

# 2022 Program Leadership Conference

*Focus on Coach Education*

***Special Olympics***  
*New Jersey*



# Overview - Morning Sessions



## I. *Keynote Speaker: Paul Arohnson*

- I. New Jersey's Ombudsman for Individuals with Intellectual and Developmental Disabilities and Families

## II. Understanding Disabilities & Application to Coaching

- I. Susan Colacello (*SONA*), Marla Napurano (*Area 5 Coach*), and Joanne Monaco (*Field Services Director*)

## III. Family Engagement - Communication with Families

- I. Olivia Feriozzi (*Team NJ Track Coach*), Megan Lipski (*Team NJ Soccer Coach*), and Shannon Schafer (*Team NJ Gymnastics Coach*)

## IV. Training & Fitness with Athletes

- I. Anthony Notaroberto (*RWJBarnabas Fitness and Wellness*)

## V. Young Athletes Coaching and Curriculum

- I. Brianna Santoro (*Young Athletes & Health Manager*)

# Overview – Afternoon Sessions



- I. Lunch & Learn with 2022 USA Games Athlete-Coaches
  - I. Colleen Ciecura (*Team NJ Bowling Coach*) & Courtney Dreyfus (*Team NJ Swim Coach*)
- II. Health and Wellness – Disciplines offered by SONJ
  - I. Amelia Hamilton (*Health Programs Director*) & Wendy F. Aita, PhD (*Strong Minds Clinical Director*)
- III. Young Athletes: Program Demonstration
  - I. Brianna Santoro (*Young Athletes & Health Manager*)
- IV. Beyond Coaching: Further Opportunities with SONJ
  - I. Natalie Hatrak (*SONJ Committee*), Della Porter (*SONJ Sports Director/Committee*), and Stephanie Johnson (*Area 10 Director*)

# Keynote Speaker: Paul Arohnson



- New Jersey's Ombudsman for Individuals with Intellectual/Developmental Disabilities and Families
- The ombudsman is the neutral staff person who answers questions, addresses concerns from the public, and is responsible for enhancing customer service in the courts
- Provides the bridge between the courts and community to enhance public access and improve customer service

# Understanding Disabilities: Techniques and Application to Coaching



- Susan Colacello – *Sr. Manager, Unified Champion Schools Professional Development, SONA*
- Marla Napurano – *Area 05 Mighty Ducks LTP Coordinator & Coach*
- Joanne Monaco – *SONJ Field Services Director*

## Topics:

- Diversity of athletes
- Meaningful Involvement
- Coaches knowing sports vs. Coaches knowing athletes
  - Get to know your athletes
  - Choosing appropriate sports
  - Sport Rules
- Expectations
  - Reminders & reinforcement
  - Open Communication
  - Athlete assessment

# Family Engagement – Communication with Families



- Olivia Feriozzi - *2022 Team NJ Track Coach, Area 07 Coach*
- Megan Lipski – *2022 Team NJ Soccer Coach, Area 11 Coach*
- Shannon Schafer – *2022 Team NJ Gymnastics Coach, Area 11 Coach*



***Olivia Feriozzi - Coach***



***Megan Lipski - Coach***



***Shannon Schafer - Coach***

# Family Engagement – Communication with Families



- Topics:
  - Program Expectations
    - Codes of Conducts
  - Pre-season meetings
    - Team Commitment
    - How can your families help prepare their athlete(s) for the upcoming season?
      - Fitness
      - Nutrition
      - Sport-specific workouts
- Engage with your families
  - Involvement in team activities during and after seasons
  - Social media
  - Group chats
    - Communicate practice updates, events, competitions





# 10 MINUTE BREAK

Time to stretch!

