



SPECIAL OLYMPICS
SWEDEN
INVITATIONAL
GAMES 2020

Åre Östersund

Hoofdcoachmeeting
SO TEAM NL 2020





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INVITATIONAL
GAMES 2020

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Agenda

1. Welkom
2. Introductie filmpje Pre-World Games 2020 Zweden
3. Algemene info
4. Wat te doen in de voorbereiding als hoofdcoach?
5. Sportspecifiek
6. Overige
7. Afsluiting



Introductiefilm

Introductie filmpje





Algemene informatie



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Gegevens TEAM NL 2020

SO TEAM NL 2020:

- HOD – Natascha Bruers
- AHOD – Thijs van Attekum
- Hoofdcoach Langlauf – Christel Hanegraaf
- Hoofdcoach Shorttrack – Marijke Huijzer - Engebracht
- Hoofdcoach Snowboarden – Joel Rijkers
- Hoofdcoach Alpine Skiën – Ilona de Jong

Vluchtgegevens:

28 januari 2020 - 19 personen:

Amsterdam – Stockholm	11:10 – 13:10	SK556
Stockholm – Östersund	14:40 – 15:40	SK2064

05 februari:

Östersund – Stockholm	12:55 – 13:55	SK061
Stockholm – Amsterdam	16:10 – 18:15	SK1555

Arrival & Departure

- Arlanda – Terminal 5 & 2 → Terminal 4
- Special Olympics Gate at Terminal 4
- Arrival Services at Åre Östersund Airport
- Credentials will be handed out to the HOD at the airport
- Departure Services at Åre Östersund Airport



Host Town

- 4-5 different Host Towns, including Östersund
- Up to 3 hours transfer from Åre Östersund Airport
- Allocation will be based on arrival time, size of delegation etc.
- Host Town, including a schedule for your visit will be announced at least 3 weeks before arrival
- Accommodation in one- to four-bed rooms
- Towels, bedsheets and all meals are included
- Your Host Town will offer the opportunity to physical training but we cannot guarantee that the athletes can practice their specific sport



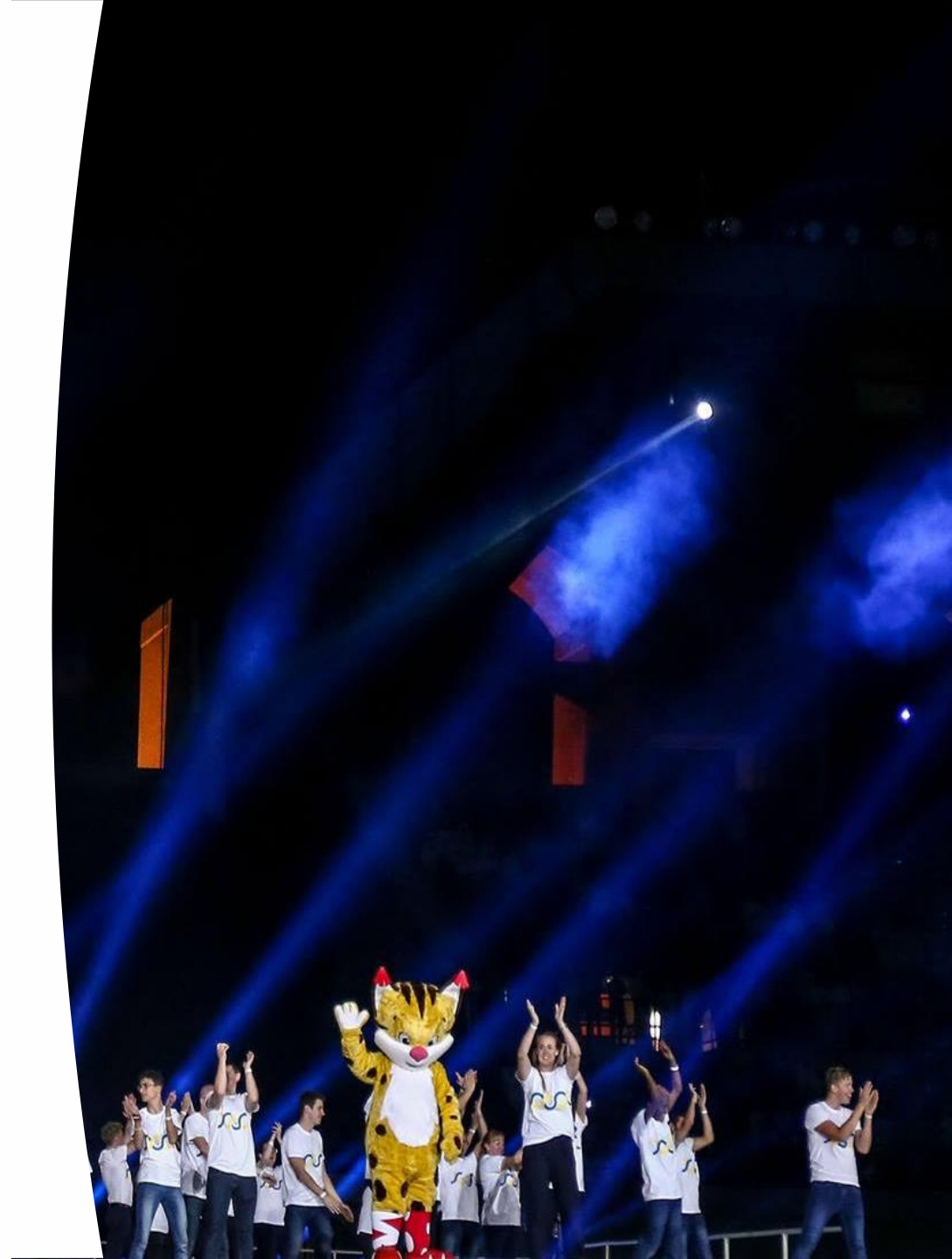
Accommodation

- Larger delegations – divided between Åre and Östersund depending on place of competition
- Smaller delegation – kept together
- Östersund – City – Hostels or Hotels
- Åre – Ski resort – Apartments
- Shuttle buses from the accommodations to the venues
- HOD responsible for the Delegations room allocation



Opening Ceremony

- February 1st – 7 pm
- City center of Östersund
- Duration: 1 hour
- Transportation for those who will be living in Åre
- Free access
- OUTDOORS



Healthy Athletes

- Health an overall theme for 2020 and 2021 – Healthy Athletes a key activity
- Health screening and education within 7 areas offered to athletes:
Fit Feet, Fun Fitness, Health Promotion, Healthy Hearing, Opening Eyes, Special Smiles and Strong Minds
- Will take place at Mid Sweden University in central Östersund
- Same venue as European Youth Leadership Summit 2020
- Schedule yet to be determined, will be shared in advance. Our goal is to create a good balance between Competitions, Healthy Athletes and Free time for the Athletes



Medal Ceremonies

- Medal Ceremonies will take place at each sport venue straight after the competition in the true surrounding of the sport!
- Good flow without unnecessary waiting time for the athletes
- Possibilities to greet family and friends in the finish area
- Last day of competition an extra spectacular Medal Ceremonies will replace a Closing Ceremony for the Invitational Games 2020



Catering

Åre

- Breakfast and dinner served in a hotel close to the apartments
- Lunch served in a heated tent at the competition venue
- Food from local restaurants

Östersund

- Breakfast and dinner at accommodation
- Lunch at sport venues
- Food from local restaurants

We will always cater for all allergies, as well as vegetarians and vegans!



Transportation

- Buses from the Airport to Host Town
- Buses from Host Town to Åre or Östersund
- Shuttle buses in Åre and Östersund
- In between Åre and Östersund - Buses and Trains



Non-Sport Events

- European Youth Leadership Summit – 30 participants from 9 programs
- Sponsor Summit – International and national partners will take part of the Games
- Family Program – No official program but access to venues, transportation and Opening Ceremony



How to dress for Swedish Winter!

- LAYERS – base layer, mid layer, outer layer
- SOCKS – warm, thick socks
- SHOES – keep your feet dry at all times
- GLOVES – mittens or gloves
- HAT – will keep your whole body warmer
- WOOL – your best friend
- GORE-TEX – also a good friend
- Average temperature in February: -7 °C (19°F)





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Delegation Support & Communication

- Before the games – newsletters, HOD-Manual, additional Webinar the week before arrival
- Credentials – emailed to HODs **January 8th** for double checking, and emailed back to Delegation Services **January 13th**
- 1 HOD meeting during the Invitational Games 2020
- DALs – further information will be provided shortly
- Keep checking the website for updates and help us to keep improving it!
- After the Invitational Games 2020 – survey will be sent out in order to provide us feedback, your input will be highly valuable





Coaching en training in voorbereiding op een meerdaags evenement



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Kennis

- Sporttechnische kennis
- Reglementen regulier en SO reglement
- Achtergrond van de atleten / resultaten
- Competitie en onderdelen



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Training

- Positieve coaching
- Differentiëren in niveau tijdens de trainingen
- Observeren van de atleten en resultaten bijhouden
- Procedures tijdens wedstrijden oefenen tijdens de trainingen
- Persoonlijke doelen stellen
- Contact onderhouden met de ouders, betrekken bij de voorbereiding.
- Een sporter moet minimaal 4 maanden voorafgaand aan het evenement getraind hebben.
- Check of een sporter in staat is om deel te nemen aan een meerdaags evenement.



