

Killeen ISD Special Olympics

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Welcome!

This Orientation Packet contains information for the Killeen ISD Special Olympics Bowling Team and the Track and Field Team.

The coaching staff and volunteers are dedicated to providing a quality sports opportunity for your athlete. Getting involved with Special Olympics will bring about many new experiences as well as providing many opportunities for athletes and families to make new friends.

Rhona Huggins

Head of Delegation



General Information

Primary Goal: To provide a Special Olympics Bowling program for Killeen ISD

Objectives:

- To increase participation numbers of eligible students in KISD
- To improve level of quality training and competition opportunities for KISD athletes
- To increase the participation, involvement, and investment of families in the KISD Special Olympics program

Staff: The coaching staff are certified as Special Olympic coaches through Special Olympics of Texas.

Facilities: We are graciously afforded the opportunity to utilize the Hallmark Bowling Lanes for our practices and scrimmages and our Regional Bowling tournament is held at Phantom Warriors Bowling Lanes on Ft. Hood.

Practices: Monday Evenings: 5:30-7:00 pm September - January



Benefits of Participation

Benefits to Athletes...

- Killeen ISD offers the opportunity to participate on the Bowling team.
- Physical exercise positively affects health, mood, and anxiety.
- Emphasis on sports training helps athletes maintain a healthy weight.
- Athletes participate in activities that enhance their self-esteem and help them see that they can achieve goals they set for themselves.
- Athletes have an opportunity to make new friends and socialize in an environment that is accepting and encouraging.
- Travel opportunities allow athletes to gain life experiences and skills that will positively influence all areas of their lives.

Benefits for families...

- Families have the opportunity to see their athlete excel in sports activities, develop life skills, and form decision-making and leadership skills that will increase their independence.
- Family members can provide emotional support and resources for each other.
- Family members have an opportunity to get involved in Special Olympics on the local, state, and international level to impact programs for athletes.



Benefits of Participation

Benefits to Athletes...

- Killeen ISD offers the opportunity to participate on the Track and Field team.
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**KILLEEN ISD
SPECIAL OLYMPICS
Track and Field & Bowling**

Elementary Level Athletes

- The focus for elementary athletes is basic training and gaining experience; not competition for medals and technique training
- General behavior expectations in a practice environment are paramount: following directions, waiting turns, working volunteers, and staying focused on the tasks are examples of what the coaching staff and volunteers are teaching your athlete at the elementary level.
- Because focus for elementary students is the opportunity to train and gain experience, omission for a competition is a possibility if it is determined that the athlete is not ready to compete.

Secondary Level Athletes

- The focus for secondary athletes is to train toward a competition outcome of demonstrating one's personal best.
- It is our goal to challenge the secondary athlete to 'push the envelope' toward higher-level skills when the readiness of an athlete appears to be in place. Moving an athlete up to a more challenging level may not result in a higher place finish for the athlete the first year attempting a more challenging level event; however, it is expected to become a building block for future successes in the years to come. (An example of advancing to a different level in track and field would be changing field events. An athlete who can throw a softball a long distance with little effort should be expected and encourage to explore a more challenging field event that tests his/her other skills, perhaps in the shot put or the running long jump. An example of advancing to a different level in bowling would be practicing and competing against athletes who maintain higher bowling averages per game. An athlete who uses a ramp or is coach assisted may move to the more challenging level of bowling independently.)
- Coaches have high expectations of secondary athletes at practice. All athletes are expected to arrive on time, to be dressed appropriately, be prepared to work, be motivated to practice, and have the desire to learn new skills and techniques.
- Safety is paramount at all times.



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What to wear...

- Good athletic shoes (bowling athletes are provided shoes at the bowling lanes)
- Comfortable sweats or athletic shorts
- Jeans and jean shorts are inappropriate as athletic apparel
- Comfortable t-shirt for active movement (jerseys are issued for bowling athletes for practices and competitions- to be turned in at the end of the season / jerseys are issued for track and field athletes for competitions to be turned in at the end of the season)

Practices...

- Practices are held weekly, except on holidays (bowling does not practice during the Thanksgiving/Christmas Holiday season)
- Practices are mandatory in accordance with SOTX policy in order to safely and adequately prepare athletes for competition.
- Athletes who demonstrate a high absence rate at practices will likely be withdrawn from any upcoming competition if the coaching staff determines that proper training and physical preparation has not been achieved.
- Athletes are expected to be on time to practices.
- Disciplinary actions can and will occur if athletes demonstrate poor sportsmanship, lack of effort, and disregard for team work ethic during practices or competitions.



**KILLEEN ISD
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Athlete Advancement to Chapter (State Level Games)

Killeen ISD is proud to send a delegation of athletes to the Special Olympics Texas Winter Games held in Austin, TX and the Special Olympics Texas Summer Games held at the University of Texas in Arlington, TX.

Special Olympics Texas Criteria for Advancement

In accordance with Special Olympics Texas policy for advancement to any Chapter Games (State), an athlete must have competed in his/her sport of choice in local competitions/scrimmages. Athletes in the sport are not required to place third or better at area competitions in order to qualify for participation in the Chapter Games (State).

