



Athletes can train in as many events as they would like, but must choose a **maximum of 4 events for competition**. Athletes are encouraged to select events based on the sports they would typically train and compete in during the Fall Season, but they are **not** limited to events from one sport.

Events that are marked with an asterisk (\*) are possible for athletes who use a wheelchair. Events that are marked with a carot (^) may be more suitable for apartments or other small spaces.

## Sport Readiness Events

These events were chosen with the Fall Sports in mind. They help to develop increased agility and full-body strength. For more fitness-based activities, talk to your Regional staff leader about starting or resuming a Fit Club or Fit 5 activity.

### **High Knee Step ^**

**Equipment Needed:** Stop-watch or other timing device that can measure 60-seconds

**Set-Up:** Start standing with feet hip-distance apart. Lift up one knee as high as it will go and raise the opposite arm. Switch legs and repeat on the other side. This will be similar to marching or running in place. Continue switching sides for 60 seconds.

**What to Record and Submit:** Count and record the number of high knees you can complete in 60 seconds. Each time your foot lands counts as **1 point**.

### **Line Jump (Side-to-Side) ^**

**Equipment Needed:** Stop-watch or other timing device that can measure 60-seconds; something to mark a line on the floor (tape, chalk, marker, rolled up t-shirt, etc.)

**Set-Up:** Start standing on one side of the line. Jump or step both feet to the other side of the line, without stepping on the line. Jump or step back to your starting position. Continue to jump back and forth for 60 seconds.

**What to Record and Submit:** Count and record the number of times you jump over the line in 60 seconds. Each time the line is crossed counts as **1 point**.



## **Stair Step**

**Equipment Needed:** Stop-watch or other timing device that can measure 60-seconds; one step or something you can safely step up and down on repeatedly

**Set-Up:** 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. Moving one leg at a time, bring both feet back down to the floor. That is one completed step. Continue stepping both feet up and both feet down for 60 seconds.

**What to Record and Submit:** Count and record the number of times you can bring step up and back down in 60 seconds. Each time you return to the starting position counts as **1 point**.

## **Standard Push-Up ^**

**Equipment Needed:** Stop-watch or other timing device that can measure 60-seconds

**Set-Up:** Start in a high plank position. Place hands firmly on the ground, directly under your shoulders. Bend your elbows and lower your body to the ground, keeping your back flat and eyes focused about 3 feet in front of you. Keeping your core engaged, push yourself back to the starting position.

**What to Record and Submit:** Count and record the number of push-ups you complete in 60-seconds.

## **Modified Push-Up ^**

**Equipment Needed:** Stop-watch or other timing device that can measure 60-seconds

**Set-Up:** Start in a kneeling position, with hands below your shoulders and knees behind your hips, so back is angled and long. Bend your elbows and lower your body to the ground, keeping your back flat and eyes focused about 3 feet in front of you. Keeping your core engaged, push yourself back to the starting position.

**What to Record and Submit:** Count and record the number of modified push-ups you complete in 60-seconds.



## **Wheelchair Push-Up\* ^**

**Equipment Needed:** Stop-watch or other timing device that can measure 60-seconds

**Set-Up:** Start with your wheelchair in locked position, with the safety belt unhooked. Place your arms on the side of your wheelchair, push, and lift your body up off of the chair as high as you can. Lower back down to the starting position.

**What to Record and Submit:** Count and record the number of wheelchair push-ups you complete in 60-seconds



## Bocce Events

### **20 Foot Bocce Throw\***

**Equipment Needed:** 1 bocce pallina or another small object like a golf ball, tennis ball, or even a small rock; 1 bocce ball or another ball you can roll like a tennis ball, baseball, or softball; 1 measuring tape or ruler. You [can print off this online ruler](#) if you don't have one at home.

**Set-Up:** Find a long, flat area in your house or in your yard. Place your pallina (or substitute) on the ground/floor and measure 20 feet away. If you are unable to use a measuring tape, you can measure by taking 7 large steps. Mark the distance. From the 20-foot mark, roll your bocce ball (or substitute), trying to get it as close to the pallina as possible. Complete 8 total rolls, measuring the distance between your bocce ball and the pallina on each attempt.

