

## SPECIAL OLYMPICS SOUTHERN CALIFORNIA TWO SEASON SPORTS CALENDAR

This is the two season plan sports overview. This spreadsheet demonstrates the progression of training and competition through each season for athletes and coaches. Athletes and coaches must complete each step before advancing onto the next stage. This process will ensure trained coaches, appropriate training sites and plans and properly trained athletes. Athletes, coaches and family members will be able to see and follow the athlete's progression.

<b>Season Preparation:</b>		Develop sports training plans. Recruit & train coaches. Athletes complete medicals and sport sign-up process.											
<b>Athlete Training:</b>		Athletes begin attending weekly practices and implement at home training plans with families and friends.											
<b>Local Competitions:</b>		Athletes continue weekly training and participate in local competition (league play and scrimages) with local athletes and teams.											
<b>Area Competitions:</b>		Athletes continue weekly training and local competition all season and attend Area Games and Tournaments											
<b>Regional Competitions:</b>		Athletes continue weekly training, local competition and attend Area competitions advance to Regional Competitions.											
<b>Chapter Championship:</b>		Athletes who have trained and participated in local, Area and Regional Competitions are eligible (if selected) to advance to Summer or Fall Games											
Season	Sport	January	February	March	April	May	June	July	August	September	October	November	December
<b>SPRING / SUMMER</b>	Aquatics		Athlete Training	Local Competition	Area Competition	Regional Competition	<b>Summer Games</b>						
	Athletis		Athlete Training	Local Competition	Area Competition	Regional Competition					>>>> Spring Season Preparation >>>>		
	Basketball		Athlete Training	Local Competition	Area Competition	Regional Competition							
	Bocce		Athlete Training	Local Competition	Area Competition	Regional Competition							
	Golf		Athlete Training	Local Competition	Area Competition	Regional Competition							
	Gymnastics		Athlete Training	Local Competition	Area Competition	Regional Competition							
<b>FALL / WINTER</b>	Bowling								Athlete Training	Local Competition	Area Competition	Regional Competition	<b>Fall Games</b>
	Floor Hockey				>>>> Fall Season Preperation >>>>				Athlete Training	Local Competition	Area Competition	Regional Competition	
	Soccer								Athlete Training	Local Competition	Area Competition	Regional Competition	
	Softball								Athlete Training	Local Competition	Area Competition	Regional Competition	
	Tennis								Athlete Training	Local Competition	Area Competition	Regional Competition	
	Volleyball								Athlete Training	Local Competition	Area Competition	Regional Competition	