



Fitness
TRAINING SCHOOL

This Training School will provide coaches the opportunity to learn skills, which will assist them in incorporating fitness into their sport practices.

DATE: Thursday, November 7, 2019. Registration deadline is Monday, November 4, 2019.

TIME: 6:00pm – 8:00pm

LOCATION: Stevens Point YMCA
1000 Division St., Stevens Point, WI 54481

TRAINER: Brittany Hoegh

DRESS: Dress to participate!

RETURN NO LATER THAN Monday, November 4, 2019:

Brittany Hoegh, Director of Training
Special Olympics Wisconsin
2310 Crossroads Dr. Suite 1000, Madison, WI 53718
Phone: 608-442-5683, fax: 608-222-3578
bhoegh@specialolympicswisconsin.org

NAME: _____ **AGENCY:** _____

ADDRESS: _____ **CITY & ZIP:** _____

PHONE: _____ **EMAIL:** _____

Are you a registered Class A Volunteer for Special Olympics Wisconsin? YES NO

Have you completed the on-line General Coaches Certification? YES NO

Are you? (Please check one): New Coach Experienced Coach – how many years coaching? _____

Are you an Athlete? Yes No If yes, have you completed *Athletes As Coaches*? Yes No

What age group do you work with: Youth Adults

How often do you practice? 1x/week 2-3x/week 4-5x/week

What would you most like to learn about? (Please number 1-3 with 1 being your highest priority)

_____ Warm-ups & Cool-downs _____ Fitness in Drills _____ Nutrition _____

Other: _____