

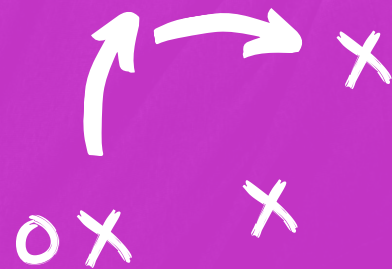
2021 Winter Fitness Combine

THE GAME PLAN

Special Olympics Virginia

MA FIT
HLETE

Special
Olympics



Special Olympics
Virginia



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THANK
YOU!

OUR
#1
FANS!

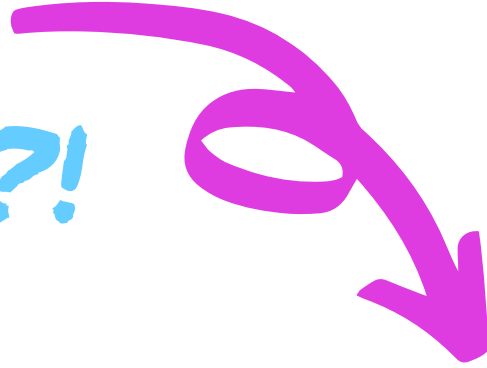
ABLEnowSM

STAFFORD
Virginia



**Knights of
Columbus®**

WHY IS FITNESS IMPORTANT FOR ATHLETES?!



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

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

L I F E
EXPECTANCY
is reduced by
an average of
16 YEARS

2 TIMES
as likely to be
OBESE

5 TIMES
as likely to have
DIABETES

THE WINNING DRIVE!!!

1. 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 their season opener score (first week) to their championship score (last week). Medals will be distributed after the conclusion of the 2021 Winter Fitness Combine.

2. ATHLETES SHOULD TRY TO DO SOMETHING ACTIVE EVERY DAY OF THE TRAINING SEASON!

Going to practice or doing physical activity one time per week is good, but doing physical activity every day is GREAT! Athletes that work on their physical fitness will be much more likely to enhance their on-field performance as they strive to win the gold.

Commit to Fit and join the Training Camp this season for additional fitness and wellness opportunities.



**Special
Olympics**
Virginia

THE DRAFT!

ATHLETES CAN COMPETE IN ONE OF THREE WAYS:

- **TRADITIONAL TEAM**
4-12 athletes + one coach
- **UNIFIED TEAM**
4-12 athletes and Unified Partners (50/50 ratio is ideal) + one coach
- **UNIFIED PAIR**
One athlete and one Unified Partner

Please see the Volunteer Summit section (pages 10-12) for more information on responsibilities for coaches, partners, HODs, and area/local coordinators

COACHES & PARTNERS:

Register your team or pair using *this registration sheet* and send it to your area or local coordinator.

AREA COORDINATORS/LOCAL COORDINATORS:

Please submit one completed registration packet to ***stateregistration@specialolympicsva.org*** no later than **January 22, 2021**.



SCHEDULE

JANUARY 22 → registration packet due

JANUARY 25-29 → coaches, partners, and HODs will receive their Google scorecards

FEBRUARY 1 → training camp begins

FEBRUARY 8 → opening day - official start of the combine season

FEBRUARY 21 → season opener scores need to be entered on the Google scorecard

MARCH 22-28 → financial fitness week presented by ABLEnow

APRIL 6 → championship scores are due

APRIL 10 → super celebration - virtual



SCORING

Participants will receive a **virtual gold, silver, bronze, or participation award** based on their percentage of improvement. Additionally, each participant **submitting a season opener score and championship score** will receive a **Special Edition Winter Fitness Combine Medal**. Medals will be distributed after the conclusion of the Winter Fitness Combine.

GOLD • athlete earns a fitness score higher than 46%

SILVER • athlete earns a fitness score between 31% - 45%

BRONZE • athlete earns a fitness score between 16% - 30%

PARTICIPATION • athlete earns a fitness score between 1% - 15%

In order to receive a medal, coaches/partners must input the Season Opener score (beginning score) and Championship score (final score) on their scorecard by the respective deadlines (see page six).

SCORECARDS

Registered unified partners and coaches will receive a personalized scorecard on a Google Sheet via email between January 25-29.

