

SPECIAL OLYMPICS COACHES MEETING  
January 4, 2005

1. NEW VOLUNTEER APPLICATIONS

2. PROGRAM DATES

a. Practices

Tuesdays 6:30 – 7:30 @ Ritz Carlton

b. Competitions

Saturday April 30 - Pacific Athletic Club –  
Redwood City

Sunday May 15 – Mills College - Oakland

c. Other Practice Times

3. ATHLETES GROUPS

a. Developmental Group – need one-on one attention.  
working on developmental skills

b. Beginning Strokes - Learning to swim freestyle  
and backstroke. Able to work in small groups.  
Beginning to swim 25 yard laps.

c. Strokes I and II – Able to swim 25 yards freestyle  
and backstroke. Working on stroke refinement and  
racing techniques

4. COACHES DUTIES

a. Fill out volunteer application

b. Arrive 5 minutes early if possible

c. Help with stretches

d. Help athletes get ready to swim

e. Respect athletes at all times

f. Work with your group leaders to identify athletes  
skills and goals

g. Report any discipline problems to Sue

h. E-mail or call Shannon when you will not be able  
to attend

[prmemom@aol.com](mailto:prmemom@aol.com) or call 650-726-0753/650-  
483-8439

Questions, comments, or concerns? You can reach me  
@ [Suluna@aol.com](mailto:Suluna@aol.com) or 650-726-2148/650-766-4707







