



**Special Olympics**

*Bharat  
Gujarat*



# **Female Advance**

## **Coaches Training Programme**

### **2009**

**Date: 17th to 19th Aug.2009**

**Venue:Ahmedabad**

**Special Olympics Bharat-Gujarat**

11-A, Pallavi Row House, Opp– Palak Appt.

Nr.Memnagar Fire Station

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**Special Olympics**

*Bharat  
Gujarat*

To,  
Air Marshal Denzil Keelor  
The Chairman  
Special Olympics Bharat  
New Delhi

Date: 28th Aug. 2009

Respected Sir,

**Female Advance Coaches Training Programme-2009**

We are glad to inform you that We have organized Female Coaches Training Programme. The programme was scheduled from 17th to 19th Aug of 2009 and was hosted by Special Olympics Bharat-Gujarat at Ahmedabad, Gujarat.

Attached please find my detailed report on the above mentioned programmed for your perusal.

Thanking you,

Yours faithfully

Prof.D.G.Chaudhary  
Chairman  
Special Olympics Bharat- Gujarat

### ***Introduction:-***

Female Advance Coaches Training Programme was held at Ahmedabad dated from 17th to 19th of Aug, 2009. The programme was organized with the aim to increase numbers of female coaches in the Gujarat State. 18 female coaches from 18 districts of Gujarat have attended this programme and 9 Resource persons conducted the programme explaining the trainees what is intellectually disabilities? , What is Special Olympics and its initiatives and 12 Sports disciplines of Special Olympics with practical and theory session. The programme was scheduled as under:

### ***The Programme Schedule:-***

#### **Date: 17/08/2009**

<b>Time</b>	<b>Subject</b>	<b>Location</b>	<b>Resource Person</b>
12.00 to 1.00 pm	Registration and Lunch	Office	-
1.00 to 3.00 pm	Rest	Office	-
3.00 to 4.00	Opening and Special Olympics Orientation.	Office	Kirupa Patel
4.00 to 4.30	Aware of warm up and Cooling down	Gujarat University	Prakash Chaudhari
4.30 to 5.30	<b>Athletics.</b> Track, Shot put, long Jump, Relay race	Gujarat University	Prakash Chaudhari
5.30 to 6.30	Handball	Gujarat University	Mukesh goswami
After Dinner	GMS	Office	Ravi Soni

#### **Date: 18/08/2009**

<b>Time</b>	<b>Subject</b>	<b>Location</b>	<b>Resource Person</b>
7.00 to 8.00 am	Football	M.G.Science	Prakash Chaduhari
8.00 to 9.00am	Basketball	H.L.College	Binduben Goswami
9.00 to 10.30am	Recess		-
10.30 to 11.30am	Table Tennis	Office	Dr.Kamlesh Patel
11.30 to 12.30pm	Role of Coach	Office	Miss. Kirupa Patel
12.30 to 1.30pm	Lunch	Office	-
1.30 to 2.30pm	Rest	Office	-
2.30 to 3.30pm	Badminton	M.G.Science	Dr.Kamlesh Patel
3.30 to 4.30pm	Volleyball	M.G.Science	Mukesh Goswami
4.30 to 5.30pm	<b>Athletics</b> Softball, Standing High jump,	M.G.Science	Prakash Chaudhari and Prof.Manoj Thakor
5.30 to 6.30	Cricket	M.G.Science	Jignesh Thakkar
After Dinner	Mentally Retardation	Office	Venuben Mehta-

**Date: 19/08/2009**

<b>Time</b>	<b>Subject</b>	<b>Location</b>	<b>Resource Person</b>
7.00 to 8.00 am	Floor Hockey	M.G.Science	Tushar Joglekar
8.00 to 9.00am	Bocce	M.G.Science	Venuben
9.00 to 10.30am	Recess	Office	-
10.30 to 11.30am	Power lifting	Office	Prakash Chaudhari
11.30 to 12.30pm	Roller Skating	Office	Dr.Kamalesh Patel and Mukesh Goswami
12.30 to 1.30pm	Lunch	Office	-
1.30 to 2.30pm	Closing Ceremony		-

