



***Special
Olympics***
Massachusetts

Return to Practice & Play Guidelines
July 2020

SPECIAL OLYMPICS MASSACHUSETTS PROGRAM OUTLINE FOR 2ND HALF 2020 JULY - NOVEMBER

Goal of these offerings is to get our participants back together in both a team and virtual setting. Due to COVID guidelines our traditional summer and fall seasons will be altered to allow programs to participate in smaller settings and/or at home with their family or member of their local community.

These offerings are geared to work on and improve the participant's skill base, fitness and endurance all aimed at fulfilling the Special Olympics mission of training, skill development and wellness while fostering competition within the local program.

Going forward in 2020 all in person gatherings and events will be done on a smaller scale to meet COVID guidelines.

OFFERINGS

- Program and at home activities (*starting phase II*)
- Events (*starting Phase III*)
- Monthly dances via zoom

TEAM AND AT HOME ACTIVITIES

July – November:

Special Olympics Massachusetts will introduce 4 activity blocks each activity block will be made up of sport based activities and fitness activities that all participants (*athletes, coaches, and partners*) can take part in. These activities are designed to be done at practice with your program following the outlined guidelines or at home (*by yourself, with a family member or a volunteer in your community*)

- Activities are broken into 4 blocks to help programs focus their planning and these blocks are a recommendation. This menu of activities is like a restaurant buffet and programs can pick and choose the activities (*as many or few*) they want to incorporate into their practices for the next six months. Activities can be done throughout the 20 week season or in shorter blocks of time.
- Majority of the activities have been chosen to encourage participation. Each activity allows the coach flexibility on how to implement the activity and they may create their own rules to develop competition amongst the participants at practice (*suggestions are included in the appendix*)
- Participants or the programs register for each activity and submit results throughout the season
- Participants receive points each week for every time they complete an activity.
 - See accompanying grid
- Activities are split into three categories Easy (green), Moderate (blue), Advanced (red). Each category has different points associated with it.
- Coaches are encouraged to set personal goals for their athletes in the activities that they choose to participate in. If athlete surpasses goal, athlete will receive an additional bonus of 25 points

- Points earned by participants will both accumulate to their individual total and roll up to their local programs point total (*Just like Special Olympics MA Unified Track & Field Model*)
 - Individuals will receive different incentives for different point levels reached
 - 0-100 points Certificate of Participation
 - 250+ Virtual Games Ribbon
 - 500+ SOMA Water Bottle
 - 1000+ SOMA T-shirt
 - Programs with most points by assigned region at end of season (*November*) will receive awards based on finish.
 - No more than 8 programs per region.
 - Example: Region 1 has 8 programs. Awards will be given gold – 8th place to everyone in those program that participated based on final standings

Point value for each activity

	1 day	2 day	3 day	4 days	5 days
Green	1	2	3	4	5
Blue	2	4	6	8	10
Red	3	6	9	12	15

Participants receive points for the number of times they do an activity. For example Joe does a green level activity 3 times in a week he receives 3 points. Next week he does the same green level activity 5 times he receives 5 points for that week.

Participants should log the activity using activity log book provided by SOMA and share that with their coach.

If coach and participant set an activity goal and athlete achieves the goal they will receive an additional onetime Bonus of 25 points for that activity

ACTIVITIES (*STARTING PHASE II*)

Block One

- Squat challenge
- Unified 4x100 relay
- Batting competition
- Walking < 1 mile or 15 minutes
- Bike rides < 1 mile or 15 minutes
- Fit 5 practice sessions
- Live Zoom Fitness

Block Two

- Bocce & back yard bocce
- Soccer toe taps
- Plank challenge
- Softball skills
- Mass Youth Soccer U6 Session 3 & 4 Dribbling drills
- Distance running <1 mile or 15 minutes

Block Three

- Long Jump
- Push up challenge
- Hiking <1 mile or 15 minutes
- Mass Youth Soccer U8 Session 2, 3, 4 – Passing Patterns, Dribble & Pass drills, scoring challenge
- Outdoor yoga
- 4 cone drill

Block Four

- Shuttle run
- Corn hole
- Mass Youth Soccer U10, U12, U14 passing/ receiving, running with ball / turning drills
- Fitness pentathlon
- Punt Pass & Kick

