



SPECIAL OLYMPICS VIRGINIA

FITNESS COMBINE

FALL 2020 PLAYBOOK

TABLE OF CONTENTS

3 INTRODUCTION

the game plan, why it is important

4 PROGRAM OVERVIEW

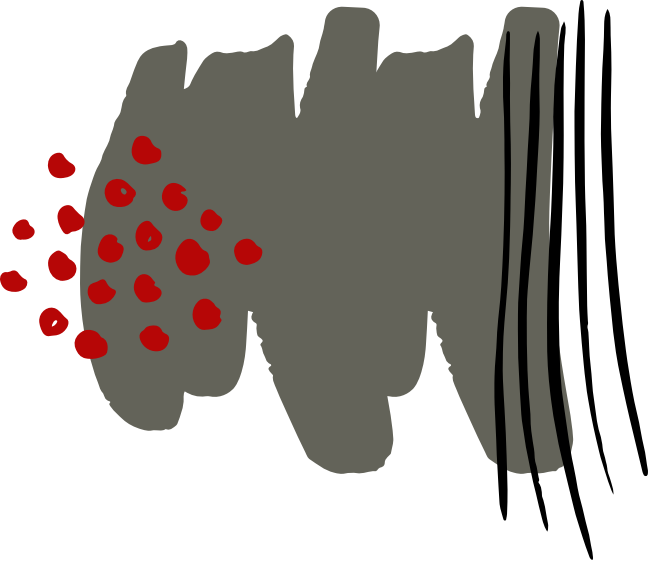
deadlines, registration, scoring, competitions, events & materials needed

10 VIRTUAL TRAINING & RESOURCES

the tools and resources to make your combine training a home run

11 THE EVENTS

how to conduct, score and ensure proper form for each event in the combine



THE GAME PLAN

Hi SOVA 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 Special Olympics Virginia 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 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 COMBINE **THE OVERVIEW**

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

Athletes 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.

Athletes 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

Coaches can register a team of athletes (4-12 people, traditional or unified). Unified teams should have at least 50% athletes.

If athletes are not on a team, they can register and compete as an individual.



Registration must be submitted by August 22.

*Area Coordinators will receive a delegation report August 24-28 with all registered participants.

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 state registration. Please update and resend the same score sheet so we can track progression.

AUGUST 1 - 22 • registration is open

AUGUST 30 • training season officially begins

SEPTEMBER 14 • week one score sheets submitted to state registration

OCTOBER 1 • week four score sheets submitted to state registration

NOVEMBER 1 • week eight (final score sheets) submitted to state registration

NOVEMBER 2 - 6 • results and virtual awards sent to coaches (team) and athletes, parents, or caregivers (individual)

SCORING

Athletes' 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 (teams) and parents, caretakers or athletes (individual) between November 2 - 6.

GOLD • athlete earns an improved fitness score higher than 31%

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

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

PARTICIPATION • athlete 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 state registration by the respective deadlines (see page six).

SCORE SHEETS

There are three 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.

- **EXCEL** • individual and team (**preferred format**)
- **WRITABLE PDF** • individual and team
- **PRINTABLE** • individual only

Score sheets should be emailed to stateregistration@specialolympicsva.org Please update and resend the same score sheets each time so we can continue to track progression.

[FIND THE SCORE
SHEET THAT IS RIGHT
FOR YOU HERE!](#)



CERTIFICATIONS

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

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

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

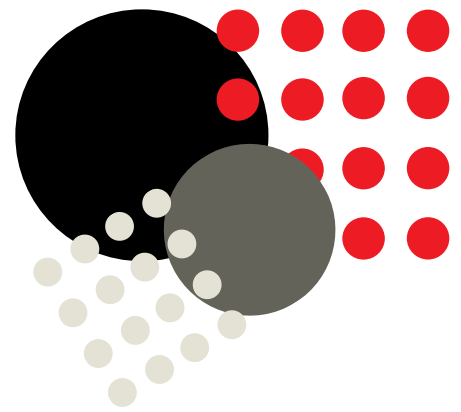
STOPWATCH • cell phone, timer, website, analog clock, watch

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
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 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