Killeen ISD Criteria for Advancement:

1. **Age:** Killeen ISD staff first prioritizes by age, with high school athletes receiving the first level of consideration. Athletes must be in high school to attend State Games. All athletes can participate in the local and regional games.
2. **Experience:** Next consideration of high school athletes involves investment of time on the team.
3. **Gender:** The athlete selection is also determined by gender as policy requires a **one** qualified coach/volunteer per **four** athletes all of the same gender.
4. **Self-Help Skills:** Maturity and self-help skills of athletes also plays a role in the selection process. During competition, the athlete must be able to completely and independently perform the skill(s) required since intervention is not allowed by a coach or volunteer. For track and field competitions, the athlete needs to be self-sufficient and should be able to endure a grueling schedule that typically begins at 6:30 am and ends at 11 pm each night. For bowling, athletes are required to bowl two complete games. Because there are several competitive levels, being able to completely and independently perform the skill(s) is not required for bowling.
5. **Budget:** Budget constraints are also considered in determining the total athlete/ personnel numbers for Chapter Games. Chapter Games incurs significant cost (athlete registration, hotel fees, meals, and transportation costs)
6. **Behavior Management:** The athlete must possess self-control, can follow directions, and must be able to tolerate redirection when necessary. Athletes should pose no threat to oneself or any other individual while on the trip. If necessary, the parent will be contacted to pick up their athlete and the athlete will be withdrawn from competition.



**KILLEEN ISD
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Athletic Jacket Criteria

Athletes must meet the following eligibility criteria:

1. Athlete must have participated in two high school seasons of track and field or two seasons of bowling.
2. Athletes must have participated in two Area Game Competitions.
3. Athletes who have competed in both sports will need to decide which sport they would like to receive their athletic jacket through. Additional patches can be purchased by parents for additional sporting events.
4. If an athlete receives an athletic jacket through any other programming (JROTC, Band, Choir, work program, etc...), athlete will not be eligible for a second jacket. Additional patches can be purchased by parents for the sporting events.

(In exceptional cases, modified criteria based on coaches' recommendations may need to be considered)

Procedure for receiving the letter jacket:

1. The letter jacket will be provided by the KISD athletic department through your athlete's campus.
2. Once criteria has been met, the family will be informed.
3. Measurement for the jacket will be scheduled.
4. The athlete will receive a letter jacket with the corresponding high school colors and mascot (Killeen Kangaroos, Ellison Eagles, Harker Heights Knights, or Shoemaker Grey Wolves)
5. Additional items for the jacket (names, patches, etc.) will be at the family's expense.

Track and Field

General Information:

Selection of events is based on ability and age

Maximum events allowed:

1 field event, 1 track event and 1 relay team

Wheelchair athletes may compete in 2 track events and 1 field event

Potential Track Events Offered:

10 meter assisted walk

25 meter assisted walk

25 meter walk

50 meter assisted walk

50 meter walk

100 meter race walk

400 meter race walk

50 meter dash

100 meter dash

200 meter dash

400 meter dash

4 X 100 meter relay



Potential Wheelchair Events offered:

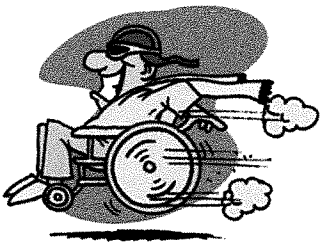
10 meter Wheelchair race

25 meter Wheelchair race

30 meter Wheelchair race

25 meter Motorized Wheelchair Obstacle Race

50 meter Motorized Wheelchair Slalom



Potential Field Events Offered:

Tennis Ball Throw for Distance

Softball Throw

Shot Put

Standing Long Jump

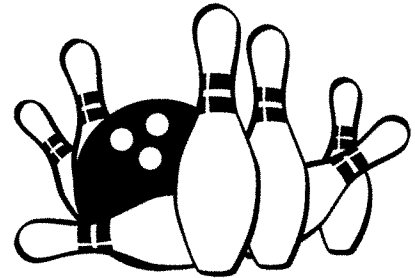
Running Long Jump



Bowling

General Information:

Selection of events is based on ability and age



Potential Bowling Categories:

Assisted Ramp Bowling

Another alternative for wheelchair athletes, who do not have the strength or desire to bowl traditionally, is the bowling ramp. It is a metal or aluminum frame with a 30-Degree slope. The ramp is placed on the approach and the direction in which it aims is controlled by the athlete through small movements of the ramp. The ball (preferred ball weight is 16 pounds) is placed atop the ramp by an attendant after the athlete has aligned the ramp properly and requested the ball. The bowler ensures that the ball is placed properly and, if not, rotates it as needed. When the athlete is ready to roll the ball, one hand is placed on the ramp to help hold it steady as the ball comes off the ramp at the bottom.

Unassisted Ramp Bowling

1. The bowler moves the ramp to the position he/she wants it.
2. Next, the ball is taken from the ball return and put on the ramp.
3. The bowler then pushes the ball down the ramp toward the pins. This is repeated as needed for each of the 10 frames.
4. At the end of the frame, the ramp is then placed back over the ball return until the next frame.

Single Bowling

Independent Bowling

