



SPECIAL OLYMPICS VIRGINIA

FITNESS HEPTATHLON

FALL 2021 PLAYBOOK

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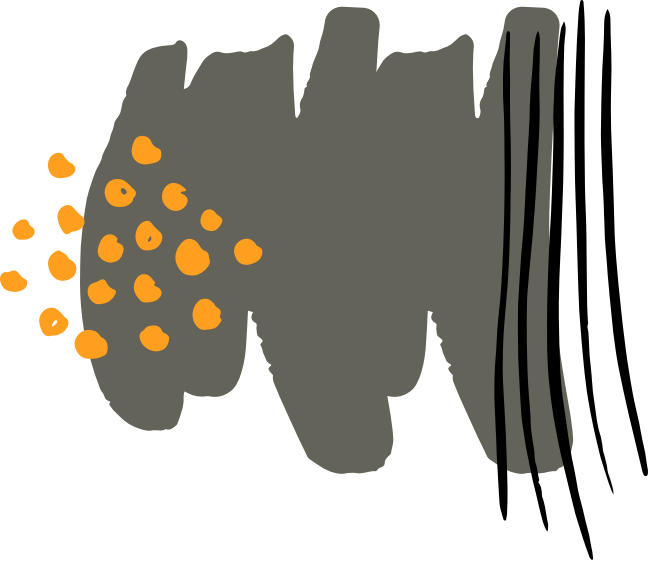
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THE GAME PLAN

Hi SOVA community!

We are excited to offer the 2021 Fall Fitness Heptathlon! This interactive program will allow athletes and coaches to engage in activity virtually or in-person multiple days per week.

The 2021 Fall Heptathlon was designed with flexibility in mind. The goal of the program is to provide Special Olympics Virginia athletes and partners with a seven-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 Special Olympics International, Special Olympics Virginia, state and local government guidelines. Throughout the testing portion, athletes likely will 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 athletes will be able to socialize, practice and encourage other athletes, their teammates and our communities to strive for individual health and fitness improvements. This is a new adventure for us, too! Please let your region director know if you have any questions along the way.

Yours in sport,
the Special Olympics Virginia Team

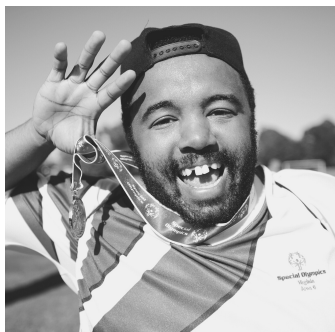


WHY IS IT IMPORTANT FOR ATHLETES TO PARTICIPATE?!



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 HEPTATHLON THE OVERVIEW

Athletes should focus on improving their personal scores in each of the seven events.

Athletes will receive a "fitness score" based on their progress from week one to the championship week.

Athletes will receive their final fitness score after they complete the week 7 events. Virtual medals will be distributed based on the final fitness scores and submission of score sheets.

REGISTRATION

Athletes can compete in one of three ways:

- **TRADITIONAL TEAM:**

4-12 athletes + 1 coach

- **UNIFIED TEAM:**

4-12 athletes and Unified Partners (50/50 ratio is ideal) + 1 coach

- **UNIFIED PAIR:**

1 athlete + 1 Unified Partner

COACHES & PARTNERS:

Register your team or pair using [THIS REGISTRATION SHEET](#) and send it to your area or local coordinator.

AREA/LOCAL COORDINATORS:

Please submit one completed registration packet to ***stateregistration@specialolympicsva.org*** no later than **October 15, 2021**.