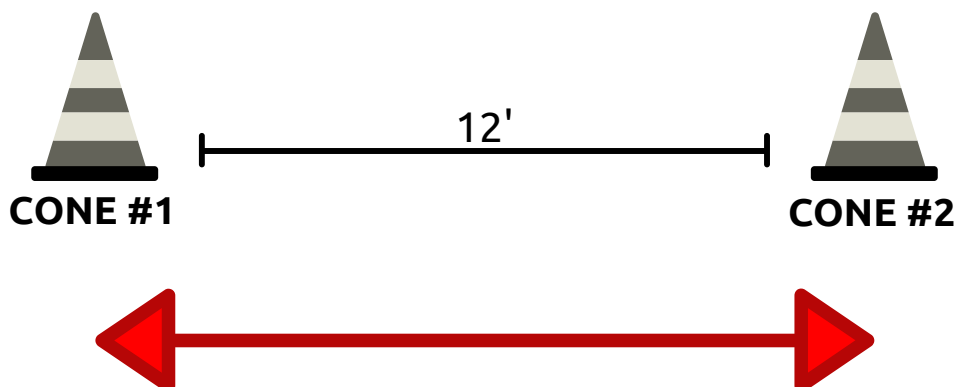
PREPARATION: Place two cones 12 feet apart

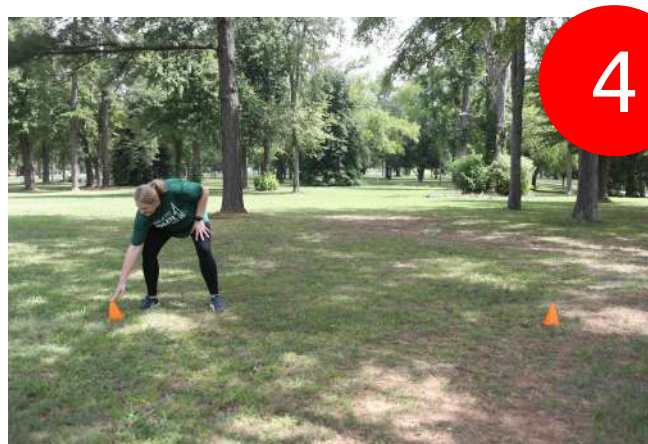
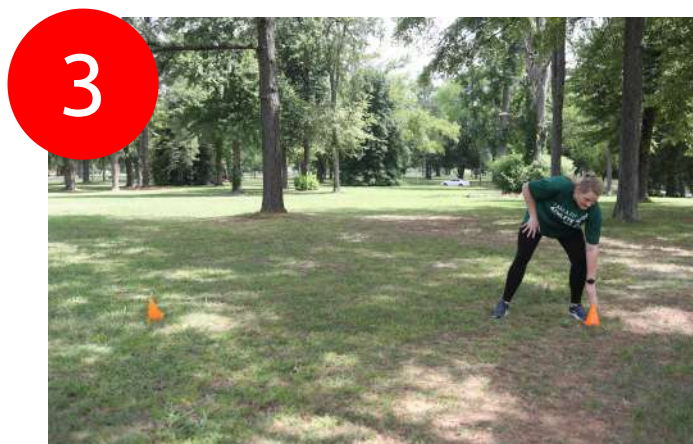
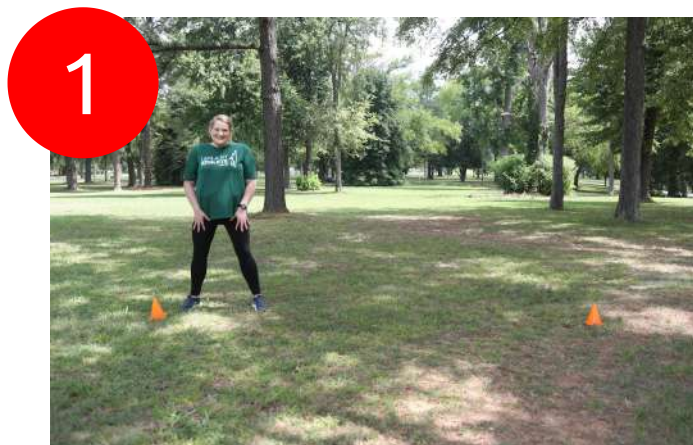
EXERCISE:

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'.