**Upcoming: Young Athletes Breakout Session 1 &  
Training Your Athletes – Fitness**

*All interested individuals wanting to take part in the Young Athletes session can go into the Sargent Shriver Gymnasium next door.*



# Young Athletes Session 1: Coaching and Curriculum



- Brianna Santoro – *Young Athletes & Health Manager*
  - Meet & Greet with new/existing coaches
  - Discussions of curriculum and overall programming
  - Opportunity for coaches to discuss individual programs and offer insight/suggestion to others

*All interested individuals wanting to take part in the Young Athletes session can go into the Sargent Shriver Gymnasium next door.*



# Training and Fitness with Athletes



- Anthony Notaroberto – *RWJBarnabas Fitness and Wellness*
- *This session will cover:*
  - Strategies to implement fitness and conditioning into practices
  - Group Benefits: Team Building, Inclusion
  - Group Drawbacks: Individual specific needs, control
  - General/Sport Specific strategies
  - Drills, scrimmage, reduce idle time
  - Conditioning outside of regular sports practices
  - Modifications to exercises/drills



ROBERT WOOD JOHNSON  
FITNESS & WELLNESS CENTER

# Lunch & Learn with 2022 USA Games Athlete-Coaches



[2022 USA Games – Team New Jersey Video](#)



# Lunch & Learn with 2022 USA Games Athlete-Coaches



***Colleen Ciecura - Coach***

Colleen Ciecura – *Team NJ Bowling Coach*

- Involved with Special Olympics since
- Sports: Bowling, Bocce
- Bocce Official
- Former SONJ Board Member
- Athlete Leadership Council Chairperson
- Numerous belts in karate



***Courtney Dreyfus - Coach***

Courtney Dreyfus– *Team NJ Swim Coach*

- Involved with Special Olympics since 2007
- Sports: Athletics, Snowshoeing, Swimming & Triathlon
- Competed in 2014 USA Games and 2015 World Games in Triathlon
- BA in Biology, minor in Marine Science
- Masters in Operational Oceanography



Next Sessions begin: 12:30pm

**Upcoming: Young Athletes Breakout Session 2  
(Program Demonstration) & Health/Wellness –  
Disciplines Offered by SONJ**

*All interested individuals wanting to take part in the Young Athletes session  
can go into the Sargent Shriver Gymnasium next door.*



# Young Athletes Session 2: Program Demonstration



- Brianna Santoro – *Young Athletes & Health Manager*
  - Use ideas and strategies discussed in Session 1 to create a program demonstration



*All interested individuals wanting to take part of the Young Athletes Session can go into the Sargent Shriver Gymnasium next door.*

# Health & Wellness – Disciplines Offered by SONJ



- Strong Minds Overview Video – Benefits, Expectations, Importance
  - Wendy Aita, PhD - *Strong Minds Clinical Director*
  - [Strong Minds Video](#)



# Health & Wellness – Disciplines Offered by SONJ cont.



- Amelia Hamilton – *Health Programs Director*
  - *Healthy Athletes overview*

Healthy Athletes - Healthy Athletes® is a Special Olympics program that provides free health screenings in a fun, welcoming environment that removes the anxiety people with intellectual disabilities (ID) often experience when faced with a visit to the doctor or dentist. We not only serve these athletes, but also train healthcare professionals who then go back to their practices with increased knowledge and compassion for people with ID.

Healthy Communities - A Healthy Community is a Special Olympic program recognized and accredited by Special Olympics International for its commitment to reducing disparities in health status and increasing access to community health resources for Special Olympics athletes and others with ID.