2021 FALL HEPTATHLON SCHEDULE

OCTOBER 15 →

Registration Packet Due

OCTOBER 18 - 22 →

Coaches, Partners, and HODs will
Receive their Google Scorecards and
Training Camp Manual

OCTOBER 25 →

Opening Day - Official Start of the
Heptathlon Season

NOVEMBER 8 →

Season Opener Scores Need to be
Entered on the Google Scorecard

DECEMBER 13 →

Championship Scores are Due

DECEMBER 18 →

Virtual Super Celebration

SCORING

Athletes' primary goal should be to improve their scores in each category from week one to the championship week, thus increasing their fitness score. Virtual medals will be distributed to coaches (teams) and parents, caretakers or athletes (individual) between

GOLD • athlete earns an improved fitness score higher than 46%

SILVER • athlete earns an improved fitness score between 31% - 45%

BRONZE • athlete earns an improved fitness score between 16% - 30%

PARTICIPATION • athlete earns an improved fitness score between 1% - 15%

In order to receive a virtual medal, you must submit week one, and the championship score (final score sheet) to state registration by the respective deadlines (see page seven). Athletes that do not have a positive fitness score, but do submit score sheets will receive a certificate of completion.

SCORE CARDS

Registered unified partners and coaches will receive a personalized scorecard on a Google Sheet via email between October 18 and October 22.

- Google Sheets save automatically so after you add your data you can just exit out.
- After you enter your Championship scores, email your HOD to let them know it is complete.
- You only need to input the season opener score and the championship score
- For athletes that would like to record their scores each week, they can download a **printable scorecard**, or find one in their **Training Camp** materials.
- If you need a scorecard for the adapted playbook, email stateregistration@specialolympicsva.org

CERTIFICATIONS

COACHES should have up-to-date Class A certifications (Class A form, background check and protective behaviors training) and concussion training. There should be one coach per team. The coaches will serve as the point of contact for members of the team. The Unified Partner will be the point of contact for all Unified pairs.

UNIFIED PARTNERS should have up-to-date Class A certifications (Class A form, background check and protective behaviors training).

ATHLETES should have a medical on file in the Harrisonburg office.

COMPETITIONS

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

ATHLETE OF THE WEEK

HIGHEST SCORE IN EACH EVENT

HIGHEST FITNESS SCORE (MOST IMPROVED)

HIGHEST AREA FITNESS SCORE

HIGHEST TEAM FITNESS SCORE

HIGHEST UNIFIED TEAM FITNESS SCORE



Coaches + Partners

GENERAL INFORMATION

- There should be at least **one coach per TEAM**.
 - The coach will serve as the point of contact and should be able to communicate with the members of the team.
- **Partners** will serve as the point of contact for **UNIFIED PAIRS**.
- One volunteer can coach multiple teams, and/or be partners for multiple pairs

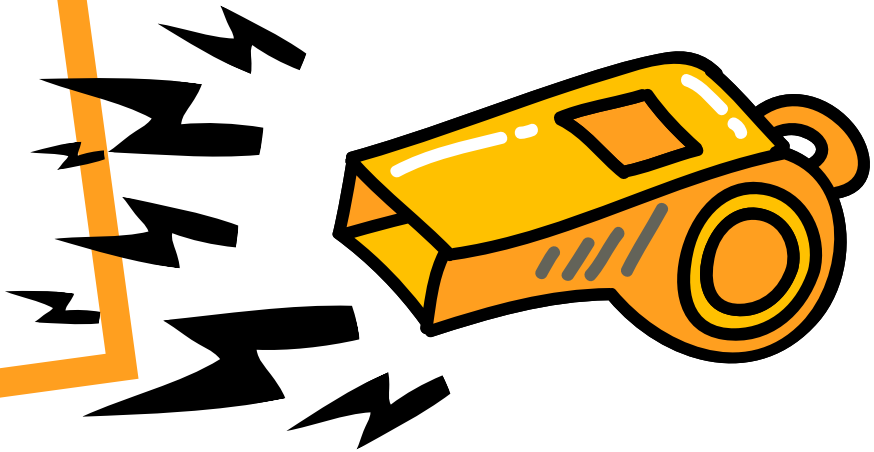
WHAT IS EXPECTED FROM COACHES & PARTNERS?

