



SPECIAL OLYMPICS VIRGINIA

# FITNESS COMBINE

UNIFIED CHAMPIONS  
SCHOOLS PLAYBOOK

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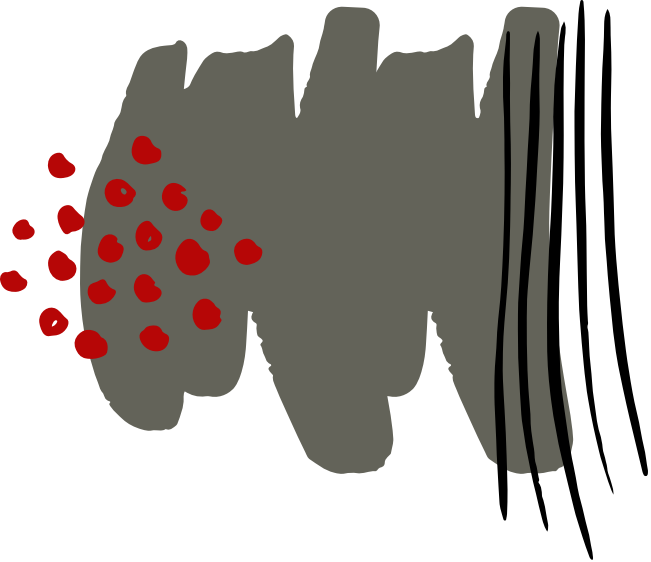
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# THE GAME PLAN

Hi Unified Champion Schools Community!

We are excited for you to participate in programming during this unprecedented fall! 2020 has thrown us a few curve balls and we know there is a wide variety of circumstances, varying levels of comfort and overall uncertainty.

The 2020 Fall Fitness Combine was designed with flexibility in mind. The goal of the program is to provide Unified Champion Schools athletes and partners with an eight-week training program that will increase strength, flexibility and overall physical performance that can be done at home or at a team practice.

Participants will strive to demonstrate increased physical performance week over week with improved measurables for a variety of competitions.

Fitness assessments can be conducted virtually or in-person following school, state and local government guidelines. Throughout the testing portion, students will likely need a buddy to help with measurements, timing and counting! This guide will walk you through the entire program, what to expect, how to test and how to become more fit!

Whether practicing virtually or in-person, our hope is that students will be able to socialize, practice and encourage their teammates to strive for individual health and fitness improvements. This is a new adventure for us, too! Please let your Special Olympics Virginia Region Director know if you have any questions along the way.

Yours in sport,  
The Special Olympics Virginia Team

# WHY IS IT IMPORTANT FOR ATHLETES TO PARTICIPATE?!

**6.5 million people** in the United States have an intellectual disability. Through **sports, health, and fitness**, we can change the statistics below for people with ID and become a **stronger, healthier, and more unified community**.

**2 TIMES**  
as likely to be  
**OBESE**



**2-4 TIMES**  
as likely to be less  
**PHYSICALLY ACTIVE**



**LIFE**  
EXPECTANCY  
is reduced by  
an average of  
**16 YEARS**



**5 TIMES**  
as likely to have  
**DIABETES**



**2 TIMES**  
as likely to have  
**CARDIOVASCULAR DISEASE & ASTHMA**



## FALL FITNESS COMBINE **THE OVERVIEW**

**Participants should focus on improving their personal scores in each of the nine events.**

Participants will receive a "fitness score" based on their progress from week one to week four. The week one to four fitness score does not count, but it will help to track and show progress.

Participants will receive their final fitness score after they complete the week eight events. Virtual medals will be distributed based on the final fitness scores and submission of score sheets.

# REGISTRATION

Teachers can register a team of athletes and partners (4-12 people).

At a minimum, there should be two partners per team.

The goal is to have 50% athletes and 50% partners.



