



**Special
Olympics**
North Dakota



SPECIAL OLYMPICS NORTH DAKOTA

FITNESS CHALLENGE PLAYBOOK

FEBRUARY 2021

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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**.





FITNESS CHALLENGE **THE OVERVIEW**

Athletes should focus on improving their personal scores in each of their three chosen events.

The Special Olympics North Dakota Fitness Challenge is an 8 week program using exercises that target several fitness components to compete against others in the state. Participants will **select 3** of the 6 exercises offered in this playbook and work toward improvement in each. Athletes, partners, and other participants should train and exercise in a variety of ways on a schedule to improve overall health and fitness. Participants will record scores from their 3 exercises three times: the very first time, after 4 weeks, and again at the end of the 8 week challenge. Special Olympics will award participants using results for competition divisions comprised of 3-8 athletes from throughout the state.

DATES TO REMEMBER

The score sheets need to be submitted to the SOND office by the dates listed below. It is encouraged to track weekly progress individually, but only the Fitness Challenge Entry Form needs to be submitted to SOND.

Season Starts- February 1st, 2021

Entry 1 Due- By February 6th, 2021

Entry 2 Due- By February 28th, 2021 (or send with final score)

Entry 3 Due- By March 26th, 2021

SCORE SHEETS

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

- ♦ **EXCEL** • individual (**preferred format**)
- ♦ **PRINTABLE SCORESHEET** • individual

Printable score sheets should be sent to:

Email: sports@specialolympicsnd.org

or

Mail: 2616 S 26th Street Grand Forks ND 58201

or

Fax: 701-772-1265

ELIGIBILITY REQUIREMENTS

Prior to Participating:

ATHLETES must have a current medical and release form on file at the Special Olympics North Dakota Office. If you are a new athlete to the program, please contact SOND at 701-746-0331.

UNIFIED PARTNERS must have up-to-date Class A certifications (Class A Volunteer form and protective behaviors training). **School affiliated Unified partners do not need to submit Protective Behaviors training.**

Athletes and Unified partners must also have a completed Covid Code of Conduct and Risk Assessment form submitted.

*Refer to page 5 for info on where to submit

AWARDS

AWARDS will be based on the composite total score of the three chosen exercises for individuals and Unified teams. Official Special Olympics ribbons will be awarded.

Divisioning for awards will be based on age, gender and composite score.

EVENTS

Athletes will choose 3 exercises to compete in for the entire 8 weeks:

Squats

Jumping Jacks

Push-ups

Front-to-Back Jumps

Sit-Ups (Curl-ups)

Seated Lateral Bends

Equipment

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

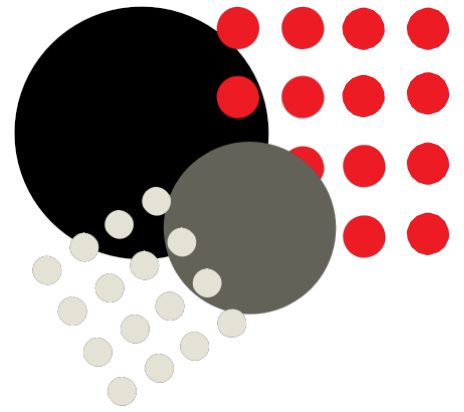
STOPWATCH • cell phone, timer, website, analog clock, watch

CHAIR • couch, bench

TAPE MEASURE • floor tiles, use your steps to measure length

TAPE • chalk, string, lines on the ground

VIRTUAL TRAINING & RESOURCES



This handbook is made up of all the materials you will need to participate in the Fitness Challenge. However additional digital resources can be found at SONND Community Facebook page and specialolympicsnd.org.

These pages will provide access to information that will allow athletes the opportunity to become fitter, stronger and improve their overall fitness abilities.

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

- 1) Login to www.facebook.com
- 2) In the search bar enter "SONND Community"
- 3) Click Join and wait to be accepted into the group
- 4) Enjoy workouts and health tips from athletes and coaches all over North Dakota

Virtual Training Ideas

If you choose to train for the fitness challenge virtually here are some ideas to engage your athletes

- Zoom training sessions- meet with your athletes weekly
- Accountability buddies
- Weekly workouts
- [Fit 5](#)
- [School of Strength](#)
- Fitness resources
- [Stay fit at home resources](#)
- Workout videos via Anytime Fitness- Anytime Fitness partners with Special Olympics International and does workout videos once a week. They post on [Facebook](#) and on [YouTube](#)

RETURN TO ACTIVITIES RESOURCES

Any in-person training sessions must follow the SONND ['Return to Activities Plan'](#) as well as state and local government guidelines.



FITNESS CHALLENGE

THE EVENTS

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

Materials needed for each event

Goal of the event

Instructions

Scoring guidelines

Pictures and video links

Supplemental exercise links

MATERIALS

Before you start, make sure you have:

- Stopwatch



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

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 in-line with their 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 30 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:

- Stopwatch
- Sturdy chair with armrests (for modified push-ups)



[WATCH THE VIDEO HERE](#)

PROCEDURE AND SCORING

EXERCISE:

1. Participant starts in a high plank position with arms shoulder width apart and palms flat on the floor.
2. The head, back, hips, knees and toes should be in a straight line.
3. Participant bends their elbows and lower their chest toward the ground. Participants must bend their elbows at least 90 degrees before returning to the starting position. A towel or a block under the chest can help participants to know they've gone far enough down. They should use their arms and core to push back up to the starting position.