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Vorbereitung team / sporters

- Goede planning gebaseerd op de planning van de hoofdorganisatie van dit evenement.
- Informeren van de sporters, begeleiders en ouders
- Rol van ouders tijdens de wedstrijden vooraf bespreken
- Rol van hoofdcoach / assistent coach (24 uren taak)
- Verzamelen van alle gegevens
- Invullen van de juiste gegevens op de inschrijfformulieren
- Team player
- Geef de sporter meer zelfvertrouwen door alles wat ze zelf kunnen, zelf laten doen!
- Hoofdcoach is altijd de contactpersoon voor de hoofdorganisatie.



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TEST:
Inschrijfscore en
verantwoordelijkheden
hoofdcoach

- Hoofdcoach Shorttrack 777m
- Atleet Robert (26 jaar) Shorttrack
- Bijhouden van de best behaalde resultaten tijdens trainingen en wedstrijden
- Observeren atleet
- Registratie atleet → inschrijfscore
- Verantwoordelijkheid coach!



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Behaalde resultaten

Training:

29.09.2018	2:01
18.10.2018	1:53
27.11.2018	1:37
14.01.2019	1:43
12.02.2019	1:47
21.10.2019	1:59
29.10.2019	2:08
02.11.2019	1:41

VRAAG: Welke inschrijfscore ga je gebruiken voor deze spelen?



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Inschrijf score

Inschrijfscore opgegeven door de
hoofdcoach

Divisioning Ronde:
1 min en 59 sec

29.09.2018	2:01
18.10.2018	1:53
27.11.2018	1:37
14.01.2019	1:43
12.02.2019	1:47
21.10.2019	1:59
29.10.2019	2:08
02.11.2019	1:41

Score voor Finale: 1 min en 59 sec

Verantwoordelijkheid hoofdcoach? →

Wat ga je doen als hoofdcoach?

Invullen: Aanvraagformulier verbetering
van prestatie? JA / NEE



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SPECIAL OLYMPICS SHORT TRACK SPEED SKATING IMPROVED PERFORMANCE FORM



This form must be submitted to the Sport Information Desk no more than 30 minutes after the completion of the divisioning. This form will reflect the correct time that the coach feels the skater should be performing in the final.

Skater Name: _____ Division Number: _____

Helmet/Bib Number: _____ Deligation: _____

Preliminary Distance: _____ Meters

New Adjusted Time: _____
Mins Seconds

Reason for Adjustment: Fall OffTrack other

Other reason: _____

Name of Head Coach: _____

Signature of Head Coach: _____

Phone number and name of DAL: _____

Time this form was submitted to Sports Information Desk: _____

Time this form was received by Sports Information Desk: _____

Name of person receiving the form: _____

Time TD received form: _____

Time adjustment accepted: Yes No

Reason for Denial: _____

Signed: _____

Inschrijfscore

Divisioning Score: 1 min 59 sec

Best Score in de finale: **1 min 38 sec ← DQ!**

Verschil: 17.65 %

Inschrijfscore → minimaal 1 min. 55 sec

Leerpunten:

- Inschrijfscore: beste prestatie over de afgelopen periode
- Observatie tijdens trainingen en wedstrijden
- Onderschat nooit de prestatie van een atleet in een finale!
- Aanvraagformulier verbetering van prestatie invullen.
- Suggestie: Overweeg altijd de beste score en divisioningsscore of je wel of geen verbeteringsformulier moet invullen!

29.09.2018	2:01
18.10.2018	1:53
27.11.2018	1:37
14.01.2019	1:43
12.02.2019	1:47
21.10.2019	1:59
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Sportspecifiek



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ALPINE SKIING

SNOWBOARD



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1. Holiday Club
2. Hamre Duved

Åre Duved

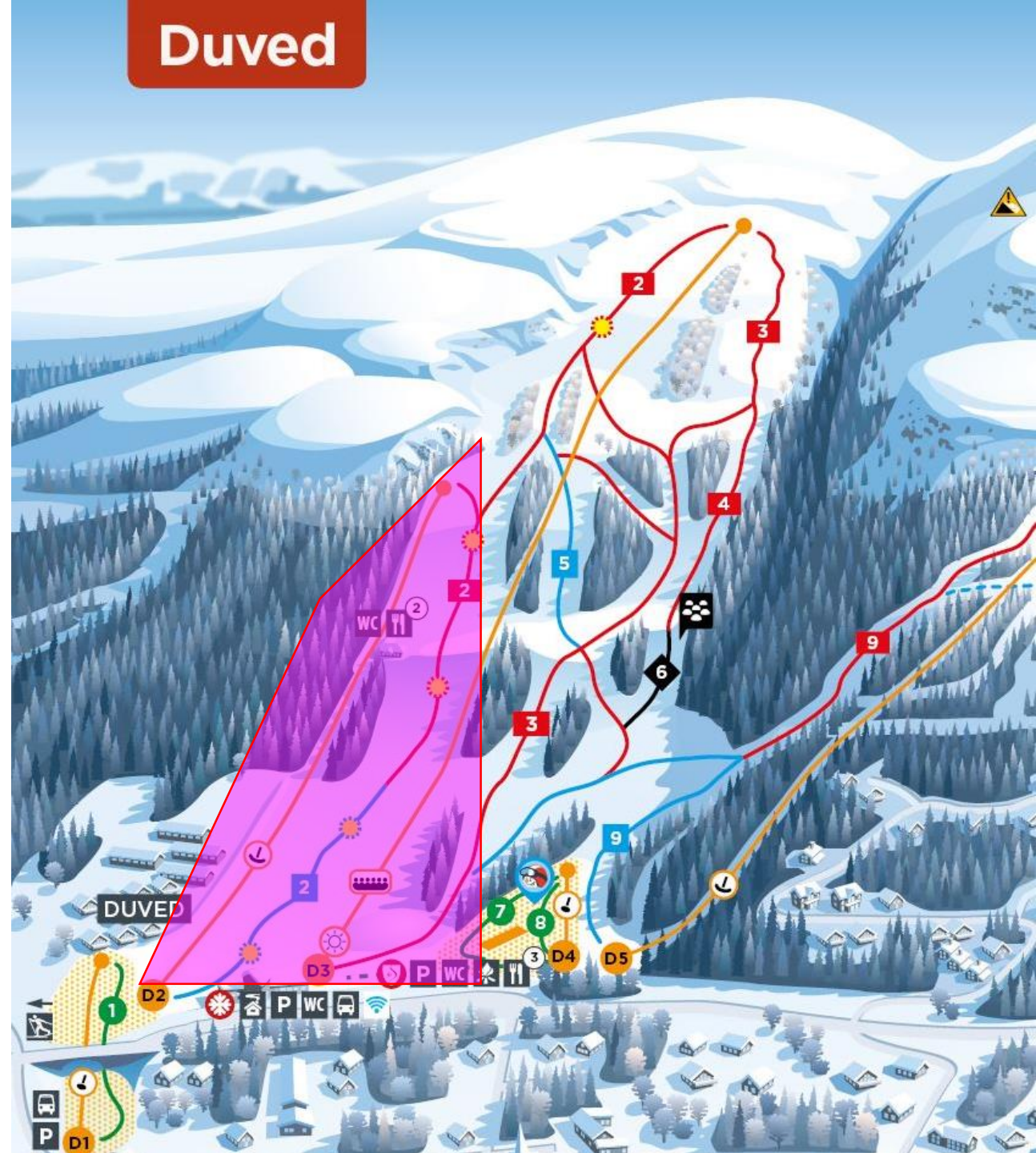




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Competition Area
Hamre Duved