**Registration must be submitted by October 5!**

## COACHES

A good coach is pivotal to the success of a team and the Fitness Combine is no exception. The coach of your team should:

1. **Register their team** - The coach should register all participants at once. If a coach needs to make changes to their team, they should email [UCS@specialolympicsva.org](mailto:UCS@specialolympicsva.org)
2. Act as the **point of contact** between SOVA staff and their students
3. **Collect scores** from each team member
4. Compile individual scores and **submit the team score sheet** to [\*\*UCS@specialolympicsva.org\*\*](mailto:UCS@specialolympicsva.org) by the specified deadlines
5. Feel comfortable using **Microsoft Excel**
6. Communicate and motivate their team



# COMPETITIONS

In addition to primary scoring, we will have additional competitions and awards for the whole state to compete for.

**HIGHEST SCORE IN EACH EVENT** • individual

**HIGHEST FITNESS SCORE** • individual & team

**HIGHEST SCHOOL FITNESS SCORE**

**MOST PARTICIPANTS PER SCHOOL**

**MOST SPECIAL OLYMPICS SPIRIT** • share your experiences on social media using #SOvaFIT

## DATES TO REMEMBER

Weekly testing and progression recording is encouraged, but at a minimum, a week one, week four and week eight score sheet (final score sheet) need to be submitted to [UCS@specialolympicsva.org](mailto:UCS@specialolympicsva.org). Please update and resend the same score sheet so we can track progression.

**SEPTEMBER 5 - 27** • registration is open

**OCTOBER 5** • training season officially begins

**OCTOBER 18** • week one score sheets submitted to [UCS@specialolympicsva.org](mailto:UCS@specialolympicsva.org)

**NOVEMBER 8** • week four score sheets submitted to [UCS@specialolympicsva.org](mailto:UCS@specialolympicsva.org)

**DECEMBER 6** • week eight (final score sheets) submitted to [UCS@specialolympicsva.org](mailto:UCS@specialolympicsva.org)

**DECEMBER 7-18** • results and virtual awards sent to coaches

# SCORING

Participants' primary goal should be to improve their scores in each category from week one to week eight, thus increasing their fitness score. SOVA staff will share fitness scores after week 4 and week 8. Virtual medals will be distributed to coaches between December 7-18.

**GOLD** • participant earns an improved fitness score higher than 31%

**SILVER** • participant earns an improved fitness score between 21% - 30%

**BRONZE** • participant earns an improved fitness score between 11% - 20%

**PARTICIPATION** • participant earns an improved fitness score between 1% - 10%

In order to receive a virtual medal, you must submit week one, week four and week eight (final score sheets) to [UCS@specialolympicsva.org](mailto:UCS@specialolympicsva.org) by the respective deadlines (see page six).

## SCORE SHEETS

There are several types of score sheets available for team and individual scoring to accommodate for differences in technology and resources. You only need to pick one format.

### COACH SCORE SHEET

- **EXCEL** (preferred format)
- **WRITABLE PDF**

Coaches should submit the TEAM score sheet to [UCS@Specialolympicsva.org](mailto:UCS@Specialolympicsva.org). please update and send the same score sheet so SOVA can track progression.

### PARTICIPANT SCORE SHEET

- **EXCEL** (preferred format)
- **WRITABLE PDF**
- **PRINTABLE**

Participants should submit their individual score sheet to their coach.

**FIND THE SCORE  
SHEET THAT IS RIGHT  
FOR YOU HERE!**





# EVENTS

Athletes will compete in nine events, testing several fitness components:

**ENDURANCE** • lane slides

**AGILITY** • three cone drill

**UPPER BODY ENDURANCE** • power punches

**UPPER BODY STRENGTH** • modified OR traditional push-ups

**LOWER BODY POWER** • standing long jump OR wall sits

**LOWER BODY ENDURANCE** • chair squats OR body weight squats

**FLEXIBILITY** • sit & reach

**CORE** • curl-ups

**BALANCE** • one-leg stand

# MATERIALS

Here is all of the equipment you need for the program. Don't have the exact equipment? No worries! We have listed some alternatives you can find around your house!

