



**Special
Olympics**
North Dakota



SPECIAL OLYMPICS NORTH DAKOTA

FITNESS CHALLENGE

WINTER 2021 PLAYBOOK

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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**.

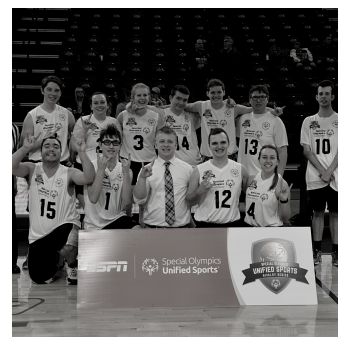
2 TIMES
as likely to be
OBESE



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



WINTER FITNESS CHALLENGE **THE OVERVIEW**

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

Athletes will receive a "fitness score" based on their progress from week one to week four. The week one to week four fitness score will be used for divisioning. Then the week 4 to week 8 scores will be used as the competition scores for the division.

Athletes will receive their final fitness score after they complete the week eight events.

DATES TO REMEMBER

The final score sheet needs to be submitted to the state office by the entry deadline. 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 26th, 2021

Entry 3 Due- By March 26th, 2021

SCORE SHEETS

There are three 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**)
- **GOOGLE SHEETS** • individual
- **PRINTABLE** • individual

Score sheets should be emailed to: **info@specialolympicsnd.org**
or

Mail too: **2616 26th Street S Grand Forks ND 58201**

CERTIFICATIONS

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

ATHLETES should have a medical on file at Special Olympics North Dakota Office.

Also Make sure participants have filled out a **Risk Assessment** form

COMPETITIONS

In addition to primary scoring, Special Olympics North Dakota may consider additional competitions and awards for the whole state to compete for.

HIGHEST SCORE IN EACH EVENT- Male and Female

MOST IMPROVED - Male and Female

HIGHEST AREA FITNESS SCORE

HIGHEST LOCAL FITNESS SCORE- Male and Female

EVENTS

Athletes will choose 3 events to compete in.

Squats

Jumping Jacks

Push-ups

Front to back Jumps

Sit-Ups (Curl-ups) Seated Lateral Bends

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

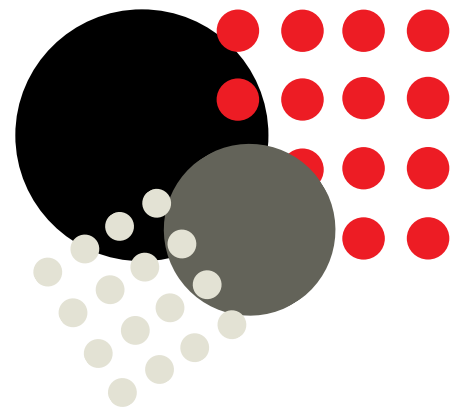
STOPWATCH • cell phone, timer, website, analog clock, watch

CHAIR • couch, bench

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

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 Winter Fitness Combine. However additional digital resources can be found at SOND 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 "SOND 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 work outs
- [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 SOND '[Return to Activities Plan](#)' as well as state and local government guidelines.



WINTER FITNESS COMBINE THE EVENTS

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

- 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 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



**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 by the participant in 60 seconds.

MATERIALS

Before you start, make sure you have:

- Stopwatch
- Metronome App on phone



**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 one for every beat of the metronome on phone set at 40 beats per minute.

SCORING: Participant does as many curl-ups to the beat of 40 per minute 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 and no wheels



**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.

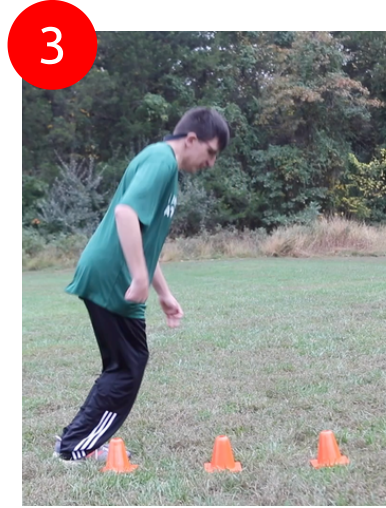
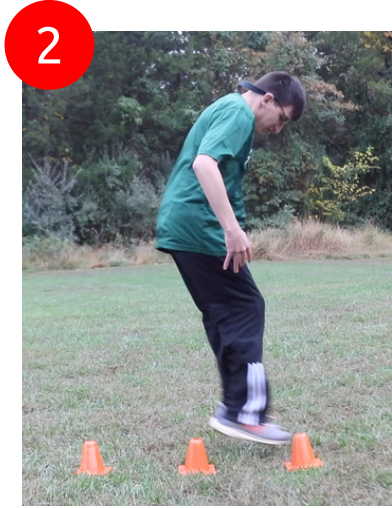
SCORING: The total number of repetitions done in 60 seconds is counted for the final score.

MATERIALS

Before you start, make sure you have:

- Three cones
- 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:

- 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.