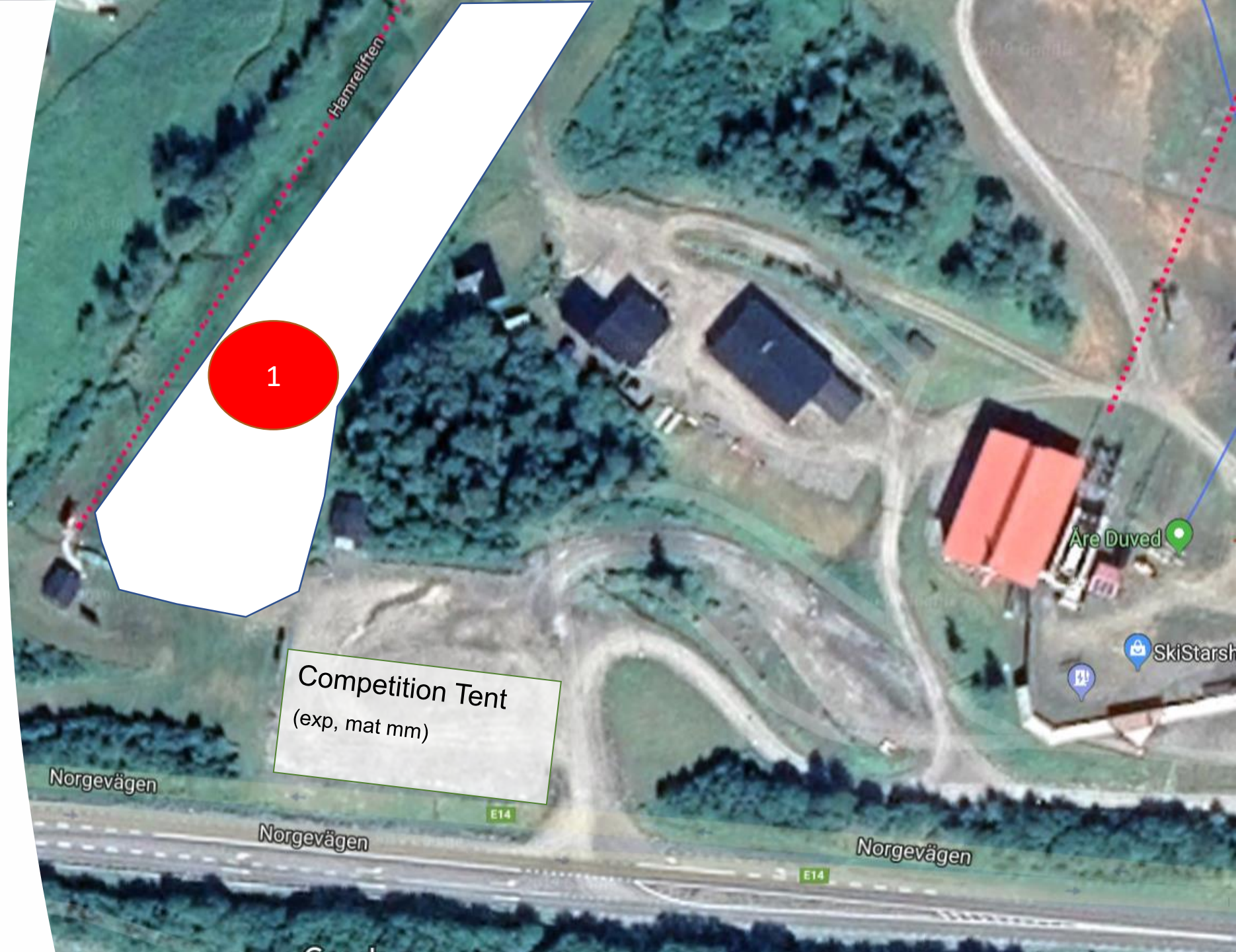




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Competition Slope





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Finnish Area





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Spectator Area





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Competition building
Race Office
Spectator restaurant
Family Lounge





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To lift





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Drop off/on zone for
Shuttles



Competition Schedule

Alpine (AP) Snowboard (SB)

1st February

09.00 -13.00 Training & Divisioning
17.00 Tp to Ösd Opening Ceremony
19.00 Opening Ceremony
21.30 Tp to accommodation in Åre/Duved

2nd February

09.00 AP Slalom 1st run
11.30 SB Slalom 1st run
13.00 AP Slalom 2nd run
15.30 SB Slalom 2nd run

3rd February*

08.00 SB Giant Slalom 1st Run
11.00 SB Giant Slalom 2nd Run
14.00 AP Giant Slalom 1st Run
17.00 AP Giant Slalom 2nd Run

*08-20 Healthy Athletes

4th February

09.00 SB Super G
11.00 AP Super G
(extra medal ceremony)



FIGURE SKATING



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SHORT TRACK
SPEED SKATING



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Östersund Arena





- 1) A-hall, Competition
- 2) B-hall. Warm up
- 3) Sub media center (2 flr)
- 4) Competition office (1st flr)
- 5) Info point (2 flr)
- 6) Volunteers office (1st flr)
- 7) Entrance athletes
- 8) Dressing Rooms

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Ceremonies
Info point
Restaurants