**CONES** • food cans, tape, rocks, flags, water bottles

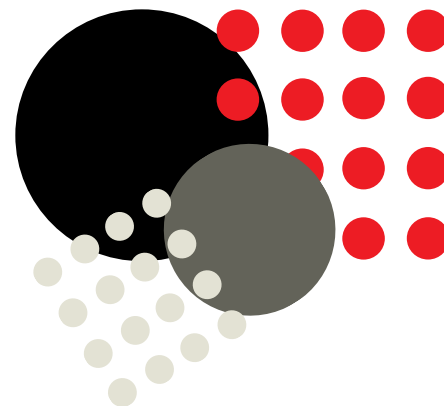
**STOPWATCH** • cell phone, timer, website, analog clock, watch

**CHAIR** • couch, bench

**TAPE MEASURE** • floor tiles, use your steps to measure length,  
or a dollar bill to measure inches

**TAPE** • chalk, string, lines on the ground

# VIRTUAL TRAINING & RESOURCES



## FALL FITNESS COMBINE

This handbook encompasses all of the basic information to complete the Fall Fitness Combine. However, additional digital resources can be found on **Special Olympics Virginia Virtual Fitness Facebook group** and **www.SpecialOlympicsVA.org**. These platforms will provide access to fitness and nutrition content designed to allow the opportunity for athletes to get fitter, stronger and improve their fitness abilities and scores throughout the training season. Workouts will be both pre-recorded and live based on strength, endurance, flexibility and balance.

Please see the instructions below on how to access the group and view content:

1. Login to [www.facebook.com](http://www.facebook.com)
2. In the search bar enter "Special Olympics Virginia Virtual Fitness"
3. Click the "Like" button to be able to follow and view all posted content
4. Enjoy your workouts and opportunity to interact through fitness with athletes and coaches from across Virginia.

## VIRTUAL TRAINING IDEAS

If you choose to train for the Fall Fitness Combine virtually here are some ideas to engage your athletes through technology:

- Zoom Training Sessions - Participate in one of the virtual workouts together.
- Social Hour - Organize a Yappy hour for your team, catch up and talk about life and celebrate your accomplishments.
- Accountability Buddies - Pair athletes together to help keep each other accountable.
- Weekly Workouts - Send out one of the Virtual Fitness Workouts to your team each week and ask them to complete the workout from home.
- Fit 5
- Fitness Resources



## FALL FITNESS COMBINE **THE EVENTS**

**This section contains everything you need to know to guide your athlete through each of the nine events.**

- materials needed for each event
- goal of the event
- instructions
- scoring guidelines
- pictures and video links
- links to supplemental exercises

## MATERIALS

Before you start, make sure you have:

- Two cones
- Measuring Tape
- Stop watch

If you do not have these, see page 9 for a list of other things you can use.

## GOAL

Lane slides will test an athlete's endurance skills through prolonged, quick movements. You have one minute to see how many lane slides you can do.

## PROCEDURE AND SCORING

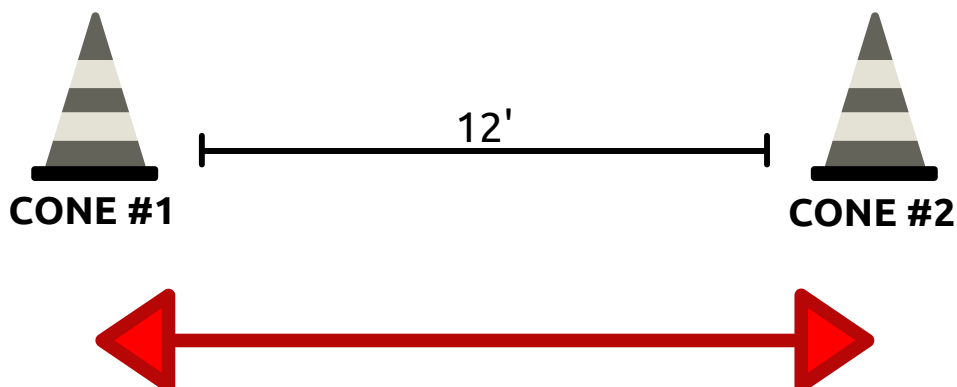
**PREPARATION:** Place two cones 12 feet apart