***List of Trainees:-***

<b>Name</b>	<b>Sex</b>	<b>Age</b>	<b>District</b>
SAVALIYA, SHARDABEN JAMANBHAI	Female	41	JUNAGADH
DESAI, FALGUNIBEN RUSHIKUMAR	Female	28	NAVSARI
PATEL, GOPIBEN CHAMANBHAI	Female	20	KHEDA
SOLANKI, SANGITA JAYANTIBHAI	Female	18	SABARKANTHA
VHORA, SALAMA ANAVARBHAI	Female	23	ANAND
GHOSH, ARCHANA KARTIK	Female	48	BHARUCH
PATEL, HETALKUMARI NARANBHAI	Female	23	NAVSARI
SOLANKI, JAYABEN GORADHANBHAI	Female	29	AHMEDABAD
PATEL, DIMPAL RAMJIBHAI	Female	27	AHMEDABAD
DAVE, MADHAVIBEN RASIKLAL	Female	35	KUTCH
PATEL, JIGEEASHA ASHOKBHAI	Female	23	SABARKANTHA
TAILOR, DIPIKA DILIPBHAI	Female	38	SURAT
THAKOR, HARSHA JIVAJI	Female	24	SABARKANTHA
BHATT, VARSHA DIWAKARBHAI	Female	26	BHAVNAGAR
THAKKAR, DARSHANA VIJAYKUMAR	Female	20	ANAND
SANGHANI, JALPA VITHALBHAI	Female	19	JAMNAGAR
GADHIYA, DAKSHA KALUBHAI	Female	30	AMRELI
NAYAK, CHETANABEN G.	Female	37	DAHOD
WAGHELA, DAKSHA LALITBHAI	Female	34	DAHOD

**Accommodation :-**

Boarding and lodging of trainees and Resource persons were at Special Olympics Bharat-Gujarat office, Ahmedabad, Gujarat.

## *Transportation*

Four Auto were set up to the accommodation to pick and drop a female coaches to the Ground from the accommodation venue.

## **Programme Outline:-**

### **• 17th Aug, 2009**

Female coaches arrived after 12.00pm. After the Registration, they were given lunch and rest up to 3.00pm. The programme was begun with opening ceremony. The First Session of what is Special Olympics and its history and Structure was conducted by Miss Kirupa Patel. After that Lectures described in the Schedule were likewise conducted by the Respected resource persons with practical Session on the Ground. The programme went ahead as per schedule up to Dinner. Trainees took dinner at 8.00pm. After dinner Ravi Soni took the session of what is the GMS and its role in Management of Competitions with Slide Shows.



( 100 Mts Run– Athletics Practical Session )



Shot Put- Athletics-Mr.Prakash Chaudhari



**Long Jump– Athletics**



**Shot Put– Athletics**



**Long Jump– Athletics**



**10 Mtr Dribble - Hand Ball**



**Handball– Mr. Mukesh Goswami**



• *18th Aug, 2009*

This was a second day of the Programme. Second started with Football game with Practical Session by Mr. Prakash Chaudhari. All the Female has practiced of Football individual skills consecutively. Prof. Binduben Goswami has explained the individual tests of basketball practically on the Basketball Ground. Dr.Kamleshbha Patel took the session Table Tennis and Badminton. Volleyball was conducted by Mr. Mukesh Goswami. Jignesh Thakkar conducted a practical session on Cricket and continued up to 7.15pm. All trainees took dinner at 8.00pm. After dinner Venuben took a lecture on Mentally Retardation.



**Football –Dribble By Mr.Prakash Chaudhari**



**Foot Ball - Zig Zag Dribbling By Prakash Chaudhari**



**Basketball Individual Tests– Ms. Binduben Goswami**



**Basket ball- Shooting**



**Badminton– Dr.Kamalesh Patel**



**Table Tennis– Dr.Kamalesh Patel**





- **19th Aug, 2009**

This was a last day of Programme. The day started through a lecture of Floor Hockey by the Tushar Joglekar in the morning. He explained the Skill tests of Floor Hockey. The programme was being conducted as per scheduled .Bocce Practical game was conducted by Miss Venuben Mehta. Dr. Kamleshbhai Patel took the session on Roller Skating. And Power lifting game was handle by Mr. Prakash Chaudhari. The programme concluded by the Closing ceremony. After the Closing ceremony, trainees departed as per their travel booking.



**Warm up Session**



**Floor Hockey**



**Floor Hockey by Mr. Tushar Joglekar**



Floor Hockey



Relay Race-Athletics



Relay Race –Athletics– Prof.Manoj Thakor



Bocce Practical Session



Bocce By Miss. Venu Mehta

## ***Review of Trainees:-***

We took the pre-test at the end of each day of the programme to evaluate the Trainees regarding Special Olympics. The topics taught during the day were questioned in the Pre-test Paper in the evening. Most of the trainees seem to be mentally prepared and ready to face the examination.

Three days pre-test papers are as under:

### **Pre-Test 17/08/2009**

1. In which year Special Olympics was started?
2. Who started Special Olympics?
3. Where is Special Olympics Gujarat office situated?
4. What is eligibility for the athletes to participate in Special Olympics?
5. In Special Olympics, at which age an athlete can participate?
6. How many disciplines are in Special Olympics?
7. What is an age Group for the Team Games and Individual Games?
8. Who can participate in Special Olympics?
9. Why Special Olympics is Special?
10. What is the mission and the Oath of Special Olympics?
11. What is a name of Special Olympics Bharat Chairman?

