



Big Blue Blowout Coaches Development Weekend Bloomington-Normal, IL September 29 – October 1, 2023

The 23rd Big Blue Blowout will be hosted in Bloomington-Normal. BBB is an opportunity for coaches to attend multiple sport trainings and coach education courses in one weekend. BBB is a great opportunity to meet, network & swap best practices with other coaches from around the state.

Certifications are valid for four years from the date of training. Through coach education and certification, coaches are able to enhance their skills while helping athletes reach their potential.

Schedule & Course Descriptions:

Friday, September 29 – SOILL Headquarters, 605 E Willow St., Normal

- ***Principles of Coaching (2:30pm-9:00pm)*** – This advanced course provides foundational knowledge to both coaching and disabilities. This course will prepare coaches to: develop a coaching philosophy, build a successful team and sport program, enhance athlete confidence and motivation, teach sports skills, implement fitness and nutrition strategies & provide a safe sport environment.

Saturday, September 30 - Lincoln Leisure Center, 1206 S. Lee St., Bloomington

AM session: 9am – 11:30am

- ***Athletics (ISU Redbird Track)*** - The sport of athletics encourages athletes of all abilities and ages to compete at their optimum level. Track - walking events assisted walking events, wheelchair events, 25 – 3,000 meter runs, and relay events. Field – standing long jump, running long jump, high jump, ball throws, shot-put, and mini-javelin. This course will cover them all.
- ***Tennis*** - Tennis is a sport played by players of all ages, at all levels of ability. Athletes are trained in all aspects of the game, including stroke production, court craft and the rules of competition. Tennis is a lifetime sport that is fun to practice and fun to learn. Bring a racquet if you have one.

Lunch and Learn- Intro to USA and World Games – 12pm – 11pm

- Join this lunchtime presentation to learn what is involved and required to become a USA or World Games athlete or coach.

PM session: 1:00pm – 3:30pm

- ***Golf*** – Golf is a precision club and ball sport, in which competing players use many types of clubs to hit balls into a series of holes on a golf course using the fewest number of strokes. The game is played on golf “courses”, each of which features a unique design, typically consisting of either nine or 18 holes. Bring clubs if you have them.
- ***Snowshoe*** - Snowshoeing is a favorite outdoor winter activity. Combining aerobic activity with ease of walking over snow without sinking in, snowshoeing is a sport for all ages. Learn about what races SOILL offers and how to train and coach your athletes in this unique winter sport.

Short Course – Unified Bags (Cornhole) 4pm – 5pm

- SOILL will be piloting a new sport, Unified Bags. For athletes and unified partners (**age 18+**) this will be a new option for participation. Learn and play bags during this short course.

Dinner & Bocce – 5:30pm – 7:30pm

SOILL Headquarters, 605 E Willow St., Normal

- **Bocce** – Bocce is an Italian game. The basic principle of the sport is to roll a bocce ball closest to the target ball, which is called a pallina. Learn how to play the game and teach your athletes to strategize. (And have some fun too!)

Sunday, October 1

AM session: 9am – 11am

- **Basketball (Lincoln Leisure Center)** – Focus on basic skills and drills, game rules, strategies/offensive play, defensive technique introduction.
- **Sport First Aid (Lincoln Leisure Center, Classroom)** - Learn the key skills to be able to manage your teams' basic training needs. Taught by a certified athletic trainer.
- **Flag Football** - One of the most exciting sports SOILL offers is Flag Football. In Illinois, Flag Football provides competition for teams of five in junior and senior (coed) age groups. Learn the game, plays & drills.
- **Powerlifting (The PIT, 4 Seasons 2 Health Club)** - Special Olympics Powerlifting consists of three lifts: deadlift, squat or bench press. Learn how to safely teach, train and increase weight.

Afternoon: 11:15am – 12:15pm

- **Unified Sports (Lincoln Leisure Center, Classroom)** – Learn about this inclusive sports program that unites Special Olympics athletes (individuals with intellectual disabilities) and partners (individuals without intellectual disabilities) as teammates for training and competition. *Mandatory certification for any agency participating in Unified Team Sports.

Notes

- **General Orientation** – Serves as an introduction to SOILL; required to become certified. View online (<https://www.soill.org/blog/2015/04/22/general-orientation/>) and complete a quiz to fulfill this prerequisite.
- **Housing** - A housing stipend will be provided to reimburse a portion of hotel expenses for any coach traveling more than 35 miles (\$75 per night, 2 night max). A room block has been set up at the *Holiday Inn (8 Traders Circle, Normal)* for \$129/nt (plus tax) including breakfast. Please call 309-862-0101 and mention the Special Olympics room block or visit this link to book: <https://tinyurl.com/mr33s9b>. Reservations must be made by **Friday, September 8**.
- **Meals Provided** - Dinner Friday (Principles of Coaching), lunch Saturday, dinner Saturday.

Registration

- Complete the online google form (<https://forms.gle/LUtRWNZ8ux24aT9S9>) or the fillable PDF and email to ccronin@soill.org.
- To ensure a t-shirt please register by **Monday, September 11**.

Questions? Please contact: Carolyn Cronin, ccronin@soill.org, (920) 988-2838