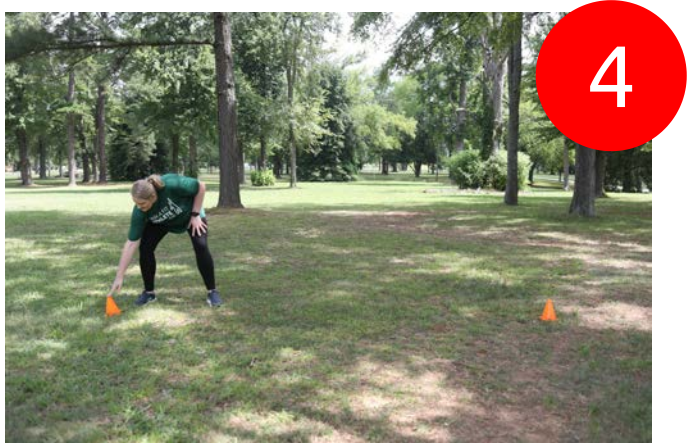
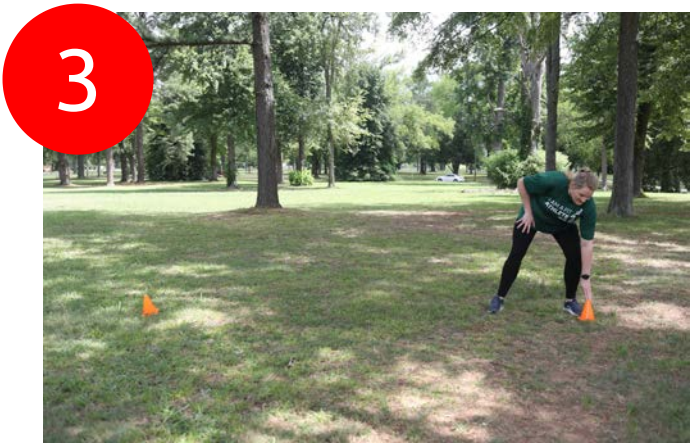
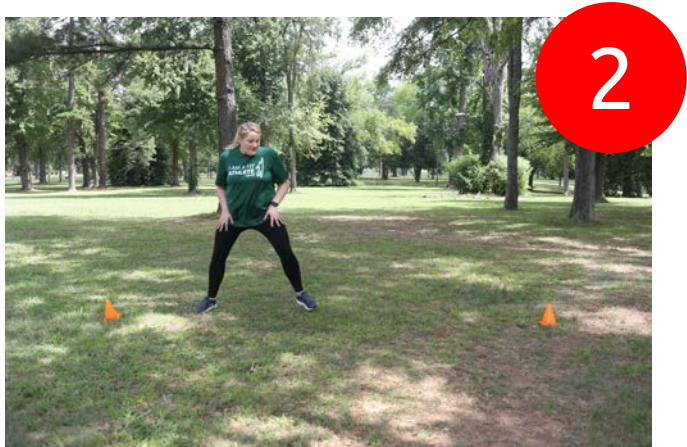
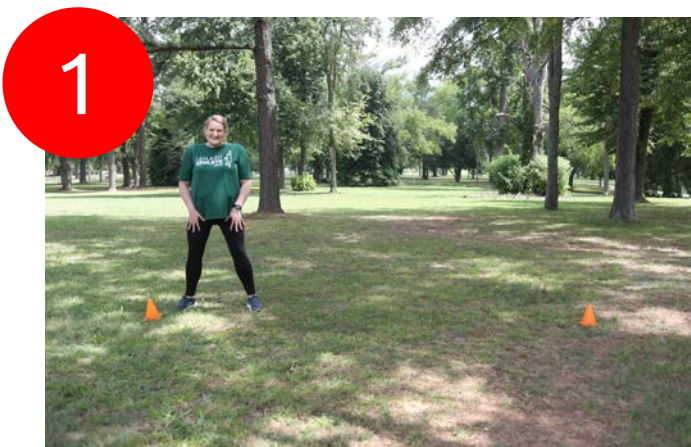
### EXERCISE:

