



Quick Guide: How to Start a Young Athletes Program

STEP 1: Contact SOA with plans of starting an Active Start and/or a FUNDamentals program. This will ensure we can support and guide you throughout the process and provide you with various resource materials.

STEP 2: Gather interest within the community. Special Olympics Alberta has pamphlets and other Young Athletes materials that can be utilized to help you gather interest in the community. Some suggestions to help you gain interest are to talk to schools in the area and identify existing programs for children with intellectual disabilities to see if they would be interested in Active Start and FUNDamentals as well. We can also provide a parent orientation to provide parents/guardians with more information on the programs.

STEP 3: Recruit volunteers. Having key volunteers for your program is vital. You should have a group of committed volunteers that attend weekly. Many programs utilize parents and college/university students.

Note: The ratio of volunteers to athletes is 3:1, and the Active Start Program requires the athlete's parents or guardians to be in attendance.

STEP 4: Finding a suitable facility. The facility must be suitable for the activities of the Active Start and FUNDamentals programs (ie. gym space, multipurpose space, etc.) We encourage you to look to build community partnerships to have the facility donated or provided at a reduced price.

STEP 5: Equipment Kit and Guides. We will provide you with an equipment kit for your program free of charge, as well as Active Start and/or FUNDamentals program guides.

Note: A detailed equipment list can be provided. We also have an instructional video for ideas of how to use equipment and resource site for the sharing of practice plans, visual aids, and other programming tools.

STEP 6: Program Leader Training. This will provide volunteers with the NCCP certification in Fundamental Movement Skills and Coaching Young Athletes. Special Olympics Alberta will provide the Learning Facilitator.

Note: Minimum numbers are 10 and max are 20. The affiliate will be charged \$25.00/coach. The affiliate will be responsible for booking an appropriate facility with direction from Special Olympics Alberta.

STEP 7: Registration. All registration is done through the Program Leaders and then submitted as athlete registrations to Special Olympics Alberta. Some affiliate programs charge athletes a small amount to offset costs of facility rental. Athletes will receive shirts from Special Olympics Alberta once sizes are submitted.

STEP 8: Program start-up. You are now ready to start your program. Programs typically run on weekends for 1-2 hours.

If you have any questions or require additional information, please contact Riley McCaig:

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