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## Sports Season *At Home*

### Introduction to Training & Competition

We would like to offer athletes and coaches a safe opportunity to train and compete from home while formal Special Olympics activities are suspended. We have selected 12 competitive fitness style events and would like to challenge our athletes to try them all, then select four, and eventually submit their personal bests.

### Eligibility

Any registered Special Olympics New York athlete with valid medical and consent form can participate. All coaches must be certified Class-A Volunteers. Athletes will participate with their existing training clubs. If your club is not available, athletes will be paired with a composite club and coach for the region in which they train.

### Schedule

May 18 <sup>th</sup>	Season opens and <i>at Home</i> Training begins
June 12 <sup>th</sup>	Athlete Registration and Qualifying Scores submitted
June 22 <sup>nd</sup>	Divisions posted
June 22 <sup>nd</sup>	Coaches submit Final Scores
June 30 <sup>th</sup>	Final Results Posted
July tbd:	Send recognition for distribution by clubs when we return

### Training for Competition

SONY recommends coaches hold weekly virtual practices for guidance and instruction. Virtual sessions may be held using any of a wide variety of free video conference applications. Athletes should train at least 3 days each week independently or with their clubs for selected activity. Training resources are provided to coaches for distribution to athletes. Ultimately, we encourage coaches to monitor activity and athlete progress regularly while athletes work independently to achieve their personal best. SONY encourages athletes to record and submit video of their participation.

### Registration and Tracking

Please register using the athlete and coach registration form to be provided by your regional staff leader. Tracking forms should be maintained now by each athlete, these are included for distribution. Make sure to fill out the forms completely without the use of nicknames. It is imperative that we have the correct email and home addresses for each individual, an individual's family member or a guardian so that participation incentives, rewards and communications reach the participants.

### Submitting Scores:

Data tracking sheets are available for athletes and coaches to record progress and personal bests.



## Recognition & Incentives

Registered athletes and coaches will receive a Special Olympics New York incentive item upon completion of the season.

## Health & Safety:

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- Wearing the right shoes
- Using the correct equipment
- Drinking lots of water – stay hydrated
- Warming up and stretching properly
- Be aware of your surroundings - exercise in a safe and level area clear of any obstacles or items
- Maintain social distancing rules when exercising.
- Stop exercising immediately and seek medical help if you experience symptoms such as:
  - Discomfort or pain
  - Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
  - Extreme breathlessness
  - A very rapid or irregular heartbeat during exercise

Looking for more **virtual programming** to keep yourself in the game? Click [here](#) for details on our virtual fitness and wellness programming.





## Sports Season *At Home* Fitness Events:

### 1. a. Standard Push-up (timing device required)

- Start in a high plank position. Place hands firmly on the ground, directly under shoulders.
- Begin to lower your body—keeping back flat and eyes focused about three feet in front.
- Keeping core engaged, exhale as you push back to starting position.
- Count and record number of push-ups you complete in **60 seconds**.



### b. Modified Push-Up (timing device required)

- Begin in a kneeling position on a mat with hands below shoulders and knees behind hips so back is angled and long.
- Tuck toes under, tighten abdominals, and bend elbows to lower chest toward the floor.
- Press chest back up to start position.
- Count and record the number of modified push-ups you complete in **60 seconds**.



### c. Wheelchair Push-Up (timing device required)

- Make sure wheelchair is in locked position.
- Make sure safety belt is unhooked.
- Place your arms on the side.
- Push up and lift your body up.
- Count and record the number of wheelchair push-ups you complete in **60 seconds**.



### 2. Standing Broad Jump (measuring device required)

- Place your feet shoulder-width apart. Point your toes straight. Both feet should be behind a marked line.
- Lean forward, swinging arms back and bend both knees to gain momentum.
- Bring your arms back behind you and bend your knees and hips.
- Jump off and land with both feet together; do not move until the distance is measured.



3. a. 25 Step Race (timing device required)

- How fast can you take 25 steps?



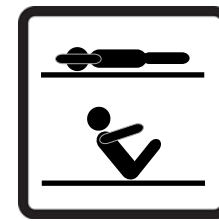
b. 25 Push Wheelchair Race (timing device required)

- Record the time it takes you to complete 25 full pushes while propelling your wheelchair.