1. Stand behind Cone #1 with your feet a little wider than your hips.
2. Move to Cone #2 using small, quick, lateral shuffle steps - repeat movement back to the starter cone side.
3. Continue shuffling right and left touching each cone for one minute.

If you are unable to shuffle, you can side step for this event.

**SCORING:** Coaches should count the number of times an athlete returns to Cone #1. For example, an athlete shuffles from Cone #1 to Cone #2 and Cone #2 to Cone #1 = 1 point. Record the total number of points in one minute.





**WATCH THE VIDEO HERE**



**WANT TO IMPROVE YOUR  
ENDURANCE SCORE?**

*Try some of these exercises and check out the SOVA Virtual Fitness page for other ideas.*

**HIGH KNEES**  
**LINE JUMPS**  
**BURPEES**



## MATERIALS

Before you start, make sure you have:

- Three cones
- Measuring Tape
- Stop watch

If you do not have these, see page 9 for a list of other things you can use.

## GOAL

The three cone drill measures an athlete's agility level by utilizing quick changes in direction. How fast you can do the three cone drill?

## PROCEDURE AND SCORING

### PREPARATION:

Measure a distance of 30 feet. Place the cones in a straight line: Cone #1 at 0', Cone #2 at 15' and Cone #3 at 30'.

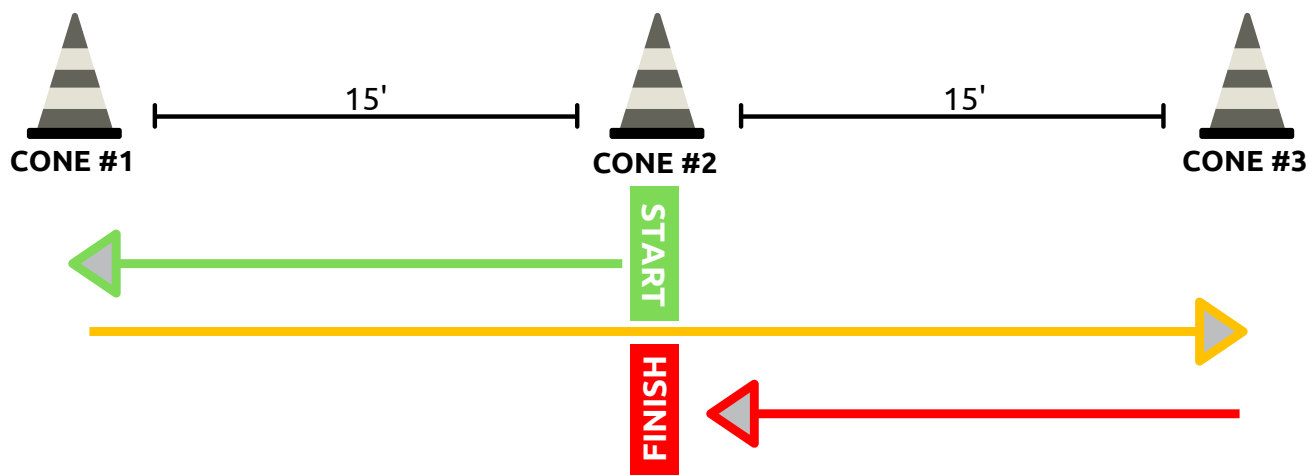
### EXERCISE:

1. Stand behind Cone #2 (the middle one)
2. Run to Cone #1 and tap the cone. Then run to Cone #3 at the opposite end and tap that cone. Run back to Cone #2 where you started.

