



SO FIT



SPECIAL OLYMPICS IDAHO

8-Week Training Course

Presented By:





How to Use the Coaching Guide

This 8 Week Training Course is designed to be used with the SO FIT Handbook. Each athlete will receive a Handbook to work through at home, utilizing their natural support to incorporate the exercise and dietary guidelines into their daily habits. Each week, athletes will meet together as a team and work through specific aspects of the Handbook, learning how to preform the exercises that will become part of their home-based fitness regimen. The 8 Week Training Course is intended to build upon itself while working the athletes through their individual programs. The sports training season “practice model” is already familiar to our athletes. Incorporating the 8 Week Training Course into the SO FIT Individual Fitness Plan outlined by the Handbook increases the chance of success for athletes towards reaching successful goals. Coaches become accountability partners and an extension of their natural support system. Teammates become fitness friends, all working together to meet their goals.

Each week, the Training Course focuses on one aspect of the Handbook. Each practice begins with Dynamic Warm Ups and Stretches that athletes will also preform in the workout sessions at home. The Coaches will lead a discussion focusing on a specific portion of the Handbook for that week. Athletes will then have a time for journaling and goal checking. During this time, Coaches will work with athletes to identify what they should focus on in the upcoming week, i.e. learning the fitness routine, choosing healthier drink options, eating smaller portions. The remainder of the practice, Athletes will then be lead in a structured activity to increase mobility, heart rate, and burn calories. These activities may have to be modified based on the space each team has available. It may be playing a game of basketball, kickball, line-tag or any other activity that incorporates all the athletes and keeps them moving to the best of their ability.

SO FIT Coordinators in each Region will be working with Coaches to assist them in modifying the 8 Week Training Course to meet your team and athletes needs, and ensuring the focusing of the training is true to the mission of SO FIT. Additionally, SO FIT Coordinators will be checking in with Athletes and their natural supports, making themselves available as a resource for goal setting and fitness planning.

Ready, Set, FIT!



Week 1 Training

From the Handbook

Healthy Eating: Eating the right foods is essential for a healthy lifestyle. Proper nutrition allows your body to operate at its highest level and decreases your risk for disease. There are five main food groups that you should eat every day.

1. Fruits – Fruits give you important nutrients such as Vitamin C
2. Grains – Grains provide fiber and lots of vitamins
3. Dairy – Dairy provides calcium for strong bones
4. Vegetables – Vegetables are rich in potassium and other nutrients
5. Protein – Protein provides food for muscle growth

Discussion: Ask your athletes to list several different examples from each of the 5 food groups. If they have trouble coming up with examples, assist them in providing at least 4 per food group. Explain the importance of eating food from each of the 5 food groups to ensure that their body receives the essential nutrients needed to perform well and live a healthy lifestyle.

Journal entry/ Goal Setting: Allow athletes time to partner up to review and share information that they logged from the previous week. This should take no longer than 5 minutes.

***Note**

The first 25 minutes of practice will be spent as a group with the coach reviewing the weeks SO FIT Handbook section. After the coach is done explaining the week's information, athletes will be asked to discuss as a group the information learned in the day's lesson. Group lesson and discussion will be for the first 25 minutes of practice. Group stretching and warm-up will be done for an additional 15 minutes followed by the team fitness activity for 20 minutes.



Week 1 Activity

Warm Up: A good dynamic warm-up is essential to all athletes in every sport. Warming your body up is the number one way to avoid injury while participating in competition or even practice. Week 1 is about learning SO FIT's warm-up so that it can be done as a team at practice and at home as an individual. Coach will instruct team to line up in groups and complete these five exercises...

- Jog- Have athletes jog a lap around a gym/field/ court to get the heart rates up.
- High Knees- Perform a typical running motion while lifting the knees high into the air.
- High Skips- Skip for height
- Far Skips- Skip for distance
- %70 sprint- Sprint at %70 through the end line

Stretching: Stretching is very important to all athletes not only when getting ready to practice or compete but also to do on your spare time throughout the week. Stretching is key in preventing injury, reducing soreness during exercise, improving blood flow, and it helps to increase range of motion helping improve athletic performance. As well as learning the warm-up athletes will also be learning how to do the SO FIT stretch. Coach will instruct the athletes to space themselves out evenly in rows and begin doing the individual stretches listed on page 5 of the SO FIT handbook.

***Tips for stretching**

- Be sure to stretch muscles on both sides of your body.
- Don't bounce. Bouncing while stretching can produce slight tears in the muscle.
- Stretch muscle to the point of mild discomfort and hold for 10-30 seconds. You should not feel pain while stretching. If you feel pain, reduce your stretch to a pain-free point and hold.
- Use caution. If you have an injury or chronic condition, adjust your stretching routine to avoid those muscle groups.
- Stretch regularly. Stretching daily can improve your flexibility.
- As you progress, make it a goal to stretch a little further each week. If you can't reach your knees, make that the first step. Once that is possible, start to aim for your toes.

*Coach's note- Practice having athletes line up for warm-ups and stretching several times so that they understand the concept and know how to line up for future practices.



Week 2 Training

Goal Setting: Setting goals is the first step toward success. Goals provide a reminder of what you are working toward and help you achieve your highest potential. Most importantly, goals reflect what you really want in life. When setting goals one should set realistic short term goals that are measurable and attainable.

Discussion: Have the athletes get with a partner and come up with one goal that they can work on for a week to accomplish. Remind the athletes to use S.M.A.R.T.

S - Specific

Goals need to be clear and well defined. Instead of saying, “I want to run 1 mile someday,” a specific goal would be, “I want to run 1 mile by January 1, 2015. I will achieve this goal by jogging 4 days a week.”

M - Measurable

A good goal can be evaluated to see if it was achieved or not. Instead of saying, “I want to run a mile someday, “ a measurable goal would say, “I want to run one mile by January 1, 2015.”

A - Attainable

Goals must be realistic. If you set a goal you know you can’t achieve, you won’t commit to achieving the goal.