# Healthy Athletes Disciplines



Baseline Concussion



Fit Feet



FUNfitness



FUNfitness



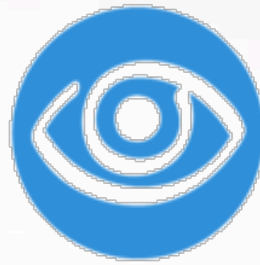
Healthy Hearing



MedFest



Opening Eyes



Special Smiles



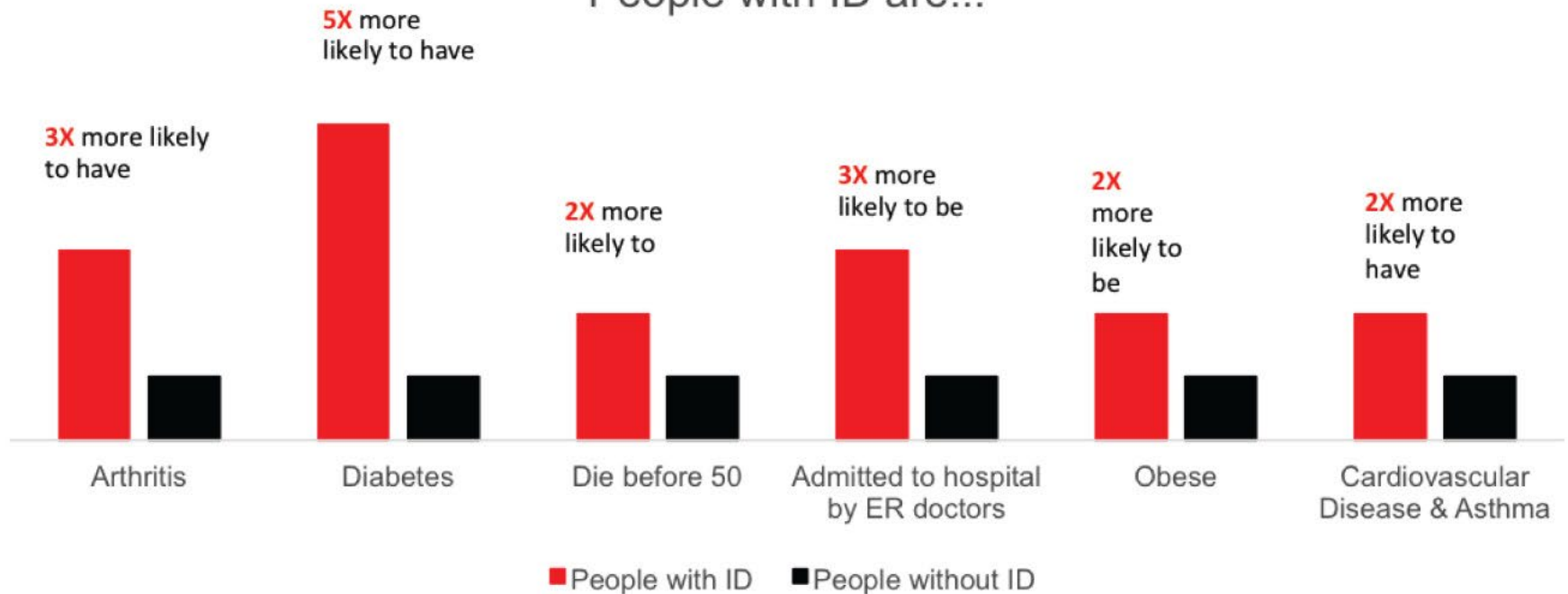
Strong Minds



# Importance and Impact



People with ID are...



# Healthy Athletes Events



- **Winter Games @ Stockton University – January**

- Baseline Concussion Assessments
- MedFest (AM and PM sessions)



- **Spring Games Basketball @ Wildwoods Convention Center - March**

- Strong Minds
- Special Smiles
- MedFest



- **Summer Games @ TCNJ - June**

- Baseline Concussion Assessments
- Fit Feet
- FUNfitness
- Health Promotions
- Healthy Hearing
- Opening Eyes
- Special Smiles
- Strong Minds



# Healthy Athletes Events cont.



- **Fall Games @ Mercer County Park - October**

- MedFest



- **Standalone Event @ SONJ Sports Complex - November**

- Opening Eyes
- Special Smiles



***\*\*MedFest events can be requested throughout the year – we just need at least 3 months to plan accordingly***

- ***Contact Amelia Hamilton at [ARH@sonj.org](mailto:ARH@sonj.org)***

# Special Smiles



# Beyond Coaching – Further Opportunities with SONJ



- Stephanie Johnson – *Area 10 Director*
- Natalie Hatrak – *Sport Committee Member*
- Della Porter – *Sport Director/Committee Member*
- Topics to cover:
  - Involvement in Sports Committees
  - Sports Officials/Officiating
  - Area-Level Involvement
  - Site Coordinators – various sports
  - Volunteerism

# Beyond Coaching – Further Opportunities with SONJ cont.



- **Area-Level Involvement:**
  - What does an Area Director do?
    - Assist with running Local Training Programs
  - Establish contact with the Area Director in your county
  - Area Competitions: bowling, swimming and track & field
- **Area Committees:**
  - How they function
  - What positions are included/needed



# Special Olympics New Jersey Programs by Area



## AREA 1 - HUDSON

### Ruben Concepcion

402 17 Street Apt 3 R, Union City NJ 07087  
(201) 687-4535 director-area01@sonj.org