If you are unable to run, you can walk this event.

### SCORING:

When the athlete is ready, say go and begin the stopwatch when they start. End the stopwatch once the athlete completes the event. Record the time on the score sheet in **minute : second** format.



1



2



3



4



5



**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE YOUR AGILITY SCORE?**

*Try some of these exercises and check out the SOVA Virtual Fitness page for other ideas.*

**LADDER DRILLS**

**COLOR CONE DRILL**

**CONE DRILLS**



## MATERIALS

Before you start, make sure you have:

- Stopwatch

If you do not have this, see page 9 for a list of other things you can use.

## GOAL

The power punch is an aerobic and strength exercise that will engage the whole body. See how many you can do in one minute.

## PROCEDURE AND SCORING

### EXERCISE:

1. Stand with your feet a little wider than your hips and bend your knees a little bit. Bend your elbows and bring your hands to your chest.
2. Turn your torso slightly to the left and punch your right arm in the same direction as your torso. Return to starting position.
3. Do the same thing on your other side: turn your torso slightly to the right and punch your left arm in the same direction as your torso.
4. Do as many as you can in one minute.

**SCORING:** One point for each punch done correctly in under one minute. Record the points in the score sheet.



**WATCH THE VIDEO HERE**



WANT TO  
IMPROVE YOUR **UPPER  
BODY ENDURANCE** SCORE?

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**ARM CIRCLES**

**SUPERMAN**

## MATERIALS

Before you start, make sure you have:

- Stop watch

If you do not have this, see page 9 for a list of other things you can use.

## GOAL

The push-up (modified or traditional) will assess upper body muscular strength and endurance. Make sure keep proper form and test your upper body strength.

## PROCEDURE AND SCORING

**BASE TEST:** If an athlete is unable to do 5 traditional push-ups, they should do modified push-ups.

### EXERCISE:

1. **TRADITIONAL:** Start in a high plank position - arms shoulder width apart and palms flat on the floor. Your head, back, hips, knees and toes should be in a straight line.  
**MODIFIED:** Put your hands and knees on the floor. Keep your knees on the floor and walk your hands out until your head, back and hips are in a straight line.
2. Bend your elbows and lower your chest toward the ground. Use your arms and core to push you back up to the starting position.
3. Do as many push-ups as you can in one minute. Remember to keep your body as straight as possible the entire time!

**SCORING:** One point for each push-up done correctly in under one minute. Record the points in the score sheet.



1



2



3



### MODIFIED PUSH-UP

1



2



3



[WATCH THE VIDEO HERE](#)



**WANT TO IMPROVE YOUR  
UPPER BODY STRENGTH  
SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**PLANKS**

**TRICEP DIPS**

**INCH WORMS**

### MATERIALS

Before you start, make sure you have:

- Measuring Tape
- Two cones or Tape

If you do not have these, see page 9 for a list of other things you can use.

### GOAL

The standing long jump measures explosive power of the lower body. The goal of this exercise is to jump the farthest distance possible from a stationary starting position and landing on two feet.

## PROCEDURE AND SCORING

**BASE TEST:** If the athlete is unable to jump less than one foot, they should do wall sits (see page 21).

**PREPARATION:** Set up a start line using two cones (chalk, paint, etc.)

#### EXERCISE:

1. Stand behind the starting line with your feet a little wider than your hips. Start with your toes behind the line.
2. Bend your knees, swing your arms forward and jump as far as you can.
3. Try to land with both feet and your knees bent. Try not to fall forward or backward. Stay there until someone can mark or measure how far you jumped.
4. Do this exercise three times and record your best score!