1. **Register your team or pair** using the *registration sheet* and email it to your area and/or local coordinator.
2. Act as the **point of contact** between your team/pair and the HOD
3. **SCORING:**
 - a. The coach/partner will receive an individualized Google spreadsheet between October 18 - 22.
 - b. Please **collect and input scores** from each team member at the beginning and end of the Heptathlon.
 - c. You do not need to submit/save these scores - **any changes you make will be automatically saved.**
 - d. After you have inputted your scores please email your HOD to let them know they are complete.
4. **Communicate, motivate, and encourage the team:**
 - a. Make sure everyone on your team has access to the Training Camp materials
 - b. Host or join virtual practices/workouts
 - c. Send reminders to participants
 - d. Encourage healthy habits

CLASS A CERTIFICATION

- As a friendly reminder all coaches, partners, HODs, and area/local coordinators need to be Class A certified and have up-to-date protective behaviors. Please email volunteer@specialolympcisva.org to check your status.

VOLUNTEER SUMMIT (continued)



Area & Local Coordinators

GENERAL INFORMATION

- Area and/or Local Coordinators should submit one registration packet with all teams and unified pairs to ***stateregistration@specialolympicsva.org*** by October 15.
- Area Coordinators or Local Coordinators can delegate their duties to the HOD, a coach, or another volunteer. Please just be sure to communicate with your area so they send their registration to the correct person.

WHAT IS EXPECTED FROM AREA AND LOCAL COORDINATORS

- Gathering and **submitting registrations**
- **Distributing medals** to coaches, athletes, and partners after the heptathlon is over. SOVA staff will provide more information at a later date.

HODs

GENERAL INFORMATION

- There should be a designated HOD from each area.
- The HOD will serve as the main point of contact between SOVA staff and area teams for the 2021 Fall Heptathlon.
- The HOD can be an area leader, a coach, and/or a general volunteer.

The HOD will be responsible for:

- Making sure that all teams **input their opening and championship scores** on the Google scorecards by the designated dates
- **Communicating** with the SOVA staff
- Motivating and holding teams and unified pairs **accountable for participation**

Fans

Do you have friends or family that want to support your athletes and partners?

Submit a picture or video cheering on Fall Heptathlon participants or download a **coloring book page**.

EVENTS

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

ENDURANCE • jumping jacks

AGILITY AND SPEED • 5-10-5 agility run

BALANCE • ball tap

LOWER BODY • squats

LOWER BODY • front-to-back jumps

CORE • mountain climbers

TOTAL BODY STRENGTH • burpees

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

SCORING FOR FITNESS HEPTATHLON

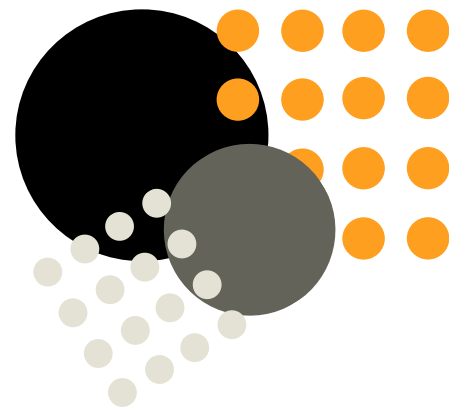
For the Fitness Heptathlon coaches will record scores for the members of the team. Six of the events are straight scoring. Coaches will put in the raw score for each event for the number accomplished in allotted time for each exercise. In the 5-10-5 Agility, athletes and Unified Partners will earn points for their times based on the chart below:

**Fitness exercises that focus
on overall elapsed time
needed to complete the
exercise (5-10-5 Agility Run) :**

- 0-11 seconds = 5 points
- 11-13.99 seconds = 4 points
- 14-16.99 seconds = 3 points
- 17-19.99 seconds = 2 points
- 20+ seconds = 1 point

The corresponding points in the chart above are placed into the score sheet and not the time that it took the athlete or Unified Partner to complete the exercise.

VIRTUAL TRAINING & RESOURCES



FALL FITNESS HEPTATHLON

This handbook encompasses all of the basic information to complete the Fall Fitness Heptathlon. 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
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](#)

SPORT-SPECIFIC RESOURCES

Coaches and athletes can access sport-specific training via **Coaches Corner**. Here you will find video and visual resources designed to allow athletes to train from home and supplement weekly in-person practice sessions and virtual workouts. These videos will provide in-depth demonstrations and explanations on skill development, tactics and fitness.