## AREA 2 - PASSAIC

### Rich Deska

P.O. Box 747, Ringwood NJ 07456  
(973) 800-5786 director-area02@sonj.org

## AREA 3 - MORRIS, SUSSEX & WARREN

### Betty Lunn

201 Tulsa Trail, Hopatcong NJ 07843  
(973) 398-6150 director-area03@sonj.org

## AREA 4 - HUNTERDON

### Kathy Creveling

213 Country Road 513, Glen Gardner NJ 08826  
(609)-712-4278 director-area04@sonj.org

## AREA 5 - MIDDLESEX & UNION

### Karen Lewicki

5 Bramble Lane, Matawan NJ 07747  
(732) 566-8159 director-area05@sonj.org

## AREA 6 - MONMOUTH & OCEAN

### Jeri Hickey

P.O. Box 1082, Island Heights NJ 08732  
(908) 330-6095 director-area06@sonj.org

## AREA 7 - CAMDEN, GLOUCESTER, SALEM

### Marianne Aponte

15 Stanford Road, Cherry Hill NJ 08034  
(856) 952-6977 director-area07@sonj.org

## AREA 8 - ATLANTIC, CAPE MAY, CUMBERLAND

### Linda Cobb

P.O. Box 302, Cedarville NJ 08311  
(609) 647-7464 director-area08@sonj.org

## AREA 9 - ESSEX

### Terry Nevins

51 Hilltop Train, Sparta NJ 07871  
(973) 227-2354 director-area09@sonj.org

## AREA 10 - SOMERSET

### Stephanie Johnson

97 West End Avenue, Somerville NJ 08876  
(908) 392-3464 director-area10@sonj.org

## AREA 11 - MERCER

### Pat Jackson

430 Tindall Avenue, Hamilton NJ 08610  
(609) 558-9279 director-area11@sonj.org

## AREA 12 - BERGEN

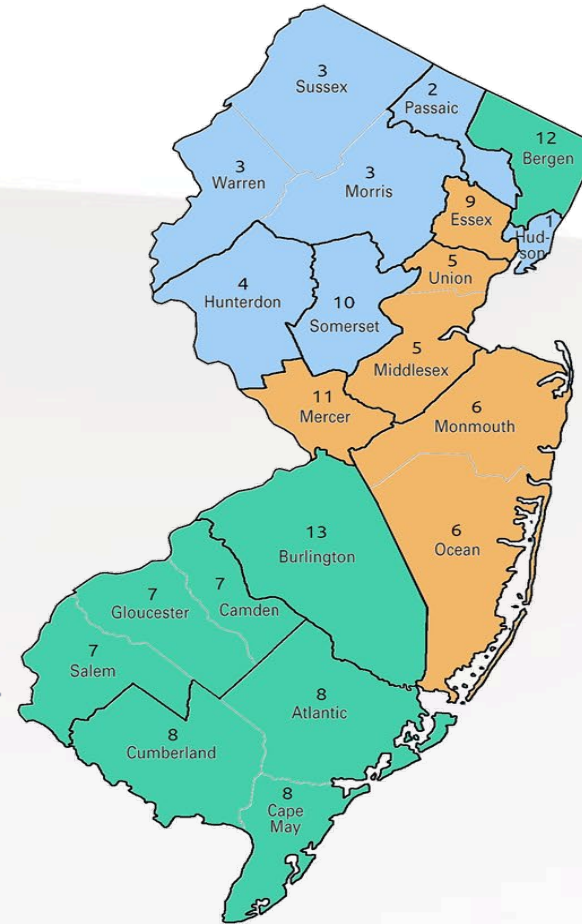
### Garth D. Brown

P.O. Box 872, Ridgely NJ 07657  
(609) 902-2666 director-area12@sonj.org

## AREA 13 - BURLINGTON

### Kate Maloney

1 Congress Circle, Medford NJ 08055  
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**Carmen Bannon**  
Chief Program  
Management Officer  
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# Beyond Coaching – Further Opportunities with SONJ cont.



- **Area Volunteering:** organization, medal inventory, souvenir sales, fundraising, etc.
- Volunteers are **essential** to success of the Areas
  - Recruitment, involvement, Special Olympics movement
- **Spread the word!**
  - Word of mouth, social media – you never know who has a connection and who is willing to get involved!