Östersund Arena



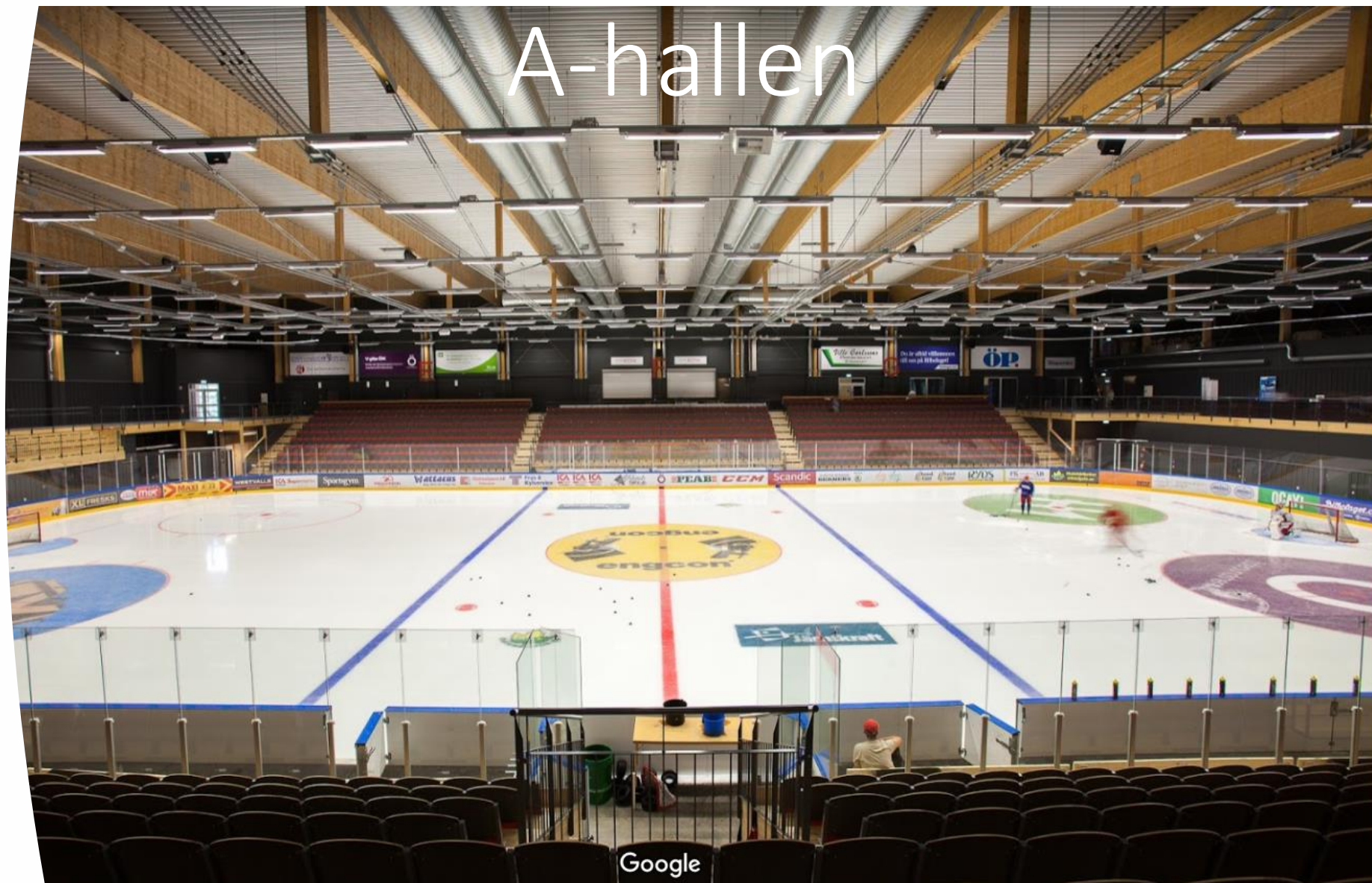
Foto: Göran Strand

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Competition

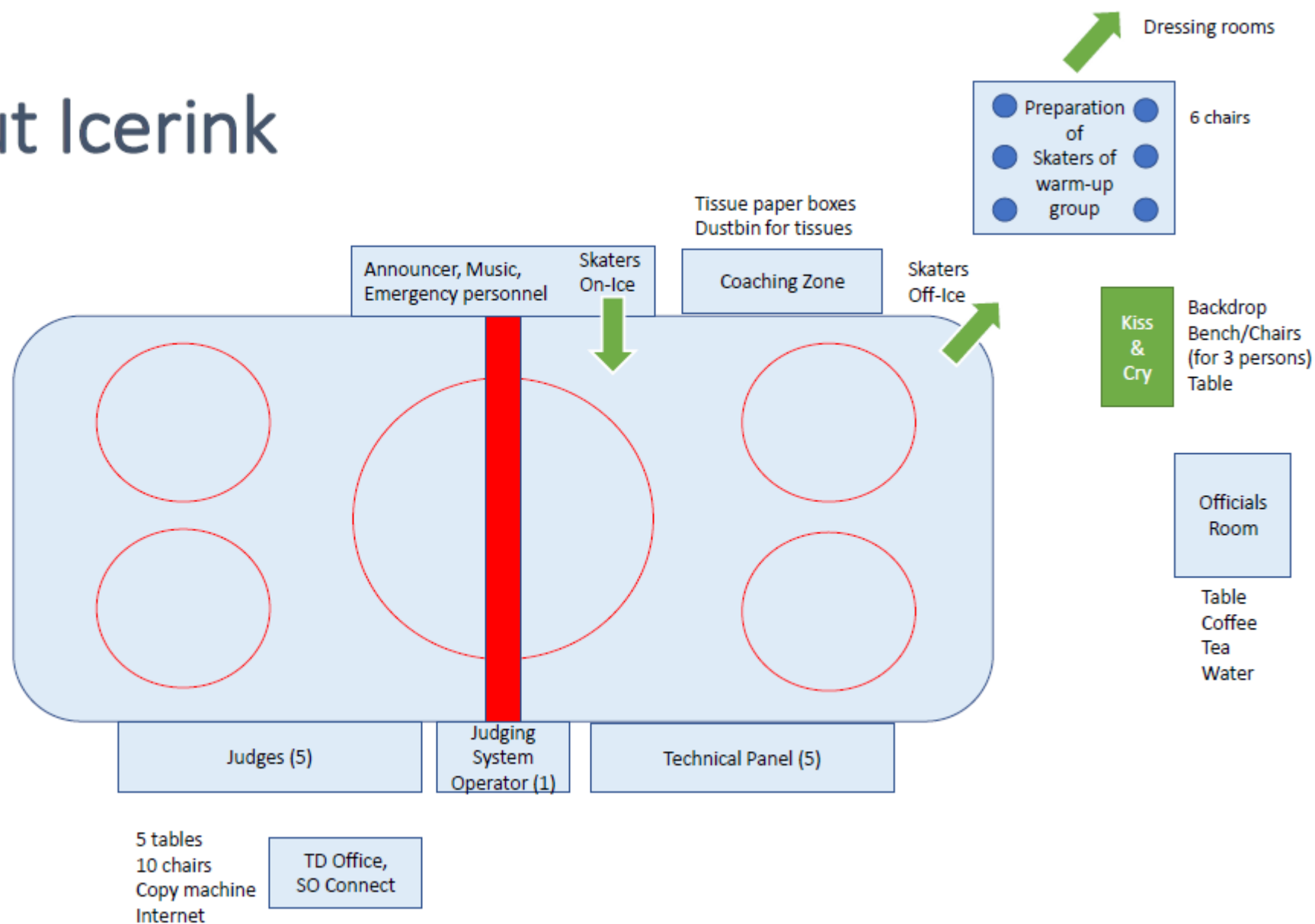
Östersund Arena

A-hallen



Google

Layout Icerink



Competition Schedule

Figure Skating / Short track

	Sat., 01.02.2020		Sun., 02.02.2020		Mon., 03.02.2020	Tue., 04.02.2020
TIME	Main Rink	Practice Rink	Main Rink		Main Rink	
09:00						
10:00	Divisioning	Practice	Practice	Competition	Competition	
11:00	Speed Skating	Figure Skating	Figure Skating	Speed Skating	Speed Skating	
12:00						
13:00						
14:00						
15:00			Competition	Competition	Competition	
16:00			Speed Skating	Figure Skating	Figure Skating	
17:00				SP Level IV-VI	FS Level I-VI	
18:00				FS Level I-III		
19:00	OPENING CEREMONY			Practice		
20:00						
21:00						
	2019-09-07		Beginning and ending approximate			



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CROSS COUNTRY
SKIING



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Competition building
Volunteers restaurant

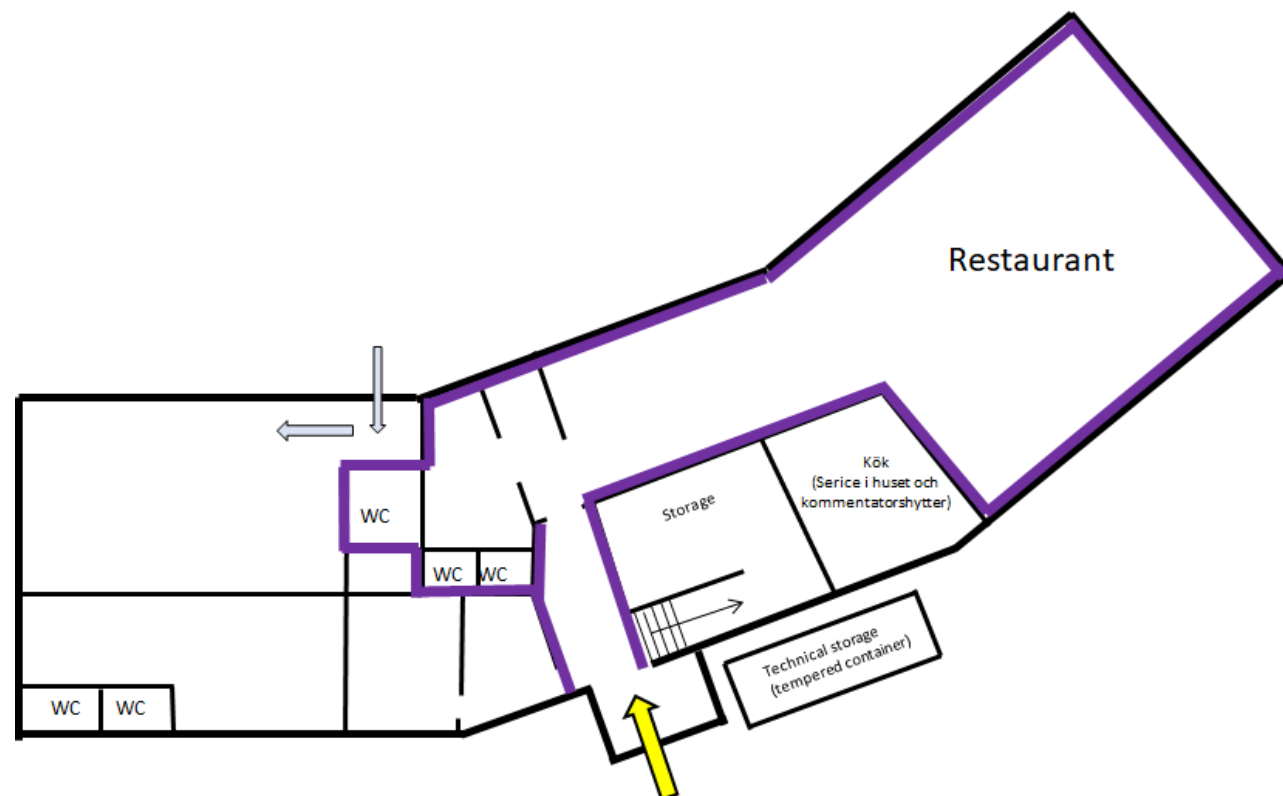




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Competition building
Volunteers restaurant



-  Athlete areas
-  Public Areas
-  Operational Areas
-  4 Volunteer Hospitality
-  5 Media Areas
-  6 Family/Guest Hospitality
-  All (not public)