### Pre-Test 18/08/2009

1. Mention the events played in track and field.
2. In athletics 100 mtr Run can the athlete change the track? Yes / No
3. In how many skills long Jump can be performed?  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
4. How many starts are there in the Competition of running?  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
5. What is the command for running competition?
6. What are the types of Shot Put delivery?  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
7. How many skill tests are there in Handball?  
1. \_\_\_\_\_ 4. \_\_\_\_\_  
2. \_\_\_\_\_ 5. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_
8. Give the measurement of Handball Ground.
9. How many spot shoots are given in Handball at 9 mtr & 6 mtr?
10. Mention the skills of Basketball Game.  
1. \_\_\_\_\_ 4. \_\_\_\_\_  
2. \_\_\_\_\_ 5. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_
11. What is the time of Rebound skill in Basketball?
12. What is the time of Zig- Zag Dribbling in Football?
13. Name the Individual skills of Football game.  
1. \_\_\_\_\_ 4. \_\_\_\_\_  
2. \_\_\_\_\_ 5. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_
14. What are the teams Skills in Football game?  
1. \_\_\_\_\_ 4. \_\_\_\_\_  
2. \_\_\_\_\_ 5. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_
15. In Football's individual skill test - 'shooting' how many balls are given to shoot?
16. Football's skill 'control and Pass' how many points are given for 1 pass?
17. Name the skills of table Tennis game.  
1. \_\_\_\_\_ 4. \_\_\_\_\_  
2. \_\_\_\_\_ 5. \_\_\_\_\_  
3. \_\_\_\_\_ 6. \_\_\_\_\_
18. How many sets are there in the game of Table Tennis?
19. How many points does 1 set consist in table tennis game?
20. Name the equipments required for skating
21. How many events an athletes can participate in skating?

## Pre-Test 19/08/2009

1. What is the measurement of Volleyball ground?
2. Name the Skills of Volleyball game?
3. How many trials are given for Services' skill test ?
4. What is the time limit given for Juggle Skill test?
5. How many players can participate in Relay Run in one Team?
6. How many throw are given for Softball Throw game?
7. Name the Events for Higher ability in the Athletics.
8. Name the Events for Lower ability in the Athletics.
9. What is the Measurement of Floor Hockey Ground?
10. What is the measurement of Goal Post in Floor Hockey?
11. Can the Player play from backside of Goal Post in Floor Hockey?  
YES / NO
12. Name the Skill Tests of Floor Hockey.
13. What is the Total time in the game of Floor Hockey?
14. What is Special about Floor Hockey Game?
15. Name the Sports Equipments used to play floor Hockey.
16. How many events are there in Power Lifting Game?
17. What is the age group recommended for Power lifting Game?
18. What is the measurement of bocce Ground?
19. Name the Sports Equipments used in Bocce?
20. Write the distance of Pallina kept for the skill Test in Bocce Game.
21. Name the skills required for cricket in Special Olympics.
22. How many overs a bawler can do Bowling in Cricket Game?
23. How many runs a player can get for 'No Ball' & wide ball in Cricket?
24. Can the Batsman play again after he is out in Cricket? YES / NO

### ***Equipments:-***

<b>No</b>	<b>Equipments</b>	<b>Qty</b>
<b>1</b>	<b>Laptop</b>	<b>1</b>
<b>2</b>	<b>Bocce</b>	<b>1 Kit</b>
<b>3</b>	<b>Table tennis</b>	<b>2 rackets + 2 Balls</b>
<b>4</b>	<b>Badminton</b>	<b>2 rackets + 2 Shuttle Cock</b>
<b>5</b>	<b>Volleyball</b>	<b>2 Ball</b>
<b>6</b>	<b>Basketball</b>	<b>3 Ball</b>
<b>7</b>	<b>Athletics</b>	<b>Baton 4</b>
<b>8</b>	<b>Softball Throw</b>	<b>2</b>
<b>9</b>	<b>Stop Watch</b>	<b>2</b>
<b>10</b>	<b>Whistle</b>	<b>5</b>
<b>11</b>	<b>Projector</b>	<b>1</b>

### ***Conclusion:-***

Female Advance Coaches Training Programme-2009 was conducted successfully. Most of the female Coaches participating in the camp were found to be enthusiastic and physically fit. We are of the view that the programme was a very successful and is a major asset to the Special Olympics Bharat –Gujarat.

Female Advance Coaches Training Programme-2009 Registration Records in GMS is attached .

Yours Faithfully,



Prof.D.G.Chaudhary  
Chairman  
Special Olympics Bharat-Gujarat