R - Relevant

Goals need to be important to the individual setting the goal.

T - Timely

Goals need to have specific dates for which they need to be achieved by.

Journal Entry/ Goal Setting: Have the athletes write one goal a week that they would like to accomplish. A section for writing goals is located in the back of the book in the journal section.



Week 2 Activity

Warm-up: Athletes will line up and begin working through the 5 warm-up exercises learned in week one. Focus on getting lined up correctly and completing each exercise to the best of each athlete's ability. Athletes should work on improving their exercise technique each week to ensure the best results possible.

Stretching: Athletes should line up as they did the previous week. It is important that they understand the importance of lining up and stretching correctly as it directly correlates to performance. Coach should limit the amount of instruction on lining up for stretching as the weeks progress to ensure that the athletes are understanding the concept and can carry it over into the their team sports seasons.

Activity: Choose an activity from the list of activities in the back of the book.



Week 3 Training

Hygiene: It should be the goal of every athlete to practice healthy hygiene to reduce the risk of communicable diseases and the spread of skin infections, especially in the sports environment where contact with other athletes and coaches is inevitable. It is the job of every Special Olympics Coach to identify athletes who may be too sick to participate in sports training and competitions. Part of the SO FIT athlete training, is to reinforce health and wellness through the practice of good hygiene. In the sports environment, is important to identify skin infections and communicable disease and plan to respond to hygiene issues at this level. The practice of good hygiene should be the standard at every training and competition. If athletes attend training exhibiting poor hygiene, the coach should have a one on one discussion with the athlete that addresses the issue. If the issue persist, the athlete may be sent home to correct the issue. In the case of more severe hygiene issues, such as skin rashes that present as MRSA, Staph, or other communicable diseases, athletes should be sent home immediately until the issue is resolved. In the sports environment, the risk is too high for the spread of infection. It goes with out saying, when handling issues around hygiene, coaches must always be discreet and respectful.

Discussion: Discuss with the athletes what it means to show up at practice ready for sports training and the importance of cleanliness. Make the connection between healthy and wellness and personal hygiene. Practicing good hygiene on a daily basis is one way athletes keep themselves clean and healthy, protects them from disease, and supports them in training and competing at their personal best.

Good Hygiene Tips:

Prevent fungal infections that are common on the skin among athletes, such as athlete's foot, jock itch, ringworm, and yeast infections of the skin. Lower your risk to these skin infections by practicing the follow hygiene tips provided by WebMD:

- Wash your hands. It sounds obvious, but do you wash every time? Before and after a workout, wash your hands properly. That means using soap, lathering up (either warm or cold water is OK), and rubbing your hands for at least 20 seconds, according to CDC guidelines. Rinse well. Dry with a clean towel, or air dry.
- Sanitize if you can't wash. If you don't have access to soap and water, use an alcohol-based sanitizer. Pick one that has at least 60% alcohol. Apply sanitizer to the palm of one hand then



rub your hands together. Rub it over all surfaces of your hands and fingers until your hands are totally dry.

Germ-proof gym equipment. Before a workout, wipe down the equipment and mats with a disinfectant spray or wipe. Then do the next person a favor -- wipe down equipment after every workout. As an alternative, consider bringing your own exercise mat and equipment.

- **Shower ASAP.** After a workout, resist the urge to crash on the sofa or go out to eat in your sweaty clothes. Take a shower as soon as you are able after an exercise session. Bacteria love to breed in your sweaty clothes. Shower thoroughly and dry off with a clean towel. Then put on dry, clean clothes. When you shower at home, wash your feet and dry them thoroughly, especially between your toes. If you are prone to athlete's foot, use an antifungal powder on your feet.
- **Wear it and wash it.** Wash and dry your workout clothes each time you wear them. This includes swimsuits and socks.
- **Be skin-conscious.** If you have a break in your skin, cover it with a waterproof bandage. If you've got an open wound, skin break, or infection, avoid the whirlpool and other common areas until it heals completely.
- **Don't share personal care items.** Don't share towels, water bottles, soap, razor, combs, brushes, or make-up. Anything that comes into contact with someone else's skin could be contaminated with a fungus.



For Coaches: MRSA can be spread easily among athletes due to the constant skin to skin contact and the shared uniforms and sports equipment. This is one reason why practicing daily hygiene is important among athletes and identifying skin irritations and communicable diseases is necessary for coaches.

What are MRSA Symptoms?

Often, people first think the area is a spider bite; however, unless a spider is actually seen, the irritation is likely not a spider bite. Most staph skin infections, including MRSA, appear as a bump or infected area on the skin that might be:

- Red
- Swollen
- Painful
- Warm to the touch
- Full of pus or other drainage
- Accompanied by a fever



What Should I Do If I See These Symptoms?

If an athlete experiences these signs and symptoms, we must send the athlete home until the rash is deemed not communicable. You can't tell by looking at the skin if it is a staph infection (including MRSA). Finding infections early and getting care will decrease the chance that the infection will become severe. It is especially important they contact their doctor if signs and symptoms of an MRSA skin infection are accompanied by a fever.

What Should I do if I Think I Have a Skin Infection?

You can't tell by looking at the skin if it is a staph infection (including MRSA).

Contact your doctor if you think you have an infection so it can be treated quickly. Finding infections early and getting care will decrease the chance that the infection will become severe.

Goal Setting: Ask the athletes to think about how they start their day and what good hygiene steps they practice before and after sports training. Go over the importance of showering daily, washing their entire body with soap, brushing your teeth, wearing deodorant and draw the connections again between good hygiene, fighting diseases, and being an athlete who is healthy enough to achieve their personal best. Ask athletes to write out a daily goal that will help them achieve better hygiene. Daily goals can be set for the start of their day, before practice, after practice, and before bed. If this level of goal setting is unrealistic for a particular athlete, ask them to focus on what is realistic. That might be one goal at the start of the day or just before practice.



Week 3 Activity

Warm up: Athletes will line up and begin doing the SO FIT Dynamic Warm-up as they have in the previous weeks. Lining up and completing the 5 exercises should be done with little direction from the coach.