Competition Office

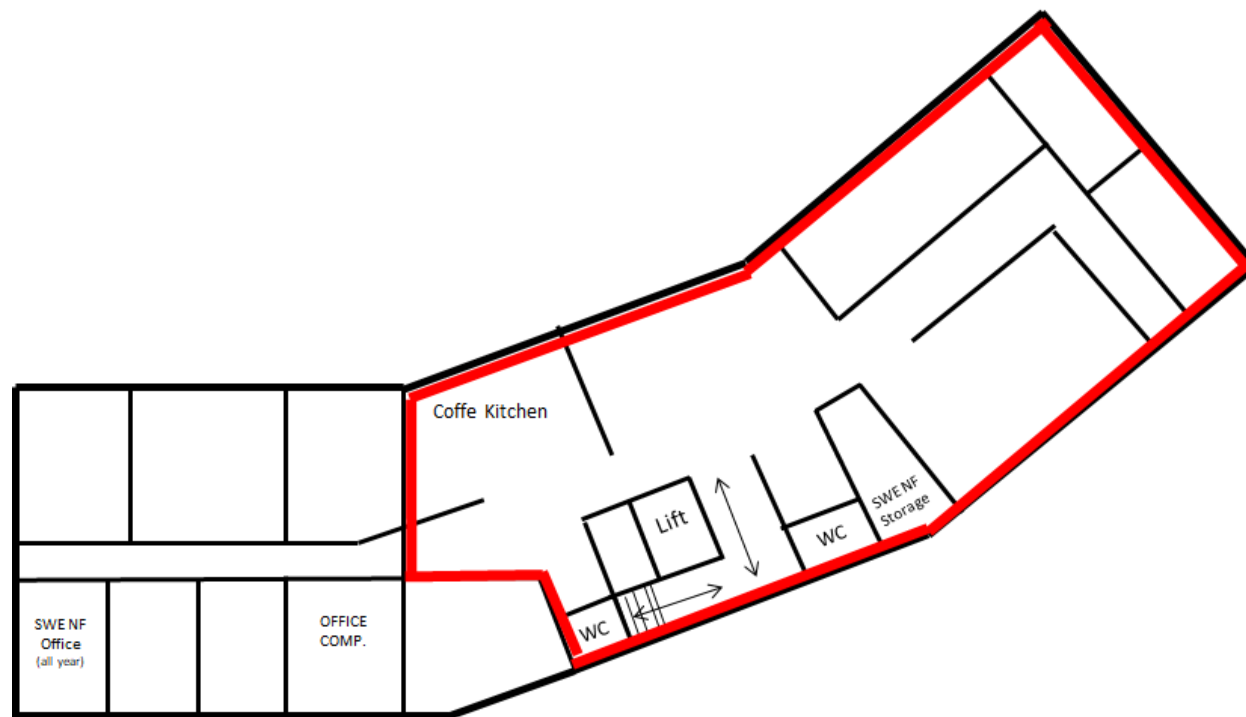
Floor 1



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Competition building
Volunteers restaurant



- Athlete areas
- Public Areas
- Operational Areas
- 4 Volunteer Hospitality
- 5 Media Areas
- 6 Family/Guest Hospitality

Competition Office
Floor 2



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Competition building
Volunteers restaurant





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Family Lounge
Media building

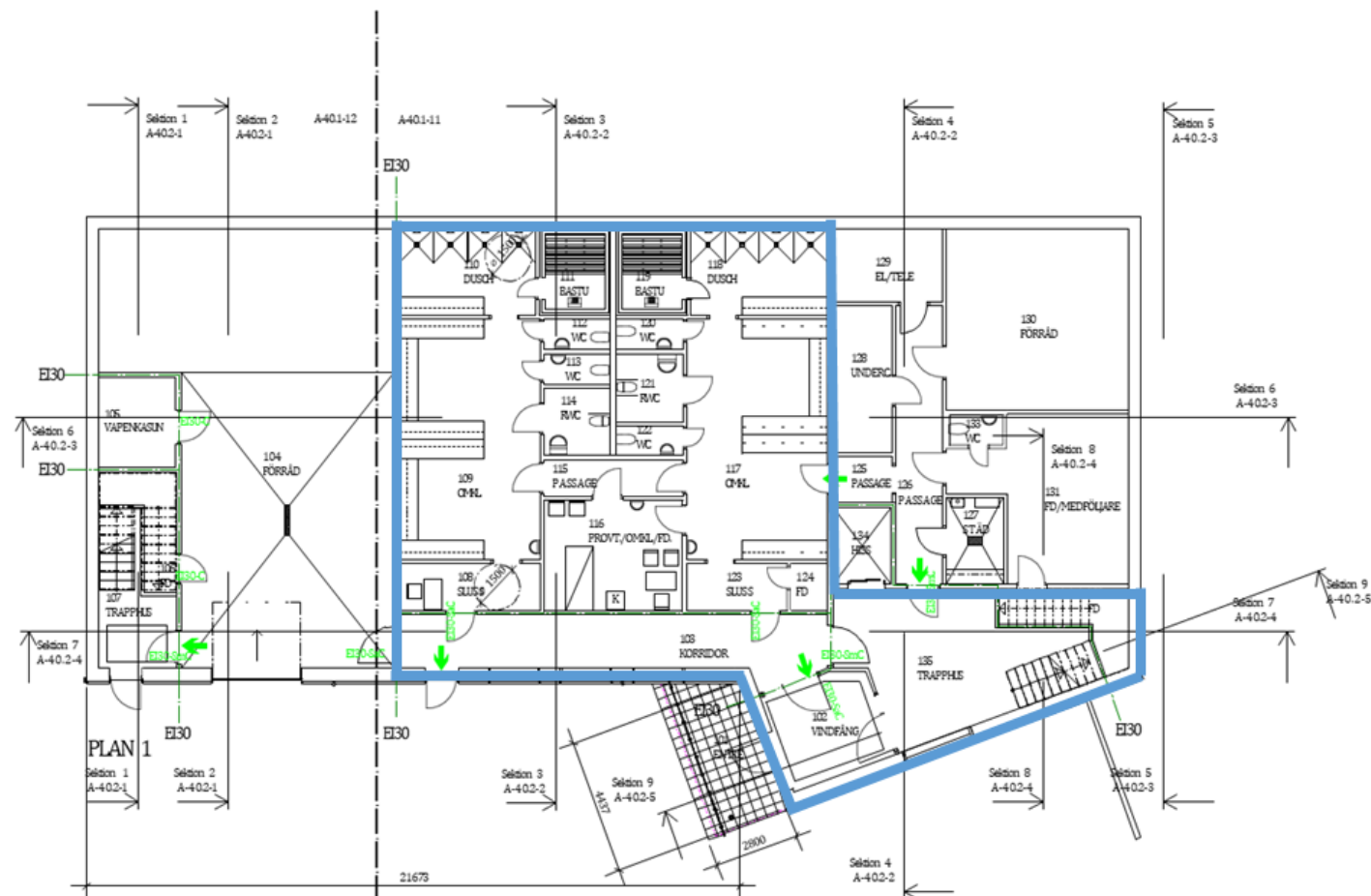




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Family Lounge
Media building



- Athlete areas
- Public Areas
- Operational Areas
- 4 Volunteer Hospitality
- 5 Media Areas
- 6 Family/Guest Hospitality