**SCORING:** Measure the distance from the starting line to the nearest point of contact on landing (i.e. back of heel or other body part such as a hand) using the tape measure. Record the best of the three scores in the score sheet in the total number of inches.

### MATERIALS

Before you start, make sure you have:

- Stopwatch

If you do not have this, see page 9 for a list of other things you can use.

### GOAL

The wall sit tests the strength of the large muscles in the legs. The goal of this exercise is to see how long you can hold the position.

## PROCEDURE AND SCORING

**PREPARATION:** Find a something sturdy to lean on (a wall or a tree)

### EXERCISE:

1. Lean your back against the wall. Your feet should be as wide as your shoulders.
2. Walk your feet out and slide your back down the wall until your thighs are parallel with the ground and your knees are above your ankles.
3. Keep your head, shoulders and back against the wall. You can put your hands on your head, hips or out in front of you. See how long you can stay in that position.

**SCORING:** Use a stopwatch to measure the amount of time an athlete can properly hold the wall sit position. Start when the athlete gets into the proper form and stop the timer when the athlete gets out of the wall sit position. Record the time in the score sheet using **minute : second** format.



### STANDING LONG JUMP



### WALL SIT



[WATCH THE  
WALL SIT VIDEO  
HERE](#)

[WATCH THE  
STANDING LONG  
JUMP VIDEO  
HERE](#)

WANT TO IMPROVE  
YOUR **LOWER BODY**  
**POWER SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

[CALF RAISES](#)  
[BRIDGE](#)  
[LUNGES](#)



## MATERIALS

Before you start, make sure you have:

- Stopwatch
- Chair (optional)

If you do not have these, see page 9 for a list of other things you can use.

## GOAL

The basic squat is an extremely effective lower body move that strengthens all leg muscles including glutes, quads, hamstrings and calves. Athletes should do as many as they can in 60 seconds.

## PROCEDURE AND SCORING

**BASE TEST:** If an athlete is unable to do 5 traditional squats, they should do modified chair squats.

### EXERCISE:

#### 1. TRADITIONAL:

- a. Stand with your feet as wide as your shoulders.
- b. Bend your knees and hips until you look like you are sitting in a pretend chair. Keep your chest up. Keep your feet flat on the floor. Make sure your knees do not go past your toes.
- c. Use your legs and core to stand up.

#### 2. MODIFIED:

- a. Place a chair behind you. Stand with your feet as wide as your shoulders.
- b. Bend your knees and hips until you look like you sit in the chair. Keep your chest up. Keep your feet flat on the floor. Make sure your knees do not go past your toes.
- c. Use your legs and core to stand up.

**SCORING:** One point for each squat done correctly in under one minute. Record the points in the score sheet.

### TRADITIONAL SQUAT



### MODIFIED SQUAT



**WATCH THE VIDEO HERE**



**WANT TO IMPROVE YOUR LOWER BODY ENDURANCE SCORE?**

*Try some of these exercises and check out the SOVA Virtual Fitness page for other ideas.*

**SIDE LEG RAISES**  
**STEP UPS**  
**JUMPING JACKS**

## MATERIALS

Before you start, make sure you have:

- Measuring Tape

If you do not have this, see page 9 for a list of other things you can use.

## GOAL

Flexibility is important for reducing injuries and having the range of motion to perform activities freely. Reach as far as you can to measure the flexibility of your hamstrings and lower back.

## PROCEDURE AND SCORING

**PREPARATION:** Make sure you have warmed up and stretched prior to attempting the sit & reach

### EXERCISE:

1. Sit on the floor with your legs stretched out in front of you with your knees straight and toes pointed towards the sky. Keep your feet close together.
2. Stretch out a tape measure and put the end next to or in between your knee caps.
3. Raise your arms straight above your head with one hand on top of the other, and lean forward at the hips and reach for your toes, as far as you can.
4. Wherever your fingers land on the tape measure, that is your score.