Stretching: Coach will instruct and lead the team through the stretches done in the previous weeks. Coaches should remind athletes to do the stretches on their spare time throughout the week. Being flexible is a very important part of being a well-rounded athlete.

Activity: Choose an activity from the list of activities in the back of the book.



Week 4 Training

Portion Sizes: Knowing how much of each food group to eat is very important. Many people feel that just because they are eating something healthy that they can eat as much as they want. This is a very common mistake and can be fixed by taking a look at this serving size chart.

<u>Gender/Age</u>	<u>Dairy</u>	<u>Protein</u>	<u>Vegetables</u>	<u>Grain</u>	<u>Fruit</u>
Girl 9-13	3 cups	5 ounces	2 cups	5 ounces	1.5 cups
Girl 14-18	3 cups	5 ounces	2.5 cups	6 ounces	1.5 cups
Boy 9-13	3 cups	5 ounces	2.5 cups	6 ounces	1.5 cups
Boy 14-18	3 cups	6.5 ounces	3 cups	8 ounces	2 cups
Woman 19-30	3 cups	5.5 ounces	2.5 cups	6 ounces	2 cups
Woman 31-50	3 cups	5 ounces	2.5 cups	6 ounces	1.5 cups
Man 19-31	3 cups	6 ounces	3 cups	8 ounces	2 cups
Man 31-50	3 cups	6.5 ounces	3 cups	8 ounces	2 cups

Discussion: Lead the athletes in a conversation about the amount of food eating in one setting and workshop ways that athletes can diversify their diet while eating appropriate portion sizes. Use the following prompts to encourage conversation.

- What are some foods you eat a lot of?
 - How many times a day?
 - Are there other foods you can substitute that are healthier?
- What are some ways you can eat a more balanced meal?
 - Eat smaller portions. How?
 - Use smaller plates.
- What are some foods you typically eat as a snack?
 - What are some snacks that would be a healthier option?
 - Instead of chips use trail mix?

Journal Entry/ Goal Setting: Have the athletes write down ways to make a healthier eating option.



Week 4 Activity

Warm up: Athletes will line up and begin doing the SO FIT Dynamic Warm-up as they have in the previous weeks. Lining up and completing the 5 exercises should be done with little direction from the coach.

Stretching: Coach will instruct and lead the team through the stretches done in the previous weeks. Coaches should remind athletes to do the stretches on their spare time throughout the week. Being flexible is a very important part of being a well-rounded athlete.

Activity: Choose an activity from the list of activities in the back of the book.



Week 5 Training

Eating on a Budget: Deciding on what to eat for the next five days can be hard especially when you are on a financial budget. Putting together healthy meals can get expensive when you add up all the ingredients and items needed for the 5day meal plan. Todays discussion will go over the SO FIT method of eating on a budget and show you the proper steps to take when making a your SO FIT 5day meal plan.

Discussion: When eating on budget athletes should use the three P's:

PLAN

- Plan meals and snacks for the week according to an established budget
- Make a grocery list
- Plan meals that will “stretch” expensive foods over several meals
- Check for sales and coupons and check on discounts at stores.

PURCHASE

- Buy groceries when you are not hungry and when you are not too rushed.
- Stick to the grocery list and stay away from items not on the list.
- Buy store brands, if they are cheaper.
- Choose fresh fruit in season; buy canned vegetables with less salt.

PREPARE

- Some meals can be prepared in advance; pre-cook on days you have time.
- Try a few meatless meals by substituting beans or peas.
- Try no-cook meals like salad.
- Incorporate leftovers into subsequent meals.

Journal Entry/ Goal Setting: Have the athletes write down 3 examples of healthy meals they can make in a week.



Week 5 Activity

Warm up: Athletes will line up and begin doing the SO FIT Dynamic Warm-up as they have in the previous weeks. Lining up and completing the 5 exercises should be done with little direction from the coach.

Stretching: Coach will instruct and lead the team through the stretches done in the previous weeks. Coaches should remind athletes to do the stretches on their spare time throughout the week. Being flexible is a very important part of being a well-rounded athlete.

Activity: Choose an activity from the list of activities in the back of the book.



Week 6 Training

Dining Out: When dining out there are many ways to make healthy choice even if the restaurant you are out isn't known for healthy food options. Here are some ways to help make healthy choices:

- Look for the section of the menu labeled "Healthy Options".
- Order unsweetened tea or water instead of soda.
- Instead of order French fries with your meal, get fruit or vegetables.
- If you order salad, ask for salad dressing on the side so you can add it sparingly.
- Avoid adding butter and salt to your meal.

Discussion: The majority of people enjoy eating out on an occasional basis and when they do its normally not a healthy meal. There are different ways to go about making a healthy choice when dining out whether it's ordering pizza or fast food. Here are a few examples of how to order:

Discuss with your team what are some healthy ways to order a pizza

- Ask for light cheese
- Order thin crust
- Ask for extra vegetables
- Add chicken instead on hamburger or pepperoni

When ordering fast food

- Check ahead; many restaurants are now required to share nutritional information online or in a pamphlet
- Eliminate or ask for light sauce on sandwiches and wraps
- Ask for grilled instead of crispy chicken
- Avoid supersizing your meals

Journal Entry/ Goal Setting: Have your team give three example of ways they can make a healthier choice when eating out.



Week 6 Activity

Warm up: Athletes will line up and begin doing the SO FIT Dynamic Warm-up as they have in the previous weeks. Lining up and completing the 5 exercises should be done with little direction from the coach.

Stretching: Coach will instruct and lead the team through the stretches done in the previous weeks. Coaches should remind athletes to do the stretches on their spare time throughout the week. Being flexible is a very important part of being a well-rounded athlete.

Activity: Choose an activity from the list of activities in the back of the book.