- 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

COMPETITIONS

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

HIGHEST AREA FITNESS SCORE

HIGHEST FITNESS SCORE (MOST IMPROVED)

HIGHEST TEAM FITNESS SCORE

VOLUNTEER OF THE WEEK

HIGHEST UNIFIED TEAM FITNESS SCORE

ATHLETE OF THE WEEK



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

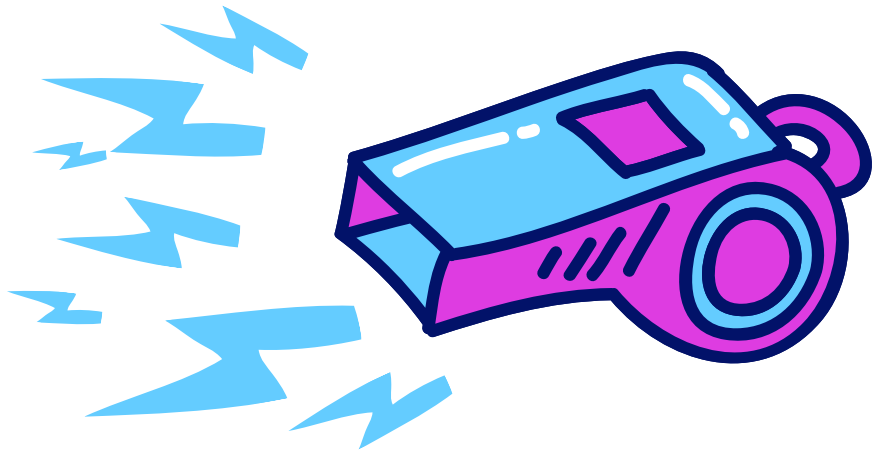
WHAT IS EXPECTED FROM COACHES & PARTNERS?

1. **Register your team or pair** using this *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 January 25-29.
 - b. Please **collect and input scores** from each team member at the beginning and end of the WFC.
 - 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 January 22.
- 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 combine 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 Winter Fitness Combine.
- The HOD can be an area leader, a coach, and/or a general volunteer.

The HOD will be responsible for:

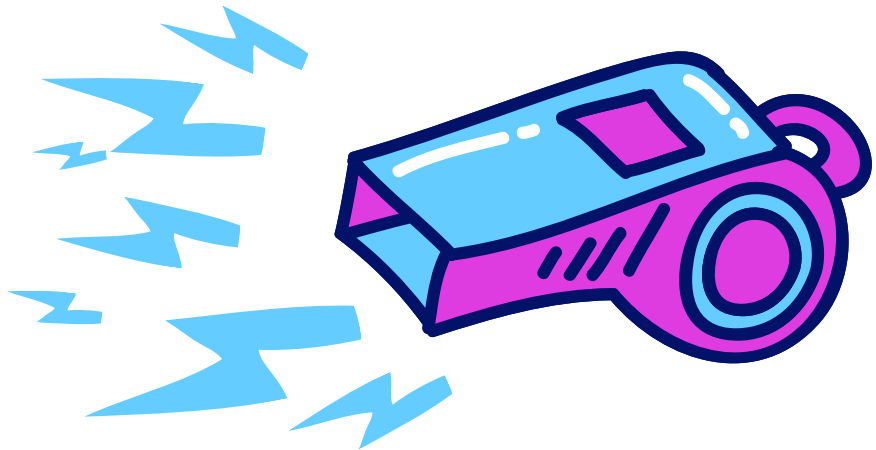
- Making sure that all teams **input their opening and championship scores** on the Google scorecards by the designated dates
- **Communicating** with the SOVA staff
- Motivating and holding teams and unified pairs **accountable for participation**

FANS

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

Submit a picture or video cheering on Winter Fitness Combine participants or download a **coloring book page**.

VOLUNTEER SUMMIT (CONTINUED)