Activity descriptions

- See Appendix

Summer and Fall Sports Notes

- Golf practice may resume in phase II following Mass Golf & outlined guidelines provided by Special Olympics MA
- Bocce & Cycling practice may resume in phase II the outlined guidelines provided by Special Olympics MA
- Softball, Soccer & Flag Football are a moderate to high risk sports and must fall in activity blocks in phase II & III and following guidelines set forward by States youth sports return committee and Special Olympics MA
 - For training drills see Engagement section

Additional Engagement Opportunities

- Weekly Trivia Contests
- Athlete Chats
 - Every Friday at 3pm
- Local Program Calls
- Fitness
 - *Weekly Zoom fitness sessions Wednesday at 3pm*
 - *Weekly fitness blog*
- *Webinar Series*
 - *Softball training*
 - *Starting week of June 22nd*
 - *Athletes with Autism*
- *Young Athletes zoom sessions*
 - *Young Athlete programing*
 - Friday at 4pm
 - 6/19, 6/26, 7/10, 7/17, 7/24, 7/31
 - *Developmental sports programing*
 - Friday at 5pm
 - 6/19, 6/26, 7/10 basketball skills
 - 7/17, 7/24, 7/31 soccer skills
 - *Story Time*
 - Books that focus on movement
 - Wednesday in July TBD

IN PERSON EVENTS TO BE OFFERED WITH MODIFICATIONS (*OFFERED IN PHASE III*)

DATES & PROPOSED EVENTS LISTED ARE TENTATIVE AND WILL BE DETERMINED BY MASSACHUSETTS PHASE III GUIDELINES

- Golf
 - August 23rd or 24th
 - Single day tournament. Golfers will be assigned a day based on handicap
 - Golfers must walk course to adhere to social distancing guidelines
- Cycling
 - August 23rd
 - All distances to be run as a time trail to adhere to social distancing
- Bocce
 - August 23rd or 24th
 - Singles and Unified doubles will be offered
 - Shifts only with limit of 50 people per shift and 30-60 minute break between shifts to clean and disinfect all equipment
- Tennis
 - Fall TBD
 - Singles round robin tournament
- Punt Pass & Kick
- Soccer skills
- Equestrian
 - 2 shows max of 50 people at a time.
 - Breaks between shifts
- Mini Track event
 - Max of 50 people per shift
 - program vs program invitational
 - Events limited to
 - 50M 100m & 400M Walk or Dash
 - Throw event
 - Long jump
- Corn hole
 - Singles & Unified Doubles
 - Regional max of 50 people per shift
- Football Combine event
 - 40M Dash / Vertical jump / Broad jump / 20M shuffle / cone drill / Push ups
- Swimming Invitational
 - Programs run invitational against neighboring programs with a modified event offering
 - Need to follow guidelines from state regarding indoor events

APPENDIX A DESCRIPTION OF ACTIVITIES

- Batting competition
 - Point Level Blue
 - May use softballs or whiffle balls
 - Each participant gets ten balls to hit at an at bat.
 - Activity is designed for coaches to create competition between teammates at practices or for individuals to do at home with family, friends or roommates.
 - Receive points for hitting to predetermined spots on the field.
 - Suggested competition structure 1point for infield. 2 points for ball landing in outfield, 3 points for deep outfield, 4 points for homerun
 - Coaches (*or at home participants*) have flexibility to create own structure based on size of playing area land mark available

- Back yard bocce
 - Point level Green
 - Participants or team have bocce competitions either at home with family, friends or roommates or at practice with in your team
 - Follow bocce rules (*SOMA can provide*)
 - Back yard bocce differs from official SOMA competition as you don't need an official bocce court
 - Each participant must use assigned balls only
 - Programs are encouraged to create tournaments at practices throughout the season

- Bike rides < 1 mile or 15 minutes
 - Point Level Red
 - Participants go for bike rides in their community (*bike trails, parks, neighborhood etc.*) with family, friends, teammates or roommates
 - Goals should be set with individuals in order to increase distance and time participants ride to improve participant conditioning

- Corn hole
 - Point level Blue
 - Participants or team have corn hole competitions either at home with family, friends or roommates or at practice with in your team
 - Follow corn hole rules (*SOMA can provide*)
 - Each participant must use assigned bags only
 - Programs are encouraged to create tournaments at practices throughout the season