Week 7 Training

Choosing the right drink: Picking the right beverage to drink can be a very hard task. Drinks such as Gatorade and PowerAde are full of sugar and except for after intense aerobic activity these drinks are just as bad for you as soda. A better choice would be milk, flavored water, 100% fruit juice, and unsweetened iced tea. We need 8 glasses of water a day.



Milk



Flavored Water



100% Fruit Juice



Iced Tea

Discussion: Discuss with your athletes the importance of making healthy choices when selecting a drink. Remind them of the importance of staying hydrated before practice and competition. Ask them to give you examples of bad drinks, and then ask them to give you examples of good drinks. Water is always the best option! Use the following prompts to encourage conversation.

- What are your favorite types of drinks?
 - What would be a healthier option?
- How often do you drink soda?
 - Do you know how much sugar in one soda?
- Did you know sugar contributes to
 - Obesity
 - Heart Disease
 - Diabetes

Journal Entry/ Goal Setting: Have the athletes write down healthier drink options they can have instead of water and how they can slowly stop drinking soda all together.



Week 8 Training

SO FIT FOR LIFE: Discuss with the athletes one or two pieces of SO FIT they have learned in the past 8 Weeks that they can take with them throughout the year. What have they learned that will aid them in becoming better athletes and assist them in leading healthier lives? What can they still be working on that will lead them towards living a more fit lifestyle?

Goal Setting: Throughout the 8 Weeks, athletes have learned how to set goals and hold each other accountable in team discussions. The purpose of this goal setting journal entry is to assist the athlete in finding a daily goal they learned from the SO FIT Handbook and the 8 Week Training Course that they can continue to focus on daily and one fitness goal they would like to reach in a year. It may be that they will continue doing the dynamic warm up daily to lead them towards reaching a weight loss goal. Or eating more fruits and vegetables daily to help them reach a goal of eating more diverse range of nutrients, rather than eating a favorite junk food.

Evaluation: Disperse Evaluation sheets to the athletes and collect once finished. Evaluations will be sent to Micah McMurry at the State Chapter Office.



Week 8 Activity

Warm up: Athletes will line up and begin doing the SO FIT Dynamic Warm-up as they have in the previous weeks. Lining up and completing the 5 exercises should be done with little direction from the coach.

Stretching: Coach will instruct and lead the team through the stretches done in the previous weeks. Coaches should remind athletes to do the stretches on their spare time throughout the week. Being flexible is a very important part of being a well-rounded athlete.

Activity: Choose an activity from the list of activities in the back of the book.



Weekly Activities

Coaches Note: The activities listed below are intended to raise the athlete's heart rate, provide movement opportunities to the best of their abilities, and encourage fitness. The activities below are merely suggesting activities to utilize throughout the 8 Week Training Course. Coaches are encouraged to research activities that best meet the needs of their athletes, provided their athletes and the limitations of your space. For instance some teams may be practicing on grass fields while others are practicing in a gym. Coaches should adapt activities according to the resources they have available and utilize sports equipment they have on hand. Choose an activity from the list located below.

Capture the Flag:

There are two teams. Team 1 has the front yard and Team 2 has the back yard, or a field is split between the two teams. The teams are given a time period (e.g. 5 minutes) to hide their flag in their part of the yard.

When the flag is hidden you call out that you are finished. Then you simply try to get the other teams flag. If you get caught and tagged by the opponent on their territory you had to go to jail and could only be freed by a teammate who grabs you when your opponent isn't looking.

The first team to capture the flag wins. In most versions you had to both get the flag, and bring it back to your side.

Balloon Juggle:

Each athlete is given one balloon. The athletes will find personal space and begin to use their feet to juggle the balloon. The athletes can juggle with one foot, both feet, their knees, and head. They can keep track of how many times they hit the balloon before it hits the ground.

The objective of this activity is for the students to understand the basic legal hits of soccer and practice in a controlled setting. The major advantages of a balloon over a soccer ball for children is that it floats, isn't as hard, and will not go far when hit, which is essential for control.

Additionally, if children are finding this activity easy, tell them to try to spin around and perform another type of hit before the balloon touches the ground.



Bark Ball:

The game takes place in a court area, with half of the athletes at one end, and the remainder inside the court fielding. You need 1 tennis ball, but can use bat or tennis racket.

The hitting team takes it in turns to hit the ball and run up to the end of the court and return if it is safe to do so without getting caught. The hitting team receives one home run when the athlete has run up to the end line and back. Athletes can stay on the end line if they like and come back when it's safe. However, you can only have a maximum of 5 athletes on the end line; when there's 5 on the end line ALL of them must run back!

Athletes go out by being caught out or being touched by a fielder who has the ball in the contact hand.

The fielding team can pass the ball in front of the athlete who is running, on the way to the end line. Once on the end line, the runner can stay or come straight back.

When three athletes are out, everyone is out and the hitting / fielding teams swap over.

Bump:

Setup and Equipment: 2 Basketballs

Objective: The object of the game is to "bump" the other players out of the game by making a shot before the person in back of you in the line does.

Order is established by forming a line at the free throw line.

All players must attempt their first shot from this point.

The first and second players in the line get a basketball.

Play begins with the first person in line taking the first shot.

After the 1st player shoots, the 2nd player may shoot.

If the first shot by a player is missed they must follow their rebound and try to make a basket from anywhere on the court.

The game at this point is between player #1 and #2

If player #2 makes a shot before the first player, then player #1 is "bumped" from the game.



If Player #1 makes a shot, the ball should be rebounded and immediately passed to the third player in line. The contest is now between players #2 and #3.

Players may only touch their own ball. There is no basketball skill involved in hitting a basketball with another basketball, so this is not allowed in the official rules of "Bump".

Kickball:

Ideally you want to have nine players on your team in order to fill all defensive fielding positions. One pitcher, one catcher, three players to cover each base, three out fielders, and one shortstop to cover the area between second and third base. A Kickball field is made up four bases in a diamond shape. Foul territory is everything outside of the line from home base to first base and home base to third base extending into the outfield. A team scores a run when a player touches all four bases in order and touches home base without getting out. The team with the most runs at the end of a game wins. A Kickball game lasts six innings. An inning is composed of each team coming up to kick once. A team continues to kick until they get three outs.