RETURN TO ACTIVITIES RESOURCES

Any in-person training sessions must follow the SOVA **'Return to Activities Plan'** as well as state and local government guidelines.



FALL FITNESS HEPTATHLON THE EVENTS

This section contains everything you need to know to guide your athlete through each of the seven 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:

- A stopwatch

GOAL

See how many jumping jacks you can do in 60 seconds.

Jumping jacks work your entire body and help keep your heart healthy.

PROCEDURE AND SCORING

Traditional Exercise:

1. Participants should start in a standing position with arms at their sides.
2. Participants should jump and spread their legs a little wider than hip-width. Simultaneously they should swing their arms over their head and clap their hands together at the top.
3. The participant should jump again and bring their legs back together and their arms to their sides.
4. Repeat for 60 seconds.

Scoring:

A participant should earn one point for each full repetition (starting position, clap at the top, and back to starting position) in under 60 seconds

If the participant has incorrect form, they should not be awarded the point. The count remains the same until a proper repetition is completed.

Modifications:

- **EASIER:** Instead of jumping, try to tap your left foot a little farther to your left, while still clapping your hands above the head. Return to the center and do the same thing on the right side.
- **EASIER:** Sit in a chair and follow the directions in the first modification.
- **HARDER:** Try holding a weight between the hands and lift it straight up instead of clapping.
- **HARDER:** Try starting with knees bent and jump into a wide squat, return to starting position.

Check out this [awesome video](#) with 20 different jumping jack variations

1



2



[CLICK HERE TO
WATCH THE
VIDEO](#)



**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

**WATCH THE
VIDEO HERE**



PROCEDURE AND SCORING

PREPARATION: Place three cones 5 yards (4.572 meters) apart in a straight line.

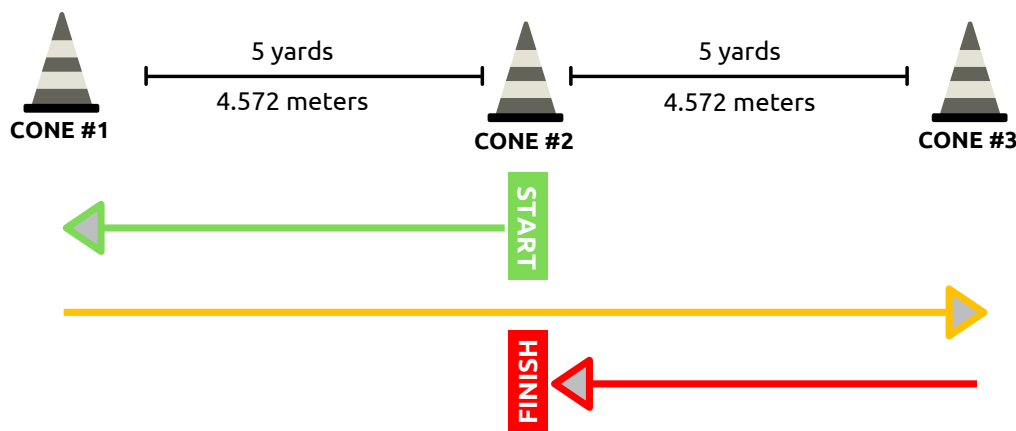
EXERCISE:

- Have participant start at cone #2 in a good starting stance so they can sprint to cone #1.
- Participant should sprint to cone #1 and touch the cone with their fingertips.
- Participant should then turn and sprint to the cone #3 and touch cone #3 with their fingertips.
- Participant should return to cone #2.

SCORING: Participant is timed for the entire exercise. The final time is based on the time it takes for participant to complete the 5-10-5 exercise. Use this time and find where it falls on the table. Record the corresponding point value.

MODIFICATIONS

Participants with lower body mobility issues can perform this test in a wheelchair. Participants start at cone #2 and face cone #1. Wheel quickly to cone #1. Turn tightly around the cone and wheel quickly to cone #3. Turn tightly around the cone and wheel quickly back to cone #2.