SCORING: The total amount of push-ups in 60 seconds is counted as the score. Participants must maintain form in order for the push-up to count.

MODIFICATIONS

Participants with mobility issues can use the NCHPAD adaptations for push-ups found [here](#).

CHAIR PUSH-UP EXERCISE:

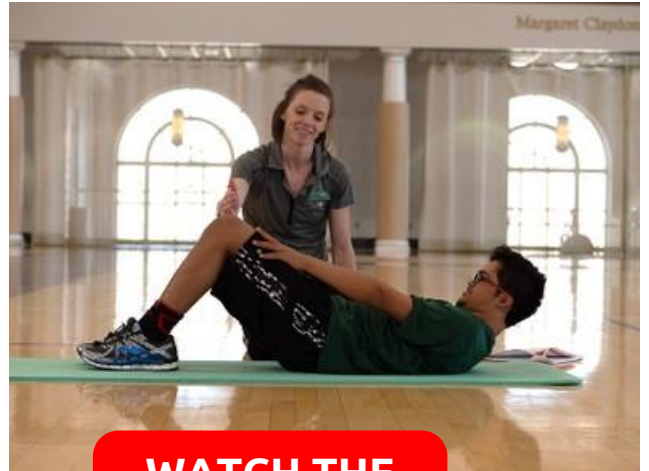
1. Participant will begin in their wheelchair or chair with armrest and palms on the arm rest.
2. Participant will fully extend the arms; while pressing against the arm rest lifting their body.
3. Once arms are fully extended, the participant returns to seated position.
4. A complete push-up is done once the participant returns to the seated position.

CHAIR PUSH-UP SCORING: Count the number of push-ups completed in 60 seconds

MATERIALS

Before you start, make sure you have:

- Stopwatch



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant lies on their back on the floor. They bend their hips and knees so their feet are flat on the floor.
2. Participant reaches their arms toward their knees.
3. Participant lifts their head and then slowly lifts their upper back until they reach their knees.
4. Participant should get their shoulder blades completely off the ground.
5. Participant touches their knees and lowers all the way back down, including their head.
6. Exercise is repeated for 60 seconds.

SCORING: Participant does as many curl-ups in 60 seconds as they can.

Total number of curl-ups completed is the total score.

MODIFICATIONS

Participants with mobility issues can use the NCHPAD adaptations for curl-ups found [here](#).

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Sturdy chair with armrests (for modified jumping jacks)



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant starts in a standing position with arms at their sides.
2. Participant jumps up and spreads legs apart as they swing their arms over their head. They should clap their hands together at the top.
3. Participant jumps again and bring their arms back to their sides and their legs together.
4. Repeat for allotted times.

NOTES: Participant must complete a full repetition (ex. go from start position, clap at the top, return to start position = 1 repetition) in order for it to be counted.

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

Participants with lower body mobility issues can do seated jumping jacks.

EXERCISE:

Participant will extend their arms out to the sides and then up above their head, clapping their hands. The arms will come back down to the side position. The process will continue for 60 seconds. Each time the participant claps hands above the head, a repetition is counted.

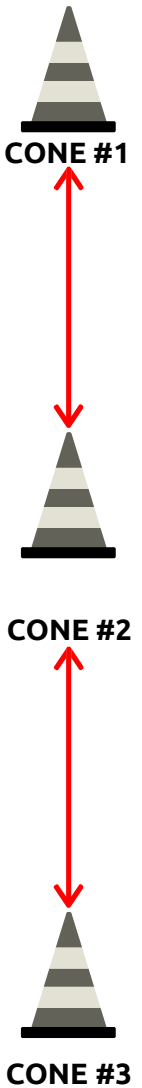
SCORING: The total number of repetitions done in 60 seconds is counted for the final score.

MATERIALS

Before you start, make sure you have:

- Three cones (or other marking objects)
- 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 (2-3-2-1-2) in 30 seconds. One point is awarded for each completed cycle.

COACHING TIP: Use colored cones and replace 1, 2, and 3 with colors.

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Chair or wheelchair



[WATCH THE VIDEO HERE](#)



PROCEDURE AND SCORING

EXERCISE:

1. Participant will be seated with their arms extended out to both sides.
2. When time begins, participant will have 30 seconds to bend to the right as far as they can, and come back up to a normal sitting position.
3. Participant will then bend to the left as far as possible and return their normal sitting position.
4. Each lateral bend to the side and return to a normal seated position will count as one.

SCORING: This process will repeat for 30 seconds, and the amount of successful total bend and ups to normal seated position will count toward the final score.

MODIFICATIONS

This exercise can be performed seated in a chair or in a wheelchair.