There are four ways for a player to get out:

- **Strike Out:** If a player kicks and fails to put the ball into play after three good pitches
- **Fly Out:** If a player kicks the ball in the air and it is caught by a defensive player before it hits the ground
- **Tag Out:** If a defensive player tags or throws and hits an offensive player with the ball before they get on base

A Force Out: If a defensive player gets the ball to a base before the offensive player arrives and the offensive player cannot return to the previous base because it is occupied by one of his teammates.

Four Square:

Four Square is played on a court of four equal, adjacent squares. One player stands in each square. Each square has a ranking one to four. The highest ranking is diagonal from the lowest ranking. The object of the game is for a player to move up to number one, and remain there as long as they can. The lines touching the other squares are in bounds, and the lines on the outer sides of the squares are out-of-bounds.



Players can hit the ball with any part of their hand from wrist to fingertip. The hit can be open or closed fist, forehand, or backhand. The ball may also be hit with two hands at

the same time like volleyball. Carrying, catching, or holding the ball is illegal. The player in the highest ranking box begins the game by serving. The ball is bounced in the servers square and then hit into another square on the court.

Players are out if:

- The ball bounces two consecutive times in their square before another player hits it
- They hit the ball out-of-bounds
- They hit the ball more than once before hitting it into another square
- They touch the ball when it is not in their square
- The ball bounces in their square and goes out of bounds
- They violate the special rule invoked by the server

Players who are out go to the back of the line, and the remaining players move up to the highest ranking empty square. The player at the front of the line enters the lowest ranking square. Play continues until time runs out.

Sports Specific Training: Sports Specific Training section allows the coach to decide which sports specific activity such as scrimmaging in basketball or softball. Utilize whatever team equipment you have considering the facility where your practice will be held.

Weight Training: For this option coaches must have weight-training knowledge and must know the necessary safety standards to keep athletes safe while using gym equipment. This option is only available if teams have access to a facility with a gym.



Journal/ Goal Entry

Journal Entry Week 1:

Week 1 Goal:



Journal/ Goal Entry

Journal Entry Week 2:

Week 2 Goal:



Journal/ Goal Entry

Journal Entry Week 3:

Week 3 Goal:



Journal/ Goal Entry

Journal Entry Week 4:

Week 4 Goal:



Journal/ Goal Entry

Journal Entry Week 5:

Week 5 Goal:



Journal/ Goal Entry

Journal Entry Week 6:

Week 6 Goal:



Journal/ Goal Entry

Journal Entry Week 7:

Week 7 Goal:



Journal/ Goal Entry

Journal Entry Week 8:

Week 8 Goal:



A VERY SPECIAL CHRISTMAS

BRINGING JOY TO THE WORLD

For the last 26 years, the biggest and brightest voices in the recording industry have generously lent their time and talents to Special Olympics to create the holiday album series – **A Very Special Christmas (AVSC)** – the single most successful benefit recording in musical history. This series has also brought joy to the world through the transformative power of sport. Approximately \$116 million in royalties and investment proceeds has been generated by the sale of the AVSC albums to support Special Olympics' athletes with intellectual disabilities. This year we continue this special musical tradition by bringing joy to the world with new music and the inspiring stories of Special Olympics.

Originally designed as a memorial tribute to his late father, **AVSC** was founded by record producer Jimmy Iovine who made a career of working with music icons including John Lennon, Bruce Springsteen, Stevie Nicks, and Tom Petty. Iovine's spouse Vicki, a model, writer, and Special Olympics volunteer, suggested that the holiday album should benefit Special Olympics.

Changing Lives through Music Eunice Kennedy Shriver felt strongly, as did the Iovines, that the funds raised through **AVSC** go directly to the growth of the Special Olympics Programs most in need. Grants from the Christmas Record Trust have enabled Special Olympics to implement programs in such countries as Russia, China, and Uganda, and to seed funding to build new programs in places like Timor Leste, Cambodia, Laos, and Lesotho. Of the 159 countries and territories that have received Christmas Record grants totaling \$38 million over the past 25 years, 60% of the countries are classified by the United Nations as Least Developed Countries. Right here in the United States, the funds raised through **AVSC** have been a lifeline for Special Olympics programs across America and have helped us launch programs for people with intellectual disabilities in urban areas such as New York City, Philadelphia, and New Orleans.

A Very Special Christmas has given Special Olympics the power to forever change lives. The series makes possible another kind of music: the rousing cheers of proud parents and friends, where once there was only the stifling silence of ignorance and fear.

SO FIT



***Special
Olympics***
IDAHO



Presented by



Athletes are some of the healthiest human beings on the planet. However, the best athletes realize that training for their sports alone does not produce a healthy lifestyle. They understand that achieving complete wellness starts with making healthy choices on a daily basis. Over time, these decisions become routine.

Small changes in your daily routine can produce big changes toward a healthy lifestyle. To achieve a healthy lifestyle, we must understand that the combination of proper nutrition and regular exercise is the only way to produce these changes.

This booklet contains information that will get you started down the Path to a healthier lifestyle. As you will see, small changes truly make a BIG DIFFERENCE!

SO FIT PARTNERS:



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Nutrition

Eating the right foods is essential for a healthy lifestyle. Proper nutrition allows your body to operate at its highest level and decreases your risk of disease. There are five main food groups that you should eat every day.

Fruits

Fruits give you important nutrients such as Vitamin C.

Grain

Grains give you fiber and plenty of vitamins.

