

Impact 2020 Team Challenge



Special Olympics
South Carolina

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SEPTEMBER 1 - NOVEMBER 1, 2020

Special Olympics South Carolina is challenging all teams to stay active and healthy this fall with the Impact 2020 Team Challenge. This challenge is for everyone-athletes, unified partners, coaches, and family members. SOSC is encouraging you to keep training and keep pursuing a healthy lifestyle.

OVERVIEW

- 9 Week Period
- Coach/Liaison registers their team and submits weekly reports
- If team is Unified, Coach/Liaison will connect partners with athletes for accountability, check-ins, and social connections. If team is not unified, Coach/Liaison will have additional coaches or family members connect with athletes to ensure everyone is participating.
- Full team connects a minimum of 3 times- Week 1, Week 4, and Week 8
- Week 9- Coach/Liaison will submit final spreadsheet of participation points
- There will be 3 levels of achievement to meet throughout the 9 weeks. To meet Level One, 25% of your team must submit participation points for 9 weeks. To meet Level Two, 50% of your team must submit participation points for 9 weeks and to meet Level Three, 75% of your team must actively submit participation points for a total of 9 weeks. To meet levels of achievement, your team must meet each level consistently for a minimum of 2 weeks before being awarded your level of achievement incentive.

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ADD-ON's

- Administer the Lifestyle Survey and collect pre-/post data at Week 1 & Week 9. If all team members return their survey, there will be additional points added to your team total!
- Select an athlete or unified pair as your Impact Team Challenge Captains. Captains will share helpful fitness, nutrition, and hydration tips each week as well as demonstrate different sports skills to help activate and inspire their team.

REGISTRATION

- Register Here: <https://forms.gle/rv2QLfGzdauTGaKY9>

*First 20 teams to register will receive Impact 2020 Team Challenge shirts (Max 24/team)



LEVELS OF ACHIEVEMENT INCENTIVES:

- Level One = Special Olympics South Carolina window decal for each team member
- Level Two = Bracelet for each team member
- Level Three = Water Bottle for each team member

AWARDS

- Each week, there will be a leader board on our social media pages as well as additional weekly challenges. These additional challenges will reward teams that participate with extra points. Due to team size, SOSC will division teams into three different categories. Teams with 1-10 members, will fall into Category 1. Teams with 11-20 members will fall into Category 2 and teams with 21+ members, will fall into Category 3. SOSC will award the Top Team in each category and the Top 5 Individuals at the end of 9 weeks. Top teams will win the opportunity to be featured in the 2021 Summer Games Program book, in our SOSC newsletter as well as other items to benefit their team. The top Individual winner will receive an Xbox, spotlight opportunity and more!



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HOW TO PARTICIPATE



STEP 1

Register your team to participate here: <https://forms.gle/rv2QLfGzdauTGaKY9>

STEP 2

Schedule a virtual meeting with your team members (if in-person can't happen). Examples include Zoom, Google Hangout, Microsoft Teams, Facetime.

STEP 3

Select Team Challenge Captains and assign pairs for accountability.

STEP 4

Submit Team members to Kara at kharmon@so-sc.org. Consider submitting Lifestyle Survey/Pre-test Data at this time.

STEP 5

Get moving and start recording points!

STEP 6

Schedule a Week 4 and Week 9 check-in. Follow up with any team members that are not participating.

STEP 7

Collect participation points and submit points weekly to kharmon@so-sc.org.

STEP 8

Send any stories, pictures, successes to llovery@so-sc.org to be featured on SOSOC's Social Media! Find us on Facebook: @SpecialOlympicsSouthCarolina, on Twitter: @sosouthcarolina and on Instagram: @specialolympicssc. Be sure to use #soscimpact2020!

STEP 9

Submit total Team Challenge points by November 1st to Kara at kharmon@so-sc.org. If applicable, submit final Lifestyle Survey/Post-test data at this time.

STEP 10

Receive awards and celebrate your team success!



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ACTIVITIES AND POINT SYSTEM OVERVIEW

Sports & Fitness: Earn ten (10) points for any three (3) activities you complete each day from the Sports & Fitness section.	Link to videos or training examples	Amount Requested
Anytime Fitness: Virtual Workout	http://www.facebook.com/anytimefitness	
Fit 5 Workout	https://resources.specialolympics.org/health/fitness/fit-5-page	
School of Strength Workout	https://www.specialolympics.org/school-of-strength?gclid=Cj0KCQjwpNr4BRDYARIsAADlx9zluhaXiCLGw1Id14Alo70NnLloI8jOgKL1hvxdwOepyB1T-xJMjF8aAgP0EALw_wcB	
Pushups (Standard or Knee)		3 sets of 10
Situps or Crunches		3 sets of 10
Squats		3 sets of 10
Lunges (Right and Left)		2 sets of 15
Dance		20 minutes
Jumping Jacks		2 sets of 15
Plank		Start at 10 second hold, build up to a minute
1-mile Walk or Run		
Walk (or Roll)		30 minutes
Basketball-Dribbling and Shooting Practice		20 minutes
Basketball-Wall Pass		3 sets of 10
Volleyball- Bumping or Setting Practice		20 minutes
Disc Golf- Target Pass Practice		3 sets of 10
Standing Long Jump		10 Jumps
Swim laps		30 minutes
Bocce/Bowling- Practice rolls for accuracy		15 minutes
Golf-Driving, chipping & putting practice or 9-hole play		30 min. to 1 hour
Tennis- Play		30 minutes
Tennis- Ball bounce or wall bounce		15 minutes
Soccer- Free Dribble and Shooting Practice		20 minutes
Health & Well-being: Earn five (5) points for each day that two (2) of these activities are completed.		Amount Requested
Drink Water		5 bottles
Eat Fruit		2 servings
Eat Vegetables		2 servings
Strong Minds-Prayer, Meditation, Journaling, Listening to Positive Music		10 minutes
Strong Minds-Yoga, Stretching		10 minutes