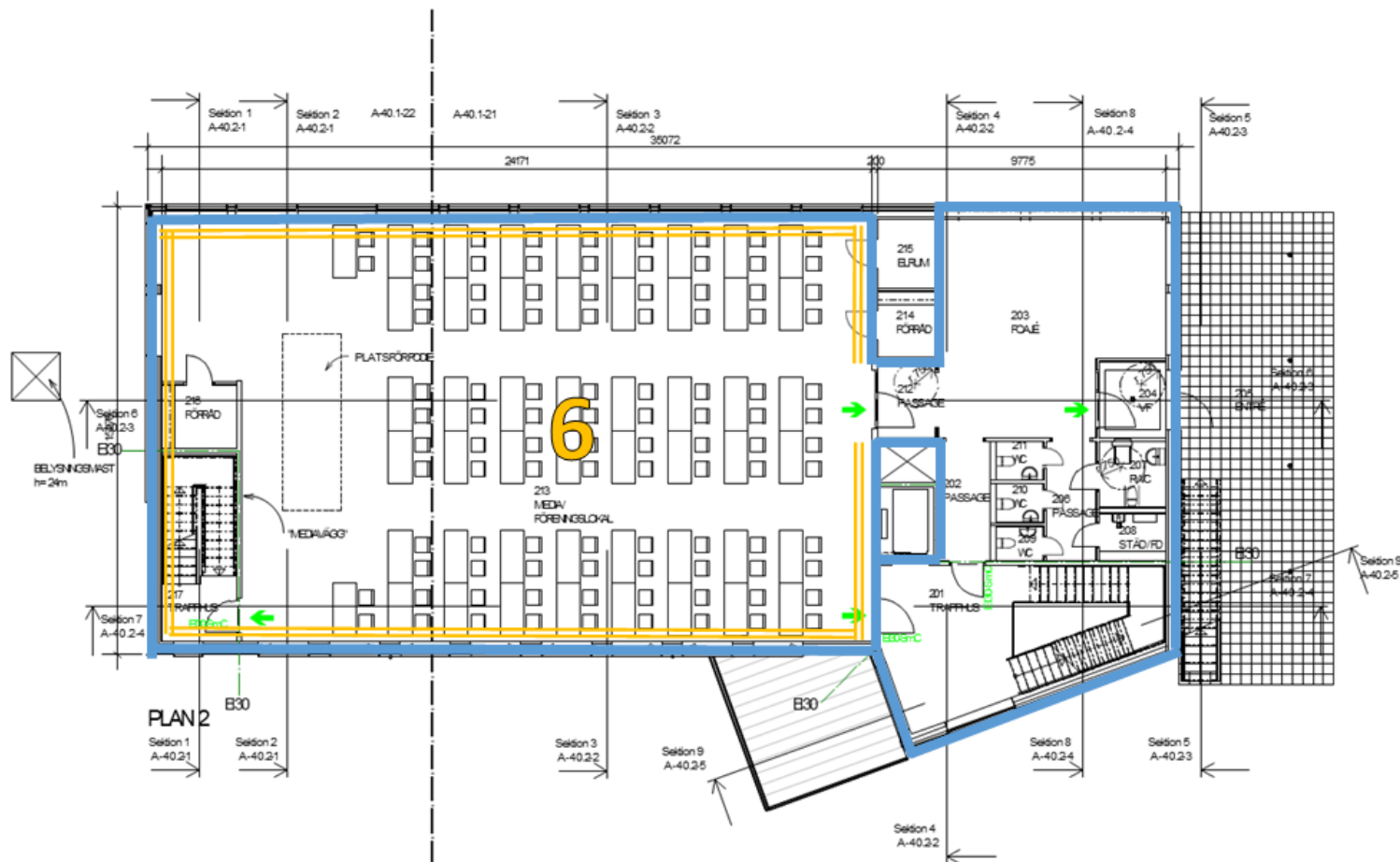
Media Center
Floor 1



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Family Lounge
Media building



- Athlete areas
- Public Areas
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- 4 Volunteer Hospitality
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- 6 Family/Guest Hospitality

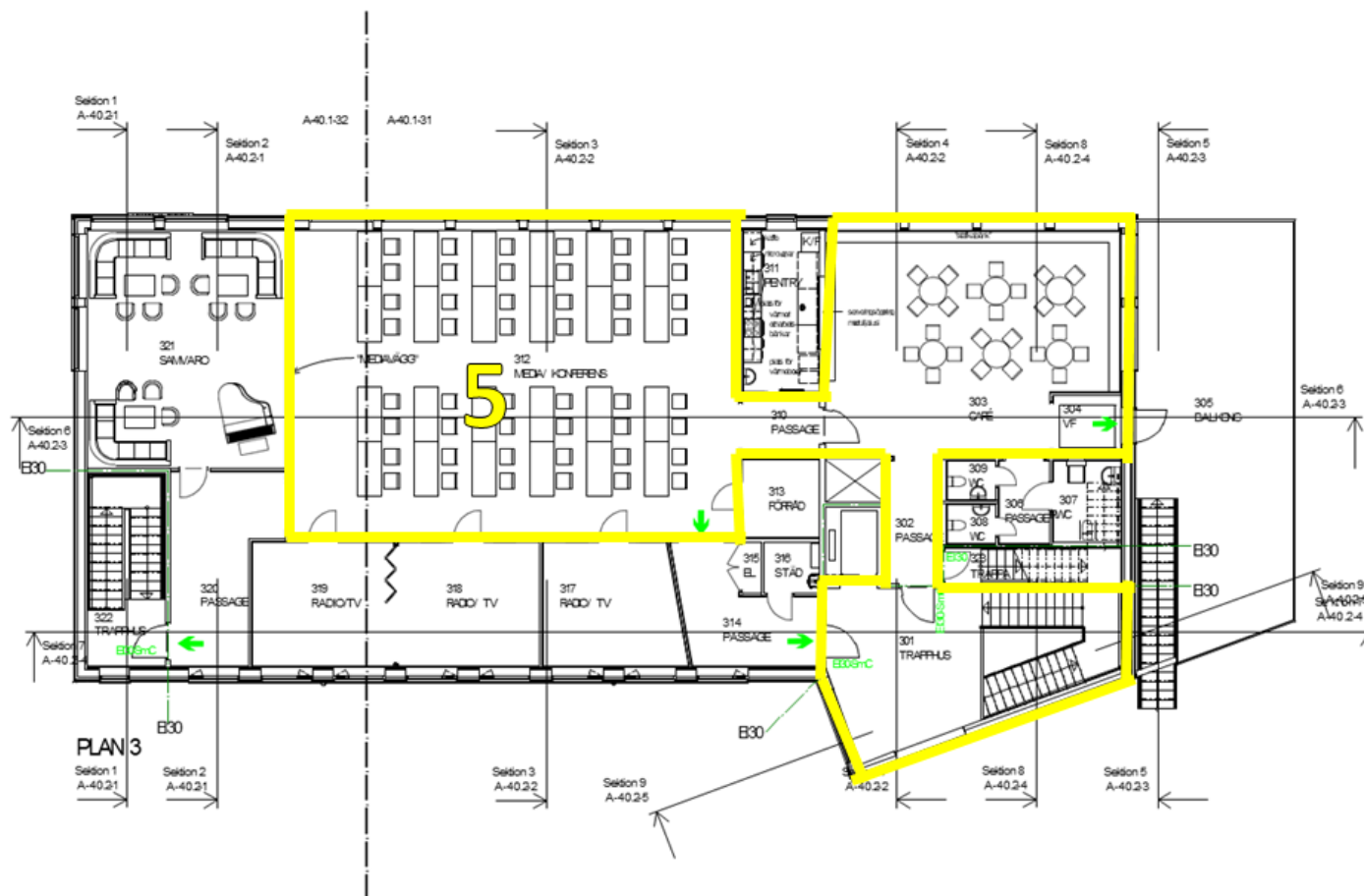
Media Center
Floor 2



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Family Lounge
Media building



- Athlete areas
- Public Areas
- Operational Areas
- 4 Volunteer Hospitality
- 5 Media Areas
- 6 Family/Guest Hospitality