**SCORING:** Use a tape measure to measure the distance from the knees to the finger tips. The easiest way to do this is to put the 0" end of the tape measure next to or between the athletes knees and measure to their fingertips when they bend forward. Record the total number of inches in the score sheet.



1



2

MEASURE



**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE YOUR  
FLEXIBILITY SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**HAMSTRING STRETCHES  
FIGURE FOUR STRETCH  
BUTTERFLY**

## MATERIALS

Before you start, make sure you have:

- Measuring Tape
- Tape

If you do not have these, see page 9 for a list of other things you can use.

## GOAL

A strong core is important because it has a ripple effect for the rest of our body. Curl-ups will measure the strength of our core as we engage our muscles to sit up.

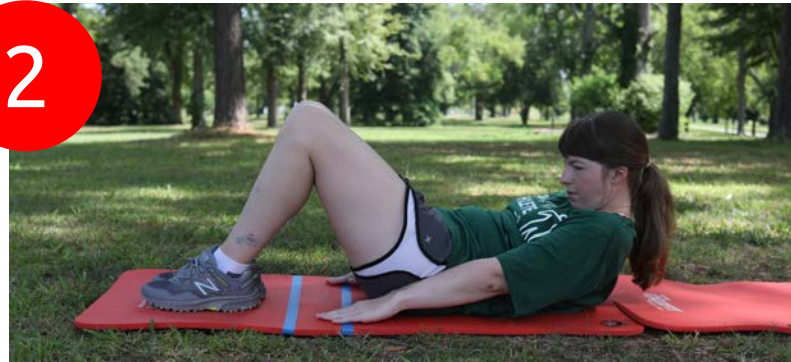
## PROCEDURE AND SCORING

**PREPARATION:** Put long piece of tape on the ground (roughly two feet), measure six inches below that and put another piece of tape so the lines run parallel to each other.

### EXERCISE:

1. Lie down with your back on the floor. Make sure your arms are straight. Put your finger tips on the piece of tape closest to your head. You may have to adjust your body a little bit. Bend your legs and keep your feet flat on the floor.
2. Use your core muscles to lift your shoulders off the ground. Keep your fingers on the ground and slide your fingers to the piece of tape closest to your feet.
3. Return to the starting position. See how many you can do in under one minute.

**SCORING:** One point for each curl-up done correctly in under one minute. Record the points in the score sheet.



**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE YOUR  
CORE STRENGTH SCORE?**

*Try these exercises and check out  
the SOVA Virtual Fitness group on  
Facebook for other ideas.*

**TABLETOP  
STANDING BICYCLE  
3-MINUTE STANDING WORKOUT**

## MATERIALS

Before you start, make sure you have:

- Stopwatch

If you do not have this, see page 9 for a list of other things you can use.

## GOAL

Balance is important for everyday activities, like walking and going up and down the stairs. Test your balance and see how long you can stand on one leg.

## PROCEDURE AND SCORING

**PREPARATION:** Make sure you are standing on a flat surface and you have something to lean on if necessary (chair, wall, table, etc.)

**EXERCISE:**

1. Bend your knees a little and lift one foot off the ground. You can hold your hands on your hips, out to the side or in front of your body. Hold that position as long as you can without putting your foot back on the floor.
2. Switch legs and repeat.
3. For an added challenge, close your eyes.

**SCORING:** Time how long the athlete can keep one foot off of the floor without having to put it back down. Record the best time of the two attempts in the score sheet using **minute : second** format.



TRADITIONAL



JUST IN CASE!



**WATCH THE  
VIDEO HERE**



**WANT TO IMPROVE YOUR  
BALANCE SCORE?**

*Try some of these exercises and check out the  
SOVA Virtual Fitness page for other ideas.*

**STANDING TOE TAPS**  
**TIGHTROPE WALK**  
**STANDING EXERCISES**

# THANK YOU TO OUR PARTNERS

## PRESENTING



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## **ORDER A FITNESS COMBINE SHIRT!**

The SOVA store is open until September 21!

