



Health and Wellness Conference Track Descriptions
February 2 – 4, 2024
Ala Moana Hotel

Coaches Track: Principles of Coaching Special Olympics Athletes: Saturday and Sunday

The Principles of Coaching SO Athletes session will help to develop an understanding of Special Olympics, identify a coaching philosophy for each participant, apply the sport management team approach in recruiting athletes, volunteers and family members, and develop training plans for conducting sport-specific training programs for Special Olympics athletes. You will learn to identify practical methods for enhancing athlete performance by developing sport confidence through effective coaching techniques. In addition, coaches will also learn to apply the principles of strength, endurance and flexibility training and nutrition as they apply to Special Olympics athletes, and to provide a safe environment for Special Olympics athletes during training and competition. This training can help to renew your SOHI Coaches Certifications if not already used.

Families Track: Navigating Systems for Persons with ID: Saturday Only

This 1-day educational training will have sessions for our parent and caregivers to learn about a variety of ways to navigate several different programs such as Medicaid/Medicare/Medquest, ABLE saving accounts, estate planning, etc.

Health Messenger Training: Saturday and Sunday

This day and a half course is for athletes and their mentors. Participants will be educated on how to empower fellow athletes to develop healthy lifestyles, influence other athletes to lead healthier lives, advocate within the community for inclusion around health and wellness services, education and resources and develop leaders to advocate for the health needs of people with intellectual disabilities. Participants will choose how they want to serve as a leader depending of their unique gifts, talents, experiences, and passions by developing a health practicum that they will implement for Special Olympics Hawai'i. Athletes/Mentors must be willing to make a minimum of a 1-year commitment to finish their practicum.

Community Collaborative for Inclusive Health: Sunday Only

This half-day collaborative course is for athletes, their caregivers and the health community around the state that serve person with disability to discuss issues that affect people with ID within the health community. This collaboration will be with community agents such as Department of Health and Kaiser Permanente. This collaborative group will also discuss ways to improve services and communication for persons with ID and how to implement that into the health community here in Hawai'i.

Athlete Leadership: Saturday

Special Olympics Hawai'i Athlete Leadership Council members will hold an in-person meeting to do a new member orientation to new council members and to plan and develop Athlete Input Councils for each area program. This council consists of athletes from all Special Olympics Hawai'i area programs. On Sunday, they will attend the Community Collaborative for Inclusive Health track.

Unified Champion Schools Youth Leadership Summit: Friday, Saturday, Sunday

The Youth Leadership Summit brings together young people with and without ID from all over the state of Hawai'i in a leadership platform to develop the skills they need to become agents of change in their communities. The summit will also provide young people the opportunity to learn from their peers on how to empower the next generation of unified Youth Leaders.