**What to Record and Submit:** Take the measurements of the 3 rolls that came **closest** to the pallina and add them together to get your final score. Record the distance in feet and inches.

### **30 Foot Bocce Throw\***

**Equipment Needed:** 1 bocce pallina or another small object like a golf ball, tennis ball, or even a small rock; 1 bocce ball or another ball you can roll like a tennis ball, baseball, or softball; 1 measuring tape or ruler. You [can print off this online ruler](#) if you don't have one at home.

**Set-Up:** Find a long, flat area in your house or in your yard. Place your pallina (or substitute) on the ground/floor and measure 30 feet away. If you are unable to use a measuring tape, you can measure by taking 10 large steps. Mark the distance. From the 30-foot mark, roll your bocce ball (or substitute), trying to get it as close to the pallina as possible. Complete 8 total rolls, measuring the distance between your bocce ball and the pallina on each attempt.

**What to Record and Submit:** Take the measurements of the 3 rolls that came **closest** to the pallina and add them together to get your final score. Record the distance in feet and inches.



## **40 Foot Bocce Throw\***

**Equipment Needed:** 1 bocce pallina or another small object like a golf ball, tennis ball, or even a small rock; 1 bocce ball or another ball you can roll like a tennis ball, baseball, or softball; 1 measuring tape or ruler. You [can print off this online ruler](#) if you don't have one at home.

**Set-Up:** Find a long, flat area in your house or in your yard. Place your pallina (or substitute) on the ground/floor and measure 40 feet away. If you are unable to use a measuring tape, you can measure by taking 13 large steps. Mark the distance. From the 40-foot mark, roll your bocce ball (or substitute), trying to get it as close to the pallina as possible. Complete 8 total rolls, measuring the distance between your bocce ball and the pallina on each attempt.

**What to Record and Submit:** Take the measurements of the 3 rolls that came ***closest*** to the pallina and add them together to get your final score. Record the distance in feet and inches.



## Cross-Country Events

### **1 Mile Run\***

**Equipment Needed:** Treadmill or Application where you can map out a pre-determined running route; stop-watch or other timing device

**Set-Up:** Using a treadmill or a pre-determined running route, run, walk, or roll your wheelchair 1 mile. If you are running outside, use the same route every time you record your time. If you are on a treadmill, use the same resistance and incline settings every time you record your time.

If you are doing the 1 mile run outside of your home, make sure to follow social distancing guidelines, including wearing a mask.

**What to Record and Submit:** Record the time it takes you to run, walk, or roll your wheelchair 1 mile.

### **3 Mile Run\***

**Equipment Needed:** Treadmill or Application where you can map out a pre-determined running route; stop-watch or other timing device

**Set-Up:** Using a treadmill or a pre-determined running route, run, walk, or roll your wheelchair 3 miles. If you are running outside, use the same route every time you record your time. If you are on a treadmill, use the same resistance and incline settings every time you record your time.

If you are doing the 3 mile run outside of your home, make sure to follow social distancing guidelines, including wearing a mask.

**What to Record and Submit:** Record the time it takes you to run, walk, or roll your wheelchair 3 miles.

### **6 Mile Run\***

**Equipment Needed:** Treadmill or Application where you can map out a pre-determined running route; stop-watch or other timing device

**Set-Up:** Using a treadmill or a pre-determined running route, run, walk, or roll your wheelchair 6 miles. If you are running outside, use the same route every time you record your time. If you are on a treadmill, use the same resistance and incline settings every time you record your time.

If you are doing the 6 mile run outside of your home, make sure to follow social distancing guidelines, including wearing a mask.

**What to Record and Submit:** Record the time it takes you to run, walk, or roll your wheelchair 6 miles.



## Cycling Events

### **0.5 Mile Bike**

**Equipment Needed:** Stationary Bike or Road Bike AND Application where you can map out a pre-determined cycling route; stop-watch or other timing device

**Set-Up:** Using a stationary bike or road bike on a pre-determined route, ride for 0.5 miles. If you are cycling outside, use the same route every time you record your time. If you are on a stationary bike, use the same resistance settings every time you record your time.