4. V Sit-up (timing device required)

- Lie face up with your arms and legs extended and resting on the floor.
- Keep your abs tight and lift your hands and feet to meet over your torso.
- Return to your starting position slowly while continuing to keep your abs engaged and tight.
- Count and record the number of v sit-ups you complete in **60 seconds**.



5. a. 10 Step Shuttle Run (timing device required)

- Mark two parallel lines 10 steps apart.
- Athlete starts behind one line.
- Athlete runs from one line over the other line and back until time elapses.
- Count and record the number of line crosses you complete in **60 seconds**.
- Each time a line is crossed counts as 1 point.



b. 10 Unit Wheelchair Shuttle Run (timing device required)

- Mark two parallel lines either 10 steps or 10 wheelchair lengths apart.
- Athlete starts behind one line.
- Athlete propels from one line over the other line and back until time elapses.
- Count and record the number of line crosses you complete in **60 seconds**.
- Each time a line is crossed counts as 1 point.



6. Vertical Leap (measuring and marking device required)

- Use your marking device to indicate where the athlete touches as high as they can while keeping both feet on the ground.
- Standing next to the wall, jump as high as you can.
- At the top of your jump, reach as high up as you can and touch the wall.
- The mark you leave when jumping is your vertical jump reach (highest point you can reach with jump)
- Use your measuring device and record the distance between your standing reach and your vertical jump reach.
- The distance between the 2 points is your vertical jump height in inches.
- Count and record the number of inches between standing reach and your vertical jump reach.
- Each inch is worth 1 point.



7. a. Ball dribble (timing and marking device required)

- Mark two parallel lines 10 steps apart.
- Athlete starts behind one line.
- Athlete dribbles from one line over the other line and back until time elapses.
- Count and record the number of line crosses you complete in **60 seconds**.
- Each time a line is crossed counts as 1 point.



b. Wall Pass (timing device required)

- Start facing a wall.
- Pass the ball to the wall using a two-hand chest pass.
- Catch the rebound off the wall or on a bounce.
- Count and record the number of tosses and catches in **60 seconds**.
- Every correct toss and catch is 1 point each.



8. High Knee Step (timing device required)

- Start standing with feet hip-distance apart.
- Lift up knee as high as it will go and raise the opposite arm, then switch quickly so the other knee is up before first foot lands; like running in place.
- Continue switching sides.
- Count and record the number of high knees you complete in **60 seconds**.
- Each time your foot lands counts as 1 point.



9. Line jump side to side (timing device required)

- Mark one line.
- Find a timing device that you can use to time yourself.
- Athlete starts next to line.
- Athlete jumps over the line (without stepping on it) and back until time elapses.
- Count and record the number of line crosses you complete in **60 seconds**.
- Each time the line is crossed counts as 1 point.



10. Line jump front to back (timing device required)

- Mark one line.
- Find a timing device that you can use to time yourself.
- Athlete starts behind the line.
- Athlete jumps over the line (without stepping on it) and back until time elapses.
- Count and record the number of line crosses you complete in **60 seconds**.
- Each time the line is crossed counts as 1 point.



### 11. Stair step (timing device required)

- Stand facing the bottom step.
- Step up with one foot, pressing through the heel to straighten the same leg.
- Bring the other foot to meet your first foot on top of the step.
- Bend your first knee and step down with the other foot.
- Bring the first foot down to meet the other foot on the floor; that is one completed step.
- Count and record the number of completed steps in **60 seconds**.



### 12. High Planking (timing device required)

- Begin in the plank position with your forearms and toes on the floor.
- Place hands firmly on the ground, directly under shoulders.
- Push up off the floor, keep elbows straight and locked.
- Keep your body in a straight line from ears to toes with no sagging or bending.
- Your head is relaxed and you should be looking at the floor.
- Count and record how long you are able to hold the correct position in **60 seconds**.
- Each second counts as 1 point.





## Sports Season *at Home* : Weekly Fitness Events Tracking

Athlete Name: \_\_\_\_\_ Week #: \_\_\_\_\_

Event Name	Sunday Count/Time	Monday Count/Time	Tuesday Count/Time	Wednesday Count/Time	Thursday Count/Time	Friday Count/Time	Saturday Count/Time	My BEST Score from this week

**Please practice each event at least 3 times per week to track your progress!**  
**Be sure to circle your top score from each week. You do not have to do the exercises every day.**

**When you complete your tracking pages, please send back to your coach.**