- Distance running <1 mile or 15 minutes
 - Point Level Red
 - Participants go for runs of greater than one mile in their community (*bike trails, parks, neighborhood etc.*) with family, friends, teammates or roommates
 - Goals should be set with individuals in order to increase distance and time participants run to improve participant conditioning

- Four Cone Drill
 - Point level Red
 - https://www.youtube.com/watch?v=PzuzLXJS_1k
 - Drill works on improving participants agility, reaction and quickness
 - Challenge athletes by incorporating a football, extending length of the drill. Extending the size of the box

- Fitness pentathlon
 - Point Level Red
 - How fast can you complete all 5 exercises
 - 5 jumping jacks, 5 sit ups, 5 pushups, 5 chair squats, 5 meter shuttle run

- Fit 5 practice sessions
 - Point Level Red
 - Participants follow fit 5 guidelines and complete the fit 5 worksheet each week

- Hiking <1 mile or 15 minutes
 - Point Level Blue
 - Participants go for hikes in their community with family, friends, teammates or roommates
 - Goals should be set with individuals in order to increase distance and time participants hike to improve participant conditioning

- Live Zoom Fitness
 - Point Level Red
 - Participants attend weekly Special Olympics MA fitness sessions on zoom or
 - Submit proof of attending a remote fitness session from accredited program

- Long Jump
 - Point level Green
 - How far can participant jump from a standing position (*follow long jump rules*)
 - Create in team competition by having points for hitting certain distancing
 - Progress participants to a running long jump (*follow long jump rules*)

- Outdoor yoga
 - Point Level Red
 - At practice invite a local yoga instructor or have SOMA arrange for a yoga session.
 - Improve on participants wellness and flexibility

- Plank challenge
 - Point Level Blue
 - How long can you hold a plank? Each participant does planks either at home or at practice
 - Challenge participants by incorporating different types of planks into routine

- Punt Pass & Kick
 - Point Level Red
 - How far can an individual punt, pass or kick (field goal) the football?
 - Challenge participants to throw or kick ball farther each week.
 - Work on form for each of the three disciplines
 - Additional challenges to add into drills include targets to improve participants accuracy
 - Create in team competition with point levels for hitting certain distances as well as hitting targets at different distances

- Push up challenge
 - Point level Green
 - How many pushups can you do in 30 seconds? Each participant does pushups either at home or at practice
 - Challenge participants by
 - Increasing the time limit they have to complete the challenge
 - incorporating different types of planks into routine

- Shuttle run
 - Point level Green
 - Set a two cones at a predetermined distance. How fast does it take participant to go to one mark and back.
 - Throughout season challenge participant by increasing distance between cones as well as to beat previous scores

- Soccer Massachusetts Youth Soccer Practice Plans
 - [Links to Physical Distancing Sessions](#)
 - U6 Session 3 & 4
 - U8 Session 2-4
 - U10, U12, U14
 - Running with Ball / Turning
 - Passing and receiving

- Soccer obstacle course
 - **Point Level Red**
 - Think MLS all-star skills weekend. Obstacle course should incorporate different skills associated with the game of soccer, shooting, dribbling, passing.
 - Participants should be timed on how fast they complete the drill.
 - Time is to be added to participant's official time if they use improper form, don't follow instructions, etc.

- Soccer toe taps
 - **Point level Green**
 - How many toe taps can you do in 30 seconds?
 - Place ball on ground in front of you with one foot on top of ball and the other on the ground. When time starts alternate feet to the top of the ball by placing foot that started on ground to the top of the ball and the foot that was on ball to the ground
 - If participant does this multiple times a week take average score for your weekly score
 - Increase challenge by adding total time participant does activity

- Softball Skills
 - Tune in to the weekly softball webinar series to get skills and drills to incorporate into your practice plans

- Squat challenge
 - **Point level Green**
 - How many squats can you do in 30 seconds? Each participant does squat either at home or at practice
 - Challenge participants by
 - Increasing the time limit they have to complete the challenge
 - incorporating different types of squats into routine

- Unified 4x100 relay
 - Point level Green
 - Walk off 100M (*328 ft or 128 large steps*)
 - Each member of the team times themselves running or walking the distance
 - Combine all four members time to submit times together

- Waking <1mile or 15 minutes
 - Point Level Blue
 - Participants go for walks in their community or at practice with family, friends, teammates, roommates
 - Goals should be set with individuals in order to increase distance and time participants walk to improve participant conditioning