If you are doing the 0.5 mile bike outside of your home, make sure to follow social distancing guidelines, including wearing a mask.

**What to Record and Submit:** Record the time it takes you to bike 0.5 miles.

### **1 Mile Bike**

**Equipment Needed:** Stationary Bike or Road Bike AND Application where you can map out a pre-determined cycling route; stop-watch or other timing device

**Set-Up:** Using a stationary bike or a road bike on a pre-determined route, ride for 1 mile. If you are cycling outside, use the same route every time you record your time. If you are on a stationary bike, use the same resistance settings every time you record your time.

If you are doing the 1 mile bike outside of your home, make sure to follow social distancing guidelines, including wearing a mask.

**What to Record and Submit:** Record the time it takes you to bike 1 mile.



### **3 Mile Bike**

**Equipment Needed:** Stationary Bike or Road Bike AND Application where you can map out a pre-determined cycling route; stop-watch or other timing device

**Set-Up:** Using a stationary bike or a road bike on a pre-determined route, ride for 3 miles. If you are cycling outside, use the same route every time you record your time. If you are on a stationary bike, use the same resistance settings every time you record your time.

If you are doing the 3 mile bike outside of your home, make sure to follow social distancing guidelines, including wearing a mask.

**What to Record and Submit:** Record the time it takes you to bike 3 miles.

### **9 Mile Bike**

**Equipment Needed:** Stationary Bike or Road Bike AND Application where you can map out a pre-determined cycling route; stop-watch or other timing device

**Set-Up:** Using a stationary bike or a road bike on a pre-determined route, ride for 9 miles. If you are cycling outside, use the same route every time you record your time. If you are on a stationary bike, use the same resistance settings every time you record your time.

If you are doing the 9 mile bike outside of your home, make sure to follow social distancing guidelines, including wearing a mask.

**What to Record and Submit:** Record the time it takes you to bike 9 miles.



## Biathlon Event- Triathlon Preparation at Home

### **12 Mile Bike/3 Mile Run**

**Equipment Needed:** Stationary Bike or Road Bike AND Application where you can map out a pre-determined cycling route; stop-watch or other timing device treadmill or Application where you can map out a pre-determined running route; stop-watch or other timing device

**Set-Up:** Using a stationary bike or a road bike on a pre-determined route, ride for 12 miles. If you are cycling outside, use the same route every time you record your time. If you are on a stationary bike, use the same resistance settings every time you record your time.

Using a treadmill or a pre-determined running route, run 3 miles. If you are running outside, use the same route every time you record your time. If you are on a treadmill, use the same resistance and incline settings every time you record your time.

If you are doing the biathlon event outside of your home, make sure to follow social distancing guidelines, including wearing a mask.

Your run and your bike ride should be completed in one session.

**What to Record and Submit:** Record the time it takes you to bike 12 miles. Record the time it takes you to run 3 miles. Add the two times together to get your final score.



## Football/Soccer Events

### **Slalom Dribbling**

**Equipment Needed:** Soccer ball, or any ball that you can kick; stop-watch or other timing device; 5 cones or something else to use as markers (rocks, books, water bottles, etc.)

**Set-Up:** Find a long, flat area in your house or in your yard. Place one cone (or substitute) every 3 feet. If you are unable to use a measuring tape, you can measure by taking 1 large step. Starting on one side of the first cone, dribble the ball to opposite side of the second cone. Continue to dribble the ball, weaving around the cones. When you get to the final cone, turn around and repeat the process. Continue to dribble for 60 seconds.

**What to Record and Submit:** Count and record the number of cones you dribble past in 60 seconds. Each time a cone is passed counts as **1 point**.

### **20-foot Kick for Accuracy**

**Equipment Needed:** Soccer ball, or any ball that you can kick; 3 cones or something else to use as markers (rocks, books, water bottles, etc.)