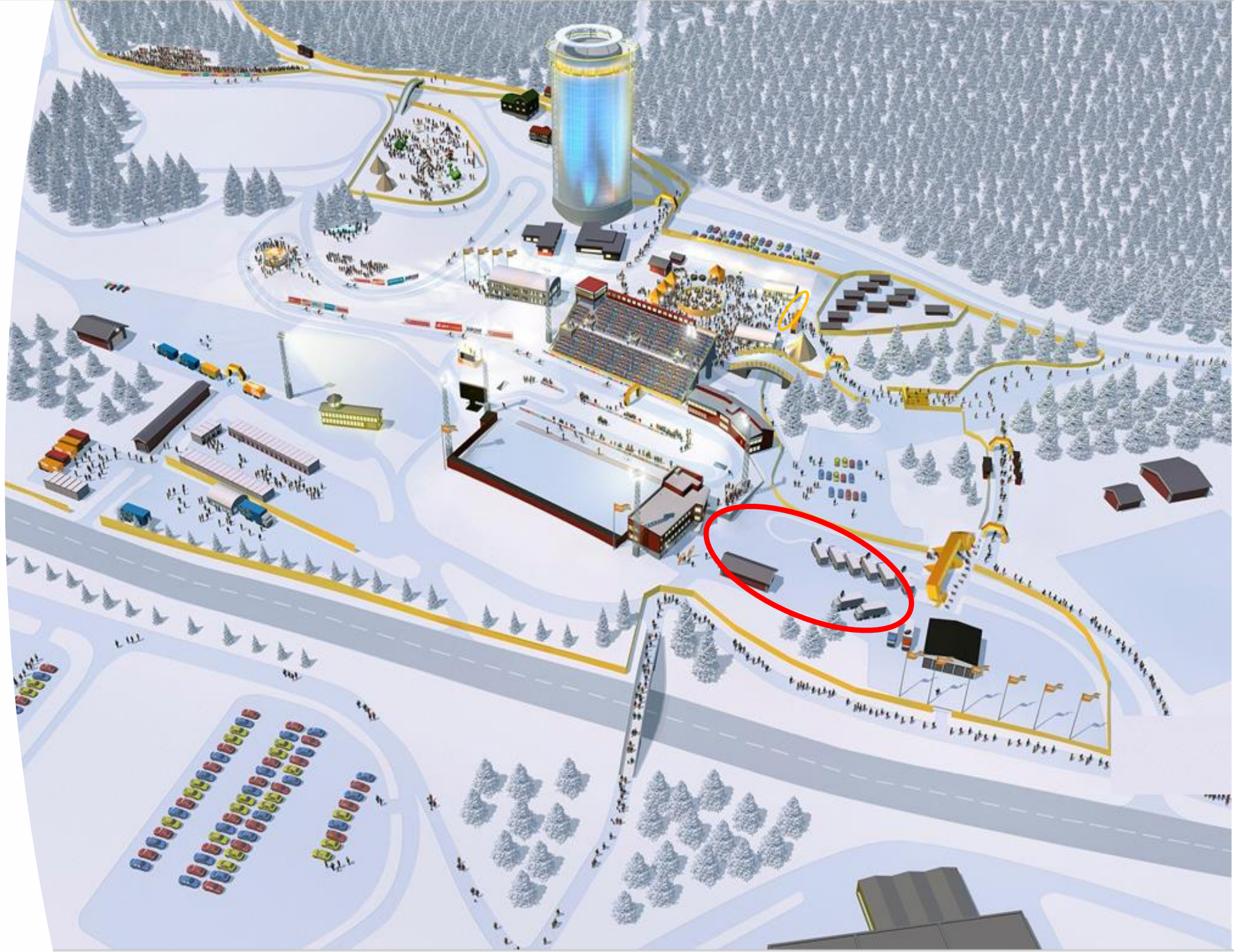
Media Center
Floor 3



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TV Compound

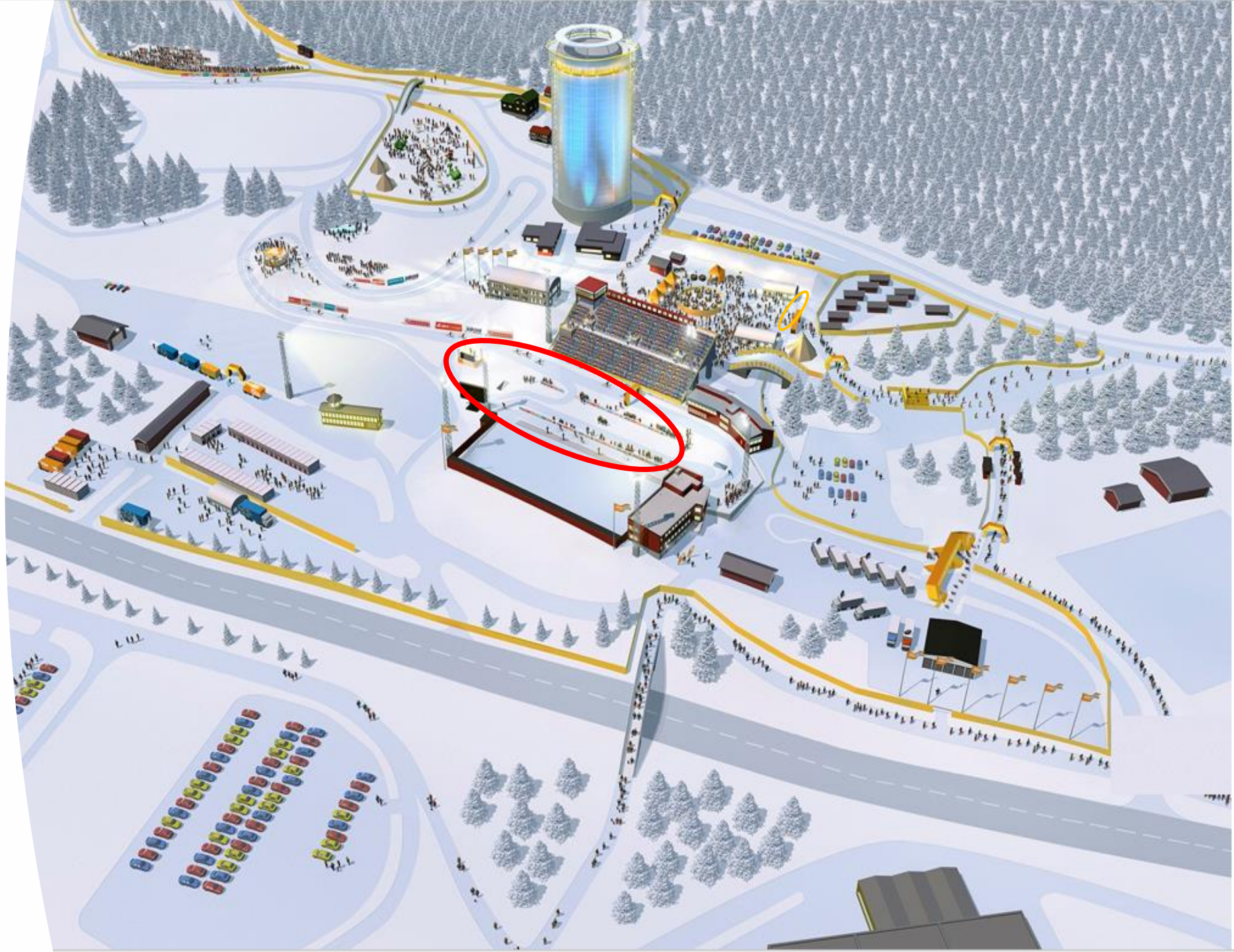




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Start and Finish Area

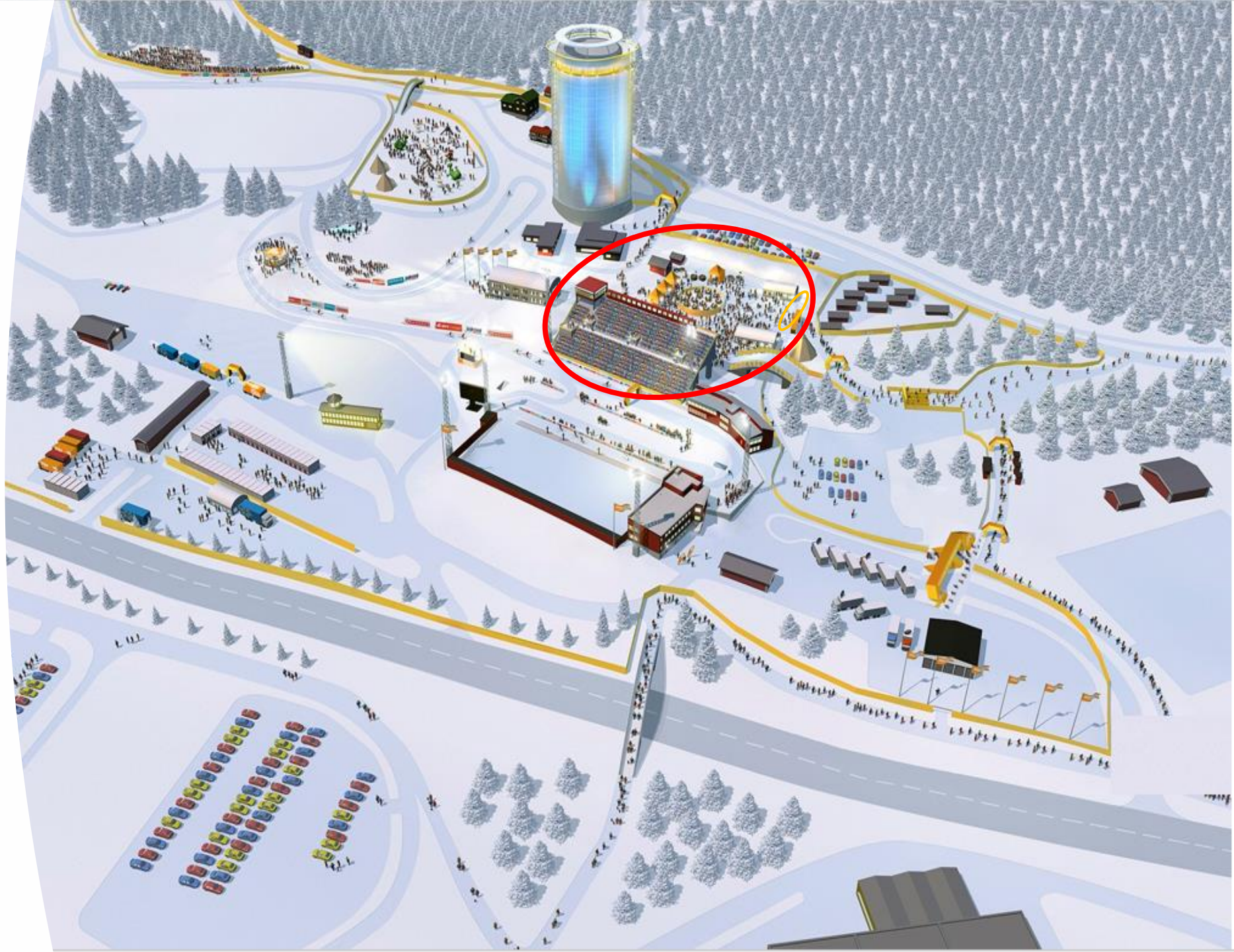




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Spectator Area

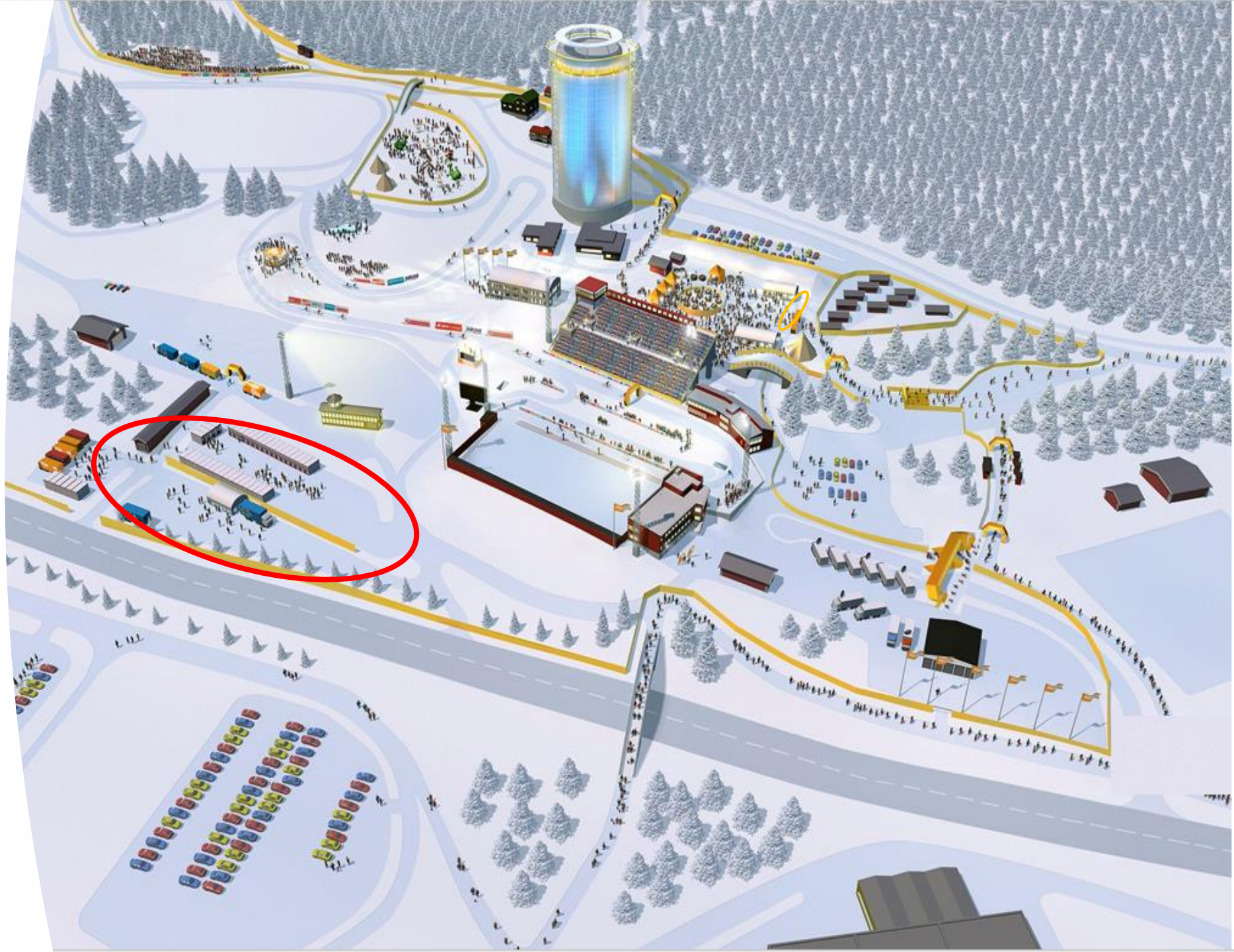




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Athlethes Area, Wax cabins
Parking for teams





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To start and Finish