1



2



3



4



5



MATERIALS

Before you start, make sure you have:

- Stopwatch
- Ball

**WATCH THE
VIDEO HERE**



PROCEDURE AND SCORING

EXERCISE:

1. Participant stands with their feet together and holding a ball in both hands.
2. Participant lifts one foot in the air and bends their knees keeping their other foot on the ground.
3. Participant reaches down and taps the floor to the one side of their body while keeping their balance.
4. Return to the starting upright position.
5. Repeat this exercise. If participant is a beginner at this exercise, they can reset each time by putting both feet on the ground and even alternating which foot they raise off of the ground.

Note: If participant would like a more advanced exercise, keep the same foot off the ground and repeat without losing balance as many times as possible in the prescribed time.

SCORING: Participant goes from the upright position to the floor touch position as many times as they can without losing their balance for 60 seconds. Count how many times they tap the ball in that 60-second timeframe for their total score.

1



2



3



WANT TO IMPROVE YOUR BALANCE SCORE?

Try some of these exercises!

- Try standing on one leg for as long as you can. You can use a chair to help you balance if you need to. Make sure you do both sides!
- Follow along with the workout linked [HERE](#).

MATERIALS

Before you start, make sure you have:

- Stopwatch

PROCEDURE AND SCORING



**WATCH THE
VIDEO HERE**



EXERCISE:

1. Participant should start each rep in the standing position, holding no weight and feet slightly wider than their hips or shoulder width apart. Toes should be pointed slightly outwards.
2. Participant should find a spot in front of them at eye level to focus on so their head stays in the proper position.
3. Participant squats down until their hip crease is below the top of knee.
4. Participant stands up again and finishes with knees and hips fully extended.

NOTES:

1. Participant should maintain a natural head position – chin up, eyes straight ahead.
2. Participant should make sure their knees are bent over toes.
3. Participant's feet need to be shoulder-width apart.
4. Participant's spine should be straight.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

MATERIALS

Before you start, make sure you have:

- Three cones
- Stopwatch

[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

PREPARATION: place three lines or three cones on the ground one foot (or 30 cm) apart. Adaptations can be made to reduce this distance if needed.

EXERCISE:

1. Participant starts on cone #2 and jumps with two feet to cone #3.
2. Participant then jumps back to cone #2.
3. Once participant is back to cone #2, they immediately jump to cone #1.
4. Once they have jumped to cone #1, they jump back to cone #2.
5. Participant repeats this process for 30 seconds.

SCORING: Participant is scored by the number of completed cycles (2-3-1-2) in 30 seconds. One point is awarded for each completed cycle.

MATERIALS

Before you start, make sure you have:

- A stopwatch

GOAL

See how many mountain climbers you can do in 60 seconds.

A strong core makes your other major muscle groups work better. Mountain climbers will help make your core strong!