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DESCRIPTION OF ACTIVITIES

- **Anytime Fitness** - Virtual Workout- Every Wednesday at 1pm on Facebook, Anytime Fitness leads a Unified Team Training Workout as part of Special Olympics Global Week of Inclusion.
- **Fit 5** - Fit 5 was created as a plan for physical activity, nutrition, and hydration. The goal is to improve overall health and fitness to make any athlete the best that they can be. The program offers 5 levels of fitness videos, so we encourage you to start at the beginning and progress as you get stronger.
- **School of Strength** - In partnership with WWE, School of Strength was created to be an additional program to stay fit and active. All athletes are encouraged to start with video 1 and proceed in order as they become more and more comfortable.
- **Push-ups** (Standard or Knee), Sit-ups and Squats- We encourage all athletes to do as many as they can. If you can't make it to 10 or do 3 complete sets of 10, start with what you can do and work towards 3 sets of 10 as your goal.
- **Lunges (Right and Left leg) and Jumping Jacks** - We encourage all athletes to do as many as they can. If you can't make it to 15 or do 2 complete sets, start with what you can do and work towards 2 sets of 15 as your goal.
- **Dance** - Put on your favorite music and have fun! Dance around the room or do something more structured like a dance workout video/Zumba. Work towards dancing to upbeat music for a total of 20 minutes.
- **Plank** - We encourage you to start at a 10 second hold and build up to a minute. If you can already plank for a minute, push yourself for 2 minutes.
- **1-mile Walk or Run** - Get out and get moving! Push yourself to walk or run for 1 mile. Try and beat your mile time each time you try.
- **Walk or Roll for 30 minutes** - Enjoy a leisurely walk (or roll if a wheelchair athlete) for 30 minutes.
- **Basketball: Dribbling or Shooting Practice** - If you have access to a basketball goal, work on dribbling and/or shooting for 20 minutes.
- **Basketball: Wall Pass** - Work on your passing skills by standing in front of an outside wall (if at home) or a gym wall. Mark a spot with painter's tape on the wall in front of you and practice a chest pass to that spot. Try for 3 sets of 10, hitting your target each time.



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- **Volleyball: Bumping or Setting Practice** - Work on your bumping or setting skills for a total of 20 minutes. You can even invite a family member to help you practice.
- **Disc Golf: Target Pass** - Work on your skills by setting up a target in your backyard if you don't have access to a disc golf goal. Complete 3 sets of 10, perfecting your aim to your given target.
- **Standing Long Jump**- Pick a starting spot, bend your knees and jump out in front of you as far as you can safely jump and land on two feet. Challenge yourself to go further each time. Complete a series of 10 jumps.
- **Swim laps** - If you have access to a pool, swim laps for a total of 30 minutes.
- **Bocce or Bowling** - Practice rolling a ball towards a target to improve your accuracy. Practice for a total of 15 minutes.
- **Golf** - If it is safe and you have access to a golf course, work on practicing your driving, chipping and putting skills for 30 minutes to 1 hour or play 9 holes of golf. If you do not have access, work on putting or chipping skills in your backyard.
- **Tennis** - If it is safe and you have access to a tennis court, ask a family member to play tennis for a total of 30 minutes.
- **Tennis: Ball Bounce or Wall Bounce** - If you cannot get to a tennis court, consider working on your hand/eye coordination with bouncing a tennis ball on your racket without hitting the ground or find a safe spot on a wall outside or in a gym to practice your accuracy. Bounce the ball to a target spot on the wall and as it comes back, try to hit it. Do either of these activities for a total of 15 minutes.
- **Soccer** - Practice free dribbling and/or shooting for 20 minutes. Set up cones to move around or a goal to practice shooting at or into.
- **Drink five (5) 16 oz bottles of water per day.**
- **Eat two (2) servings of fruit each day.**
- **Eat two (2) servings of vegetables each day.**
- **Strong Minds - Consider spending 10 minutes** each day in prayer, meditation, journaling or listening to positive music.
- **Strong Minds - Participate in 10 minutes** of Yoga and/or stretching each day.

