conference!!! This will take place in the morning on Sat. before classes begin.

ELECTIVE CHOICES #1:

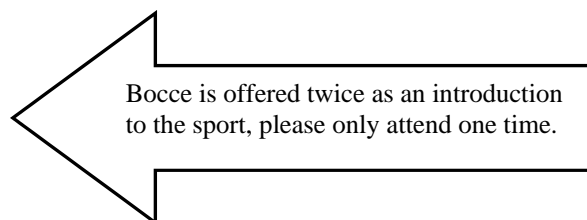
- 100 **How to recruit new volunteers--** A step by step process on how to find new volunteers and the importance of continuous recruiting. Taught by Launa Hoy.
- 101 **CPR (2 sections)—** Get a new CPR certification (good for two years) **Course will be limited to the first 20 participants!!! There will be 2 classes for up to 40 total participants.** This is CPR only, not First Aid. Open to coaches who have not taken CPR through SOWA in the last 2 years. Cost is \$15.00 (paid by coach)
- 102 **Coaching Special Olympic Athletes—** Identify any obstacles that may challenge an athlete in learning a sport, learn necessary skills to be a better coach, develop a training plan for a season, develop training plans for practices, learn of the importance of completing and sending in registration info. before deadlines, develop plans for supervision on day/overnight trips, and identify successful game day coaching strategies. Taught by Joe Hampson.
- 103 **Disabilities 101— What are they?--** Learn the different types of disabilities and/or health issues that athletes may possess on your teams. Learn to identify characteristics, symptoms, and how to handle each individuals disability differently. Taught by Lynne Swanson.

ELECTIVE CHOICES #2:

- 200 **Unified Sports--** How to start and run your own Unified Sports program. Taught by Jill Ives.
- 201 **Sports Injury & Prevention—** Learn how to avoid injury through proper warm-up techniques and trainings. If an injury should occur, learn the basic skills to avoid any further damage. Taught by Everett Physical Therapy.
- 202 **Outreach in the state — How can I help?** A course taught by Bill Southern, Outreach Mgr. for SOWA. Bill shares his findings from his experience in the outreach field all over the state in the last year. The course is designed to open the forum to how you as coaches can help Bill reach out to the community and schools in order to help SOWA grow and have more athletes, coaches, volunteers, and venues.

ELECTIVE CHOICES #3:

- 300 **AQUATICS** Skills Training
- 301 **BOWLING** Skills Training
- 302 **GOLF** Skills Training
- 303 **POWERLIFTING** Skills Training
- 303 **BOCCE** Skills Training



ELECTIVE CHOICES #4:

- 400 **ATHLETICS** Skills Training
- 401 **BASKETBALL** Skills Training
- 402 **SOCCER** Skills Training
- 403 **SOFTBALL** Skills Training
- 404 **BOCCE** Skills Training

(All Skills Courses include an introductory session and an activity session performing the skills--**bring appropriate attire!**)

**** courses may be dropped based on attendance! ****

****TENATIVE COURSES – SUBJECT TO CHANGE!!****