Dairy

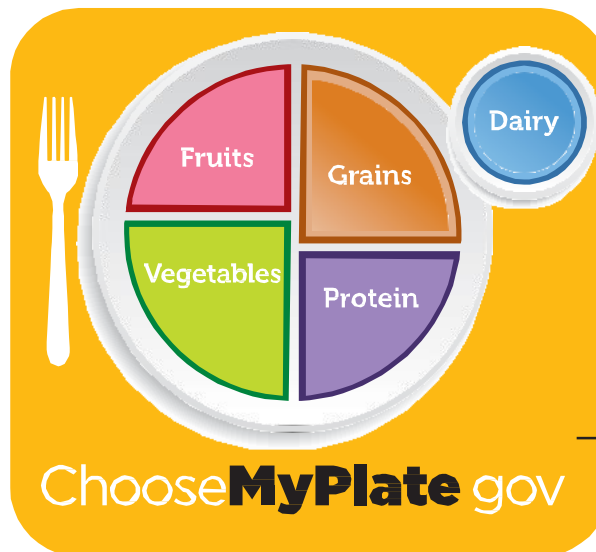
Dairy products are full of calcium for strong bones.

Vegetable

Vegetables are loaded with nutrients such as potassium.

Protein

Protein such as meat helps build muscle.





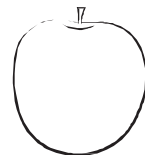
How much should I eat every day?

		Fruit	Vegetable	Grain	Protein	Dairy
Girl	9-13 yrs old	1.5 cups	2 cups	5 ounces	5 ounces	3 cups
	14-18 yrs old	1.5 cups	2.5 cups	6 ounces	5 ounces	3 cups
Boys	9-13 yrs old	1.5 cups	2.5 cups	6 ounces	5 ounces	3 cups
	14-18 yrs old	2 cups	3 cups	8 ounces	6.5 ounces	3 cups
Women	19-30 yrs old	2 cups	2.5 cups	6 ounces	5.5 ounces	3 cups
	31-50 yrs old	1.5 cups	2.5 cups	6 ounces	5 ounces	3 cups
	51+ yrs old	1.5 cups	2 cups	5 ounces	5 ounces	3 cups
Men	19-30 yrs old	2 cups	3 cups	8 ounces	6.5 ounces	3 cups
	31-50 yrs old	2 cups	3 cups	7 ounces	6 ounces	3 cups
	51+ yrs old	2 cups	2.5 cups	6 ounces	5.5 ounces	3 cups

Do you know how much you're eating?



A fist = 1 cup,
so an apple the size of your fist would be 1 cup of fruit.



A palm = 3 oz. of meat,
so a chicken breast that fits into your palm is 3 oz. of protein.



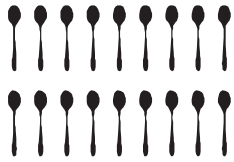
1 cupped hand = 1 oz. of nuts or popcorn,
so a handful of almonds is 1 oz. of protein.





What should I drink?

Look how much sugar is in these drinks:



20 oz. Soda
16-20 teaspoons of sugar

Sports Drinks
10 teaspoons of sugar

Instead of these, try:



Milk
Skim or 1%



Flavored Water



100% Fruit Juice



Iced Tea
Unsweetened

Your best option is water.



We need 8 glasses of water a day



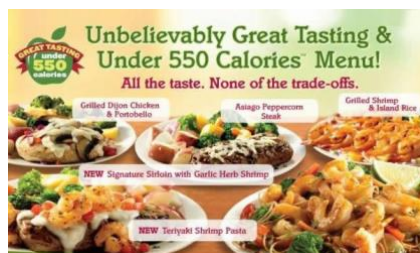
What should I do at restaurants?

General Tips

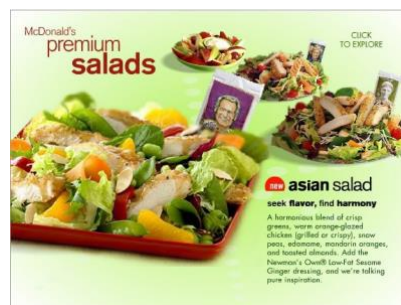
- Look for sections of the menu labeled “Healthy Choices”.
- Order water or unsweetened iced tea instead of soda.
- Instead of ordering french fries with your meal, get fruit or vegetables.
- If you order a salad, ask for dressing to be served on the side so you can add it sparingly. If available, try vinaigrette or oil-based dressing.
- Avoid adding butter or salt to your food.
- If you are ordering pizza:
 - Ask for light cheese
 - Get thin crust
 - Ask for extra vegetables
 - Add chicken instead of hamburger or pepperoni
- At fast food restaurants:
 - Check ahead; many restaurants are now required to share nutritional information online or in pamphlets
 - Eliminate or ask for light sauce on sandwiches and wraps
 - Ask for grilled instead of crispy chicken
 - Avoid supersizing your meals

Find sections of the menu that look like:

Applebee's



McDonald's



Chili's





Eating on a Budget

PLAN

- Plan meals and snacks for the week according to an established budget.
- Find quick and easy recipes online.
- Include meals that will “stretch” expensive food items (stews, casseroles, stir-fry dishes).
- Make a grocery list.
- Check for sales and coupons in the local paper or online and consider store discounts.
- Ask about a loyalty card at your grocery store.

PURCHASE

- Buy groceries when you are not hungry and when you are not too rushed.
- Stick to the grocery list and stay clear of items that aren’t on your list.
- Buy store brands, if they are cheaper.
- Find and compare unit prices listed on shelves to get the best price.
- Purchase some items in bulk or as family packs, which usually cost less.
- Choose fresh fruits in season; buy canned vegetables with less salt.
- Pre-cut fruits and vegetables, individual cups of yogurt, and instant rice and hot cereal are convenient but usually cost more than those that require a bit more prep time.
- Good, low-cost items available all year include:
 - Protein - beans (garbanzo, black, cannellini)
 - Vegetables - carrots, greens, potatoes
 - Fruit - apples, bananas

PREPARE

- Some meals can be prepared in advance; pre-cook on days when you have time.
- Double or triple up on recipes and freeze meal-sized containers of soups and casseroles or divide into individual portions.
- Try a few meatless meals by substituting with beans or peas or try “no-cook” meals like salads.
- Incorporate leftovers into a subsequent meal.
- Be creative with a fruit or vegetable and use it in different ways during the week.