**Set-Up:** Find a long, flat area in your house or in your yard. Set up 2 cones (or substitutes) 10 feet apart. If you are unable to use a measuring tape, you can measure by taking 3 large steps. From the goal line, measure out 20 feet, and place a third cone (or substitute) there. This will be your shooting spot. If you are unable to use a measuring tape, you can measure by taking 7 large steps. You can kick the ball directly from this spot, or you can walk or run a few steps to approach the ball. Complete 20 total kicks.

**What to Record and Submit:** Count and record how many times you successfully kick the ball between the two cones. Each successful kick counts as **1 point**. Maximum score is 20 points.

### **30-foot Kick for Accuracy**

**Equipment Needed:** Soccer ball, or any ball that you can kick; 3 cones or something else to use as markers (rocks, books, water bottles, etc.)

**Set-Up:** Find a long, flat area in your house or in your yard. Set up 2 cones (or substitutes) 10 feet apart. If you are unable to use a measuring tape, you can measure by taking 3 large steps. From the goal line, measure out 30 feet, and place a third cone (or substitute) there. This will be your shooting spot. If you are unable to use a measuring tape, you can measure by taking 10 large steps. You can kick the ball directly from this spot, or you can walk or run a few steps to approach the ball. Complete 20 total kicks.

**What to Record and Submit:** Count and record how many times you successfully kick the ball between the two cones. Each successful kick counts as **1 point**. Maximum score is 20 points.



### **40-foot Kick for Accuracy**

**Equipment Needed:** Soccer ball, or any ball that you can kick; 3 cones or something else to use as markers (rocks, books, water bottles, etc.)

**Set-Up:** Find a long, flat area in your house or in your yard. Set up 2 cones (or substitutes) 10 feet apart. If you are unable to use a measuring tape, you can measure by taking 3 large steps. From the goal line, measure out 40 feet, and place a third cone (or substitute) there. This will be your shooting spot. If you are unable to use a measuring tape, you can measure by taking 13 large steps. You can kick the ball directly from this spot, or you can walk or run a few steps to approach the ball. Complete 20 total kicks.

**What to Record and Submit:** Count and record how many times you successfully kick the ball between the two cones. Each successful kick counts as **1 point**. Maximum score is 20 points.



## Golf Events

In person team practices and individual training sessions with coaches that an athlete does not live with are **NOT** allowed as part of at-home activity. Additional golf training and competition opportunities will be available as part of Phase 1 and Phase 2 activity.

### **Short Putt**

**Equipment Needed:** Putter, golf ball or other similar ball you can hit, small object you can use to mark the floor (tape, coin, rock, etc.); 1 measuring tape or ruler. You [can print off this online ruler](#) if you don't have one at home.

**Set-Up:** Find a long, flat area in your house or in your yard. Place your marker on the floor or ground. Measure 5 feet from the marker. If you are unable to use a measuring tape, you can measure by taking 2 large steps. From the 5-foot mark, putt your ball, trying to get it as close to the marker as possible. Complete 3 total putts, measuring the distance between your ball and the marker on each attempt.

**What to Record and Submit:** Take the measurements of the 3 putts and add them together to get your final score. Record the distance in feet and inches.

### **Long Putt**

**Equipment Needed:** Putter, golf ball or other similar ball you can hit, small object you can use to mark the floor (tape, coin, rock, etc.); 1 measuring tape or ruler. You [can print off this online ruler](#) if you don't have one at home.

**Set-Up:** Find a long, flat area in your house or in your yard. Place your marker on the floor or ground. Measure 15 feet from the marker. If you are unable to use a measuring tape, you can measure by taking 5 large steps. From the 15-foot mark, putt your ball, trying to get it as close to the marker as possible. Complete 3 total putts, measuring the distance between your ball and the marker on each attempt.

**What to Record and Submit:** Take the measurements of the 3 putts and add them together to get your final score. Record the distance in feet and inches.



## **Chipping**

**Equipment Needed:** Golf club, golf ball or other similar ball you can hit, something you can use to mark a square on the floor (tape, chalk, marker, rolled up t-shirts, 4 cones, etc), 1 measuring tape or ruler. You [can print off this online ruler](#) if you don't have one at home.