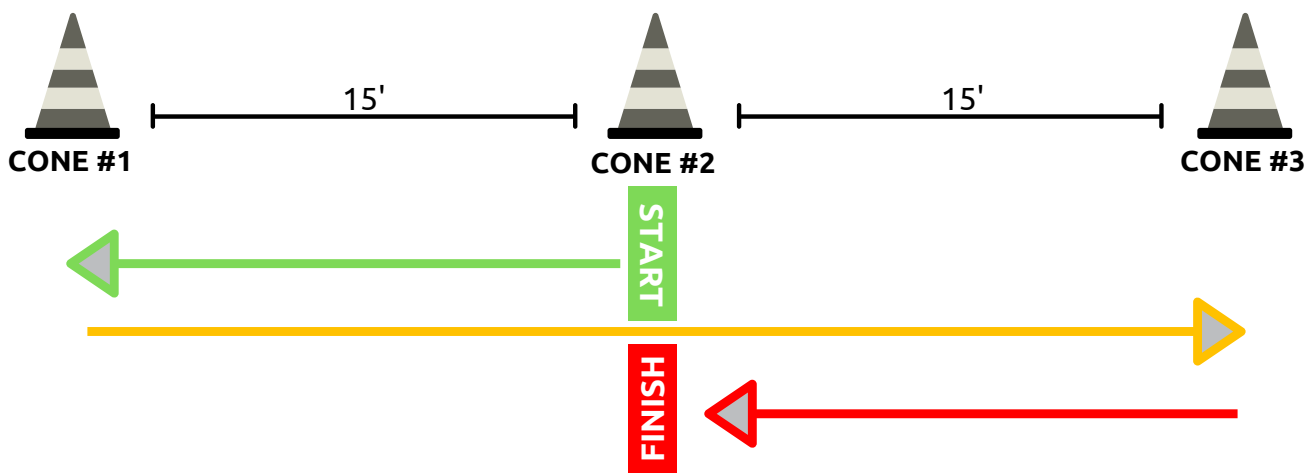
EXERCISE:

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:

- Stand with your feet as wide as your shoulders.
- 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.
- Use your legs and core to stand up.

2. MODIFIED:

- Place a chair behind you. Stand with your feet as wide as your shoulders.
- 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.
- 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



WANT TO IMPROVE YOUR
LOWER BODY ENDURANCE SCORE?

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

**WATCH THE
VIDEO HERE**



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.

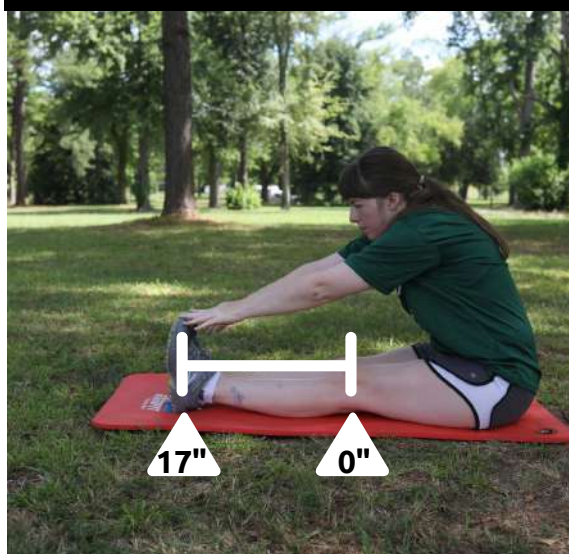
1



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.

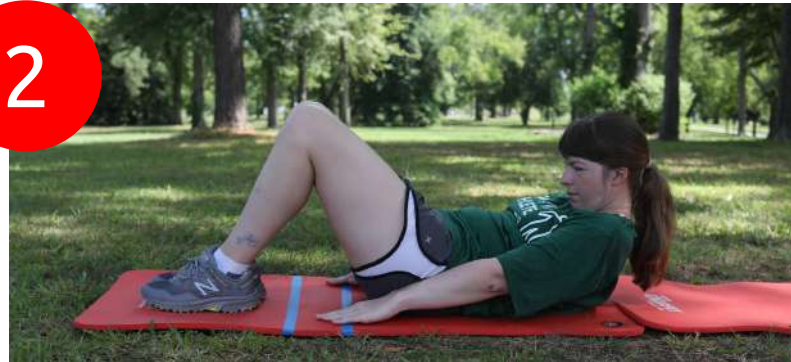
PROCEDURE AND SCORING

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