

SPECIAL OLYMPICS SOUTHERN CALIFORNIA
TWO-SEASON SPORTS
CALENDAR

This is the two-season sports plan 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 on to 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.

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