FITNESS KITS

TRAINING KITS ARE BEING PROVIDED BY KOVAR AND THE KNIGHTS OF COLUMBUS

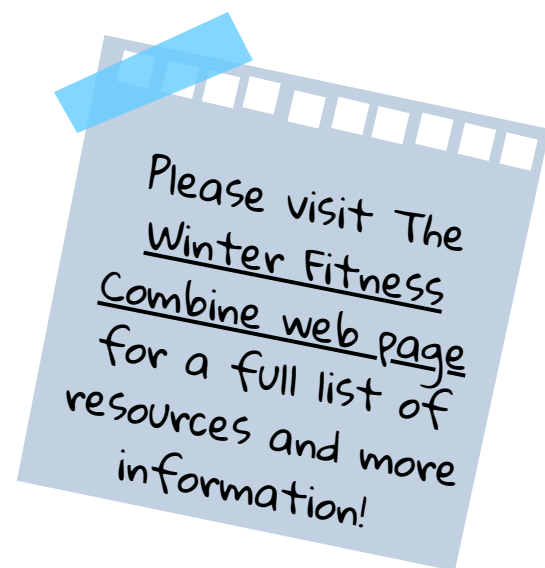
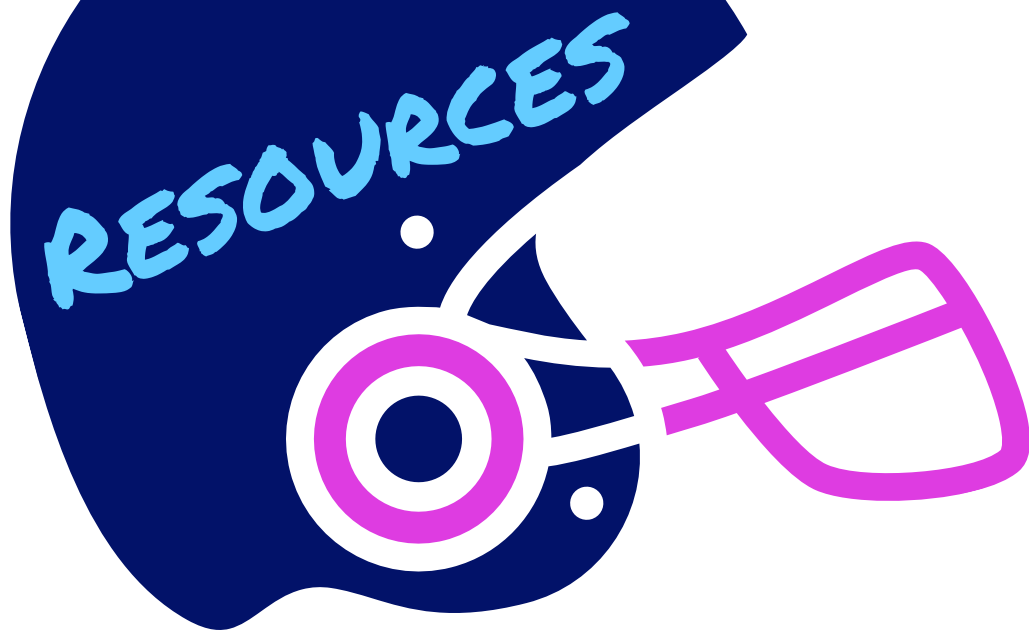
COACH KITS

- We have up to 60 training kits for coaches doing in-person Winter Fitness Combine training with their athletes. The kits are designed to support the main and supplemental exercises conducted at in-person Winter Fitness Combine training.
- One Coaches' Kit will include
 - Fitness Coach Shirt
 - Fitness Ladder
 - Theraband
 - Clipboards
 - Cones
 - Gloves
 - Non-Touch Thermometer
 - Jump Ropes
 - Playground Ball for Balancing Activity (the ball will be delivered uninflated)
 - Masks
 - Hand Sanitizer
 - Mesh Bag
- Coaches' who would like to request a kit must be registered for the Winter Fitness Combine AND should **complete this form** to be eligible to receive a training kit
- Supplies are limited to registered Coaches doing in-person training.

ATHLETE KITS

We have 200 Athlete fitness kits.

- To be eligible for a kit Athletes must be registered for the Winter Fitness Combine. Distribution of kits will depend on availability. HOD's can request athlete fitness kits **HERE**
- Athlete Kits will include:
 - Theraband Exercise band (medium)
 - Jump Rope
 - Playground ball for balancing activity (the ball will be delivered uninflated)
 - Fitness Fanatic Cinch Bag



THE PLAYBOOK



all of the 2021 winter fitness combine exercises, descriptions, videos, pictures, and scoring guidelines

THE GAME PLAN



program overview, what to expect, scoring rubric, important dates, volunteer details and resources

TRAINING CAMP



printable calendar of challenges and virtual events for athletes, coaches and partners

FAN ZONE



show your support for the athletes of Special Olympics Virginia

ADAPTED PLAYBOOK



we have something for everyone - unable to perform the exercises in the playbook? Try these!

COACHES RESOURCES



cheat sheets, practice outlines, videos, and more

VIRTUAL FITNESS



our virtual fitness Facebook page is a free collaborative tool to encourage fitness - join the group now