10 Tips for Better Nutrition

- 1** **Focus on fruit.**
- 2** **Try to make half of your grains whole grains.**
Examples: Oatmeal & brown rice
- 3** **Vary your vegetables to take advantage of the different nutrients they offer.**
- 4** **Enjoy your food, just eat appropriate proportions.**
- 5** **Buy fresh food instead of frozen and canned food.**
- 6** **Make large, healthy meals that allow you to have leftovers for the following day.**
- 7** **Avoid fried foods such as fried chicken and french fries.**
- 8** **Plan your meals for the week ahead of time.**
- 9** **Don't skip breakfast.**
- 10** **Drink water, not soda.**

For more nutrition information, visit [choosemyplate.gov](https://www.choosemyplate.gov)

This USDA run website contains information for personalized meal plans and provides help analyzing your diet and preparing a healthy menu.



Proper nutrition by itself will not produce a healthy lifestyle. In addition to eating right, you need two hours and thirty minutes of aerobic physical activity a week and you need to do muscle strengthening activities two or more days a week. By following these guidelines, you can improve your strength, endurance and flexibility.

Weekly Exercise



Daily warm up



Two or more days of strength training

Example activities on pages 9-10



30 minutes, 5 times per week (equals 2 hours & 30 minutes) of aerobic physical activity

Example activities on page 11



Daily stretching

Example activities on pages 12-14



Daily cool down

Rating of Perceived Exertion

How hard are you working?

10 9		So tired, I can't go anymore
8 7		Really tired
6 5		Tired
4 3		A little tired
2 1		Not tired at all

Many different activities can improve health and fitness. Exercise and physical activities should be spent in varying levels of activity.

For every activity that you complete during the 8-week SO FIT program, try to rate how hard you are working.



Strength

The ability for your muscles to generate force against some form of resistance.



Wall-sit



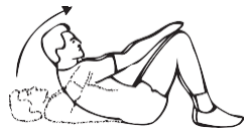
Grocery Carry

Strength training helps you:

- Develop strong bones
- Control your weight
- Reduce risk of injury
- Improve your stamina



Hammer Curls



Crunches

Examples of strength training activities:

- Body weight exercises such as push-ups, sit-ups, and squats.
- Resistance band exercises such as bicep curls.
- Free weight exercises such as the dumbbell bench press.
- Can be as simple as lifting household items such as laundry and groceries.

Important Notes:

- Always warm up before strength training and cool down afterward. This may consist of a brisk 5-10 minute walk followed by stretching.
- Try to do 3 sets of 10 repetitions for each strength training activity before increasing repetitions or weight.
- A repetition is one complete movement of an exercise. Example: 1 sit-up.
- A set is a group of repetitions. Example: Sit-ups - 2 sets of 15 repetitions means 30 total sit-ups, but 15 sit-ups followed by a break and then 15 more sit-ups.
- Give your muscles time to recover. Do not work the same muscle group on back-to-back days.
- For example, if you do push-ups on Monday, do not do push-ups again on Tuesday. Wait until Wednesday to do push-ups again.
- If you choose to use free weights such as dumbbells, make sure you begin with light weights and proceed carefully. It is best to use free weights with an exercise buddy.
- Household items such as cans of soup or milk jugs can be used as free weights.
- If you have a chronic muscular condition, consult your doctor before beginning strength training.
- Most importantly, only do strength training exercises that you are capable of and comfortable doing.



Cardiovascular Training

Endurance

The ability for your muscles to perform movements repeatedly for an extended period of time.



Running



Dancing



Walking Briskly



Swimming



Hiking



Bicycling



Jogging

Jumping Rope

Cardiovascular endurance helps you:

- Strengthen your heart
- Lose weight
- Live longer
- Boost your mood
- Reduce health risks

Cardiovascular endurance is achieved through aerobic exercises. As previously mentioned, you need at least 30 minutes on 5 days, or a total of two hours and thirty minutes of aerobic activity per week.

Important Notes:

- Start small. This may mean briskly walking around your block 5 minutes a day.
- If you have a busy schedule, break cardiovascular training into 10 minute intervals. For example, take a brisk 10 minute walk before work, a 10 minute walk during lunch and another 10 minute walk after dinner. At the end of the day you have achieved 30 minutes of cardiovascular training.
- If you have a chronic heart condition, see your doctor before you begin training.
- Did you know that household chores such as gardening, carrying groceries, folding laundry, or vacuuming are all considered exercise?



Stretching

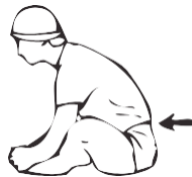
Flexibility

The range of motion possible in a joint and the ability to move joints effectively.



Stretching helps you:

- Prevent injury
- Reduce soreness while exercising
- Improve blood flow to muscles
- Increase your range of motion while exercising which leads to improved results



To improve your flexibility, you must develop a stretching routine. Stretching BEFORE and AFTER physical activity is very important and should not be skipped.

Important Notes:

- Always warm up prior to stretching. A simple 5 minute jog or brisk walk will work.
- Focus on major muscle groups. Stretches for these groups are on the following pages.
- Be sure you stretch muscles on both sides of your body.
- Don't bounce. Bouncing while stretching can produce slight tears in the muscle.
- Stretch muscle to the point of mild discomfort and hold for **10-30 seconds**. You should not feel pain while stretching. If you feel pain, reduce your stretch to a pain-free point and hold.
- Use caution. If you have an injury or chronic condition, adjust your stretching routine to avoid those muscle groups.
- Stretch regularly. Stretching daily can improve your flexibility.
- As you progress, make it a goal to stretch a little further each week. If you can't reach your knees, make that the first step. Once that is possible, start to aim for your toes.

Goal Setting

Setting goals is the first step toward success. Goals provide a reminder of what you are working toward and help you achieve your highest potential. Most importantly, goals reflect what you really want in life.