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Staging Tent

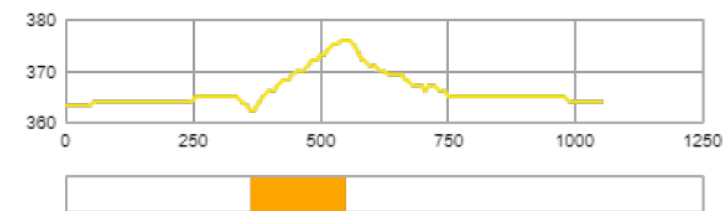
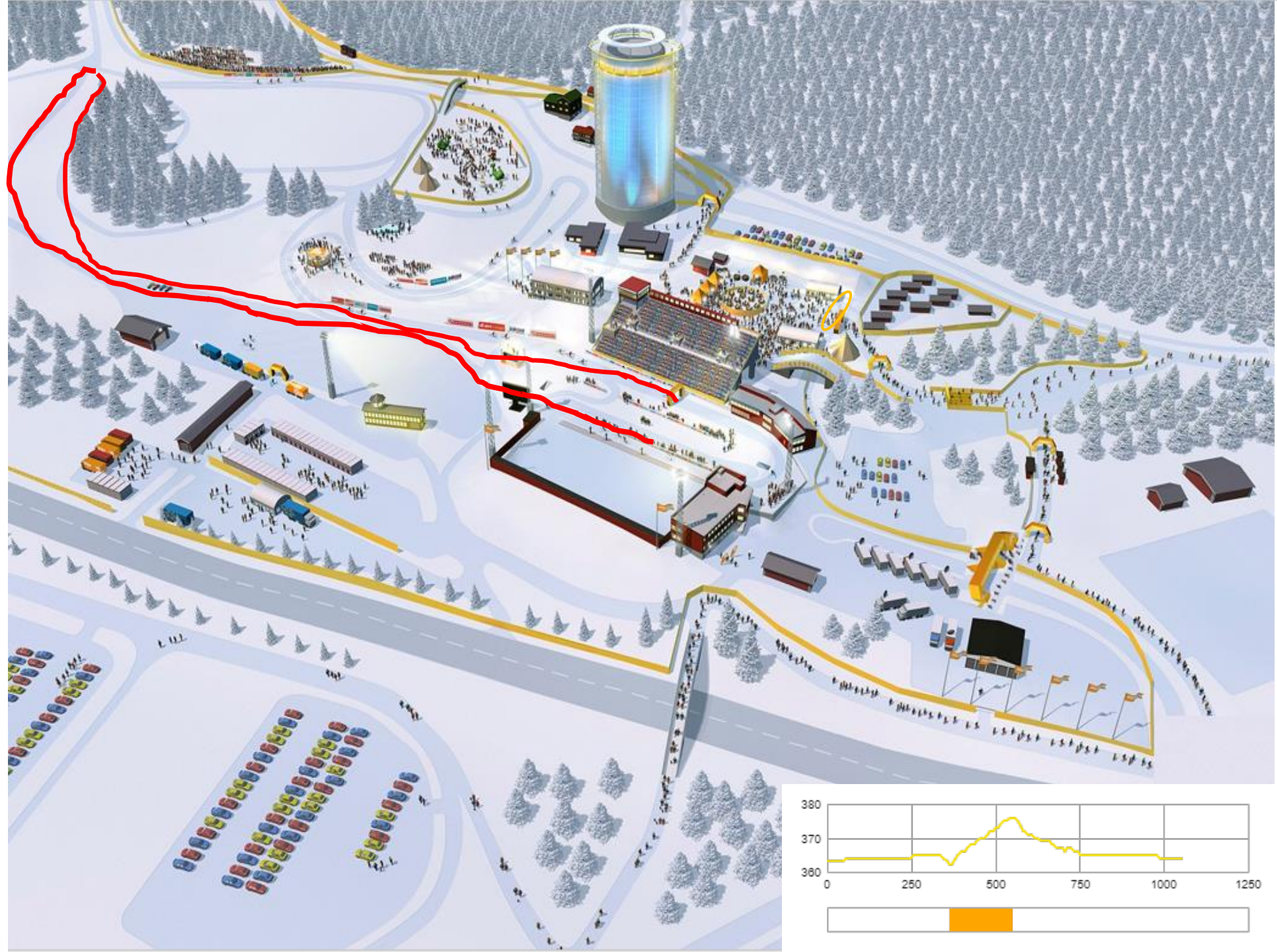




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Courses





Competition Schedule

Cross Country

31st January

18.00 Head Coaches Meeting

1st February

09.00 -15.00 Training & Divisioning

16.00 Head Coaches Meeting

19.00 Opening Ceremony

2nd February

09.00- 18.00 Ind. Competitions

3rd February

Free day /Healthy Athletes

4th February

09.00 – 13.00 Relays



Questions & Answers



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