PROCEDURE AND SCORING

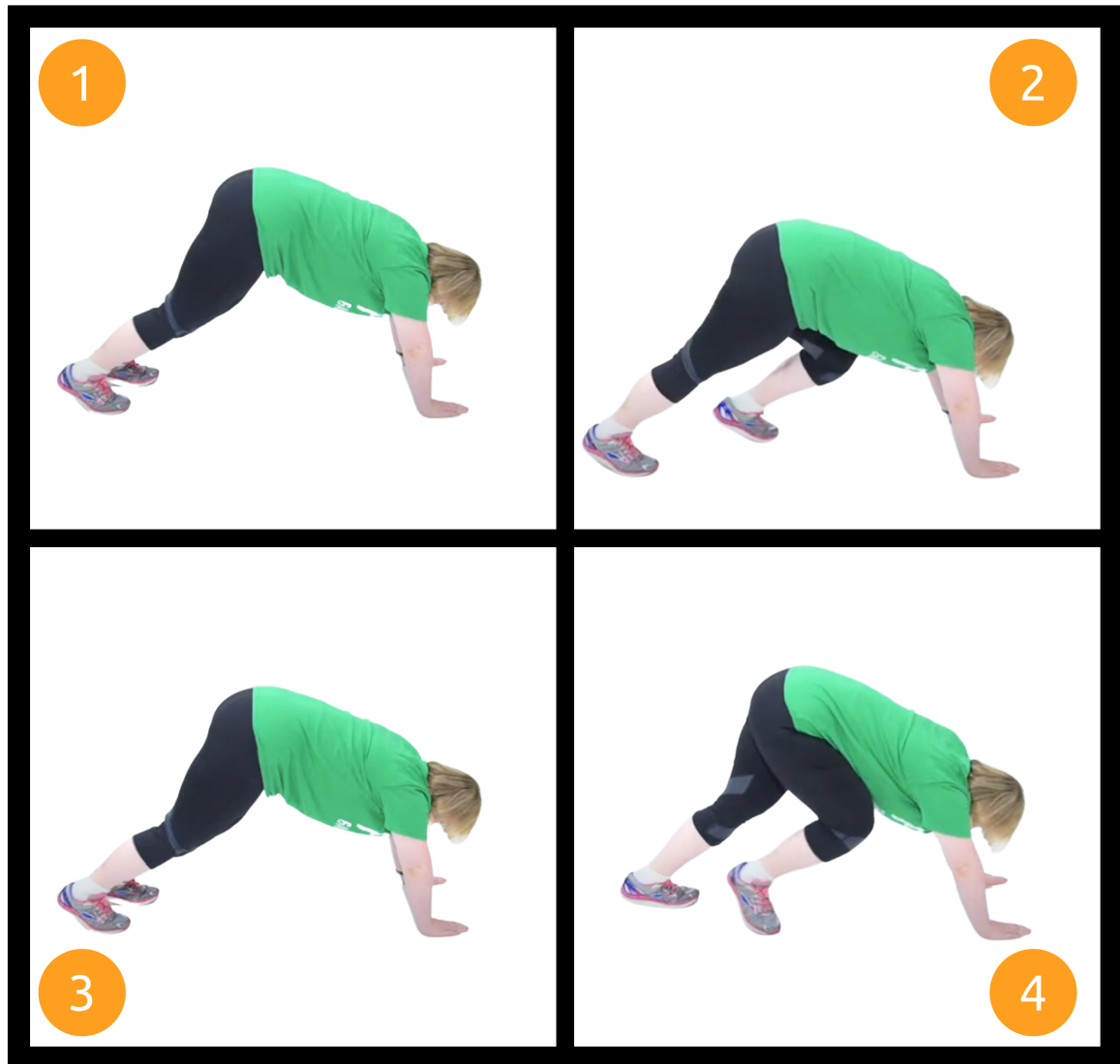
EXERCISE:

1. Participant gets into a push-up or plank position, making sure to distribute their weight evenly between hands and toes.
2. Hands should be about shoulder-width apart; back should be flat and head in alignment.
3. Participant pulls their right knee into their abdomen as far as possible.
4. Participant switches legs, pulling one knee out and bringing the other knee in. This movement continues for the allotted time. Each time their knee comes towards their abdomen that counts as 1 point.

NOTES:

1. Participant should keep hips down in a push-up position the entire time.
2. If the knee does not come close to the participant's abdomen, that repetition does not count towards their score.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.



**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:

- A stopwatch

GOAL

See how many burpees you can do in 60 seconds.

Burpees can be tough but they will make your whole body extra strong and get your heart rate up!

PROCEDURE AND SCORING

EXERCISE:

1. Start each rep in a full standing position.
2. Participant must drop and touch their chest and hips to the ground.
3. Participant then returns back to a full standing position to jump and clap both hands together over their head.

SCORING: Each successful repetition is counted for 60 seconds. No repetitions are counted after time runs out. No repetitions are counted for bad form. The count remains the same until a proper repetition is completed.

Modifications:

- **EASIER:** Eliminate jumping and try stepping instead
- **HARDER:** When the participant is in the high plank add a push-up!

Check out this video with [25 variations of burpees!](#)

1



2



3



CLICK HERE TO WATCH
THE VIDEO



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

Try these:

- [Fit 5 Strength Level 3](#)
- [Ten Minute Ab Workout](#)
- [Cardio & Core Workout](#)