**Set-Up:** Find a long, flat area in your house or in your yard. Measure out a 5-foot square. If you are unable to use a measuring tape, you can measure by taking 2 large steps. Measure 20 feet from the center of the square. If you are unable to use a measuring tape, you can measure by taking 7 large steps. From the 20-foot mark, take 20 chip shots, trying to get your ball to come to a stop inside the 5-foot square.

**What to Record and Submit:** Count and record how many times your ball successfully stops inside your target. Each successful chip shot counts as **one point**. Maximum score is 20 points.

## **9-Hole Round**

**Equipment Needed:** Golf clubs, golf balls, and information on the golf course you're using

**Set-Up:** Independently play a round of golf on a 9-hole course or using the front 9 or back 9 of a full 18-hole course. Please do not submit alternate shot scores.

**What to Record and Submit:** Record your score after each round and submit your 9-hole score, the course that you played at, and what color tees you played on for that round. If you play on more than one golf course or will be using more than one tee, be sure to track your scores separately.



## Softball Events

### **Race to First Base**

**Equipment Needed:** 2 cones or something else to use as markers (rocks, tape, water bottles, etc.); stop-watch or other timing device; 1 measuring tape or ruler. You [can print off this online ruler](#) if you don't have one at home.

**Set-Up:** Find a long, flat area in your house or in your yard. Place one cone (or substitute) as your starting line. Measure out 65 feet and place your second cone; this will be your finish line. If you are unable to use a measuring tape, you can measure by taking 22 large steps. Starting at the first cone, run as fast as you can to the finish line.

**What to Record and Submit:** Record the time it takes you to run 65 feet.

### **20-foot Throw for Accuracy\***

**Equipment Needed:** Softball, or any ball that you can throw; any kind of small target (pillow case, bucket, 8 ½ x 11 piece of paper, etc.); something to mark a line on the floor (tape, chalk, marker, rolled up t-shirt, etc.)

**Set-Up:** Find a long, flat area in your house or in your yard. Set your target on the ground. From your target, measure out 20 feet, and mark a line. If you are unable to use a measuring tape, you can measure by taking 7 large steps. Starting behind the 20-foot line, throw the ball towards your target. Both overhand and underhand are acceptable. Attempt to hit your target on the **first bounce**. Complete 20 total throws or tosses.

**What to Record and Submit:** Count and record how many times you successfully hit the target on the first bounce. Each successful throw counts as **one point**. Maximum score is 20.

### **30-foot Throw for Accuracy\***

**Equipment Needed:** Softball, or any ball that you can throw; any kind of small target (pillow case, bucket, 8 ½ x 11 piece of paper, etc.); something to mark a line on the floor (tape, chalk, marker, rolled up t-shirt, etc.)

**Set-Up:** Find a long, flat area in your house or in your yard. Set your target on the ground. From your target, measure out 30 feet, and mark a line. If you are unable to use a measuring tape, you can measure by taking 10 large steps. Starting behind the 30-foot line, throw the ball towards your target. Both overhand and underhand are acceptable. Attempt to hit your target on the **first bounce**. Complete 20 total throws or tosses.

**What to Record and Submit:** Count and record how many times you successfully hit the target on the first bounce. Each successful throw counts as **one point**. Maximum score is 20.



### **40-foot Throw for Accuracy\***

**Equipment Needed:** Softball, or any ball that you can throw; any kind of small target (pillow case, bucket, 8 ½ x 11 piece of paper, etc.); something to mark a line on the floor (tape, chalk, marker, rolled up t-shirt, etc.)

**Set-Up:** Find a long, flat area in your house or in your yard. Set your target on the ground. From your target, measure out 40 feet, and mark a line. If you are unable to use a measuring tape, you can measure by taking 13 large steps. Starting behind the 40-foot line, throw the ball towards your target. Both overhand and underhand are acceptable. Attempt to hit your target on the **first bounce**. Complete 20 total throws or tosses.

**What to Record and Submit:** Count and record how many times you successfully hit the target on the first bounce. Each successful throw counts as **one point**. Maximum score is 20.