When setting SO FIT goals, be sure to follow the S.M.A.R.T. guidelines below:

S Specific

Goals need to be clear and well defined. Instead of saying, "I want to run 1 mile someday," a specific goal would be, "I want to run 1 mile by January 1, 2012. I will achieve this goal by jogging 4 days a week."

M Measurable

A good goal can be evaluated to see if it was achieved or not. Instead of saying, "I want to run a mile someday," a measurable goal would say, "I want to run one mile by January 1, 2012."

A Attainable

Goals must be realistic. If you set a goal you know you can't achieve, you won't commit to achieving the goal.

R Relevant

Goals need to be important to the individual setting the goal.





T Timely

Goals need to have specific dates for which they need to be achieved by.

Sometimes the greatest obstacle to achieving your goals is knowing what your goals are..

Eating healthy and taking part in regular exercise is the first step in helping you reach your goals daily and in the future.

Keep in Mind

-  **1** **Small changes in what you eat and how often you exercise can make a BIG difference.**
-  **2** **Change isn't easy and won't happen overnight. Stay committed to your goals.**
-  **3** **Encourage and cheer your teammates on.**
-  **4** **Proper Nutrition + Regular Exercise = Healthier You**

Sample Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Speed and Agility	Strength	Balance and Coordination	Strength	Speed and Agility	Aerobic

ALWAYS try to do warm up, stretches, and cool down with each workout.

Check your refrigerator, freezer, and cupboards for items that need to be used. Review grocery ads for discc menu and grocery list below.

5 Day Meal Planning Worksheet

On Hand:

	Monday	Tuesday	Wednesday	Thur
Breakfast				
Lunch				
Dinner				
Snacks				

What do I need?

Check your refrigerator, freezer, and cupboards for items that need to be used. Review grocery ads for discc menu and grocery list below.

5 Day Meal Planning Worksheet

On Hand:

	Monday	Tuesday	Wednesday	Thur
Breakfast				
Lunch				

Dinner				
Snacks				
What do I need?				

ounts. Create your 5 day
























































































































sday	Friday

ounts. Create your 5 day

sday	Friday

Month:


Starting Weight: _____

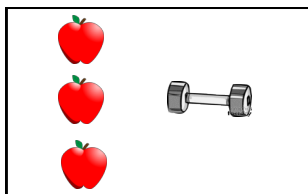
Sun	Mon	Tue	Wed	Thu	Fri	Sat
                	                	                	                	                	                	                

**Fill in the month and the days
with your marker. Then cross out
what you do each day!**

Today, did you...

Eat Healthy? 

Exercise? 



Monthly Journal

Positives/What went well this month?

Negatives/Do you need help with anything?

Exercise: What have you been doing for exercise this month? Has this changed from previous months?

SO FIT INITIAL INTAKE

Starting Weight: _____

Name: _____

Please answer the questions below by circling the choice that best describes you. Answer all questions truthfully. There is no right or wrong answer.

1. Do you believe competing in sports means you are healthy?

Yes No

2. How often do you think about what you are eating before you eat it?

Always Sometimes Never

3. How often do you eat fruit?

Once a day Several times a day Occasionally Never

4. How often do you eat vegetables?

Once a day Several times a day Occasionally Never

5. How many glasses of water do you drink a day?

Zero 1 – 4 5 – 8 8 or more

6. How often do you drink soda?

Once a day Several times a day Occasionally Never

7. How often do you eat fast food?

Once a day Several times a day Occasionally Never

8. How often do you have leftovers from a home-made meal?

Always Sometimes Never

9. Do you try to include food from all five food groups in each meal?

Yes No Sometimes

10. Do you eat sugary breakfast foods such as donuts?

Yes No Sometimes

11. How often do you drink milk?

Once a day Several times a day Occasionally Never

12. Do you think about portion sizes when eating?

Yes No Sometimes

13. How often do you eat fried foods such as french fries or fried chicken?

Once a day Several times a day Occasionally Never

14. Do you add salt or butter to your food?

Yes No

15. When eating at restaurants, do you look for healthy choices on the menu?

Yes No Sometimes

16. Do you buy fresh food instead of frozen food?

Yes No Sometimes

17. How often are you physically active (running, swimming, dancing, etc.)?

Less than 30 minutes a day 30 minutes a day More than 30 minutes a day

18. Do you find yourself being inactive for long periods of time such as watching TV for several hours straight?

Yes No Sometimes

19. How often do you do strength training activities (sit ups, push ups, biceps curls, etc.)?

Every day Two or more days a week Less than two days a week Never

20. Do you believe strength training activities are important for your health?

Yes No Somewhat

21. How often do you stretch?

Once a day

Several times a day

Occasionally

Never

22. Do you stretch before participating in sports?

Yes

No

Sometimes

23. Do you warm up before stretching by walking or jogging?

Yes

No

Sometimes

24. When stretching, do you stretch both sides of your body?

Yes

No

Sometimes

25. Do you set daily goals?

Yes

No

Sometimes

26. Do you set health related goals for yourself?

Yes

No

Sometimes

27. Do you set realistic goals for yourself that you expect to achieve?

Yes

No

Sometimes

28. Do you believe small changes in your daily routine can have a big impact on your lifestyle?

Yes

No

Somewhat

29. Do you believe proper nutrition and regular exercise are important for a healthy lifestyle?

Yes

No

30. Do you think proper nutrition is as important as regular exercise to your overall health?

Yes

No

Maybe



SO FIT Exit Form

Ending Weight: _____

Name: _____

Please answer the questions below by circling the choice that best describes you. Answer all questions truthfully. There is no right or wrong answer.

1. Do you believe competing in sports means you are healthy?

Yes No

2. How often do you think about what you are eating before you eat it?

Always Sometimes Never

3. How often do you eat fruit?

Once a day Several times a day Occasionally Never

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Yes No Sometimes

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Yes No Somewhat

29. Do you believe proper nutrition and regular exercise are important for a healthy lifestyle?

Yes No

30. Do you think proper nutrition is as important as regular exercise to your overall health?

Yes No Maybe