Although the 2020 Summer Games at Boston University and Harvard has been canceled due to COVID-19, its spirit lives on through our amazing athletes, Unified partners, coaches and volunteers.

This year, please join us for Virtual Summer Games on June 12th and 13th! This event is open to everyone and is a safe way to compete against your friends and peers from across the state. Train and compete from home and come together virtually to celebrate your accomplishments.

More details on the Virtual Summer Games will be communicated to local programs.

Participants Name: ________________________________________________________________

Date of Birth: ____________________________________________________________________

Local Program, Young Athlete Program, or School: ______________________________________

Role: Athlete  Coach  Unified Partner  Young Athlete/Partner (2-7)  Other (Chaperone, Parent, Volunteer, etc.)

STAY SAFE
Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

1. Wearing the right shoes
2. Using the correct equipment
3. Drinking water and staying hydrated
4. Warming up and stretching properly
5. Being aware of your surroundings—always exercise and compete in a safe and level area clear of any obstacles or items
6. Maintaining social distancing rules (stay at least six feet away from others)

Stop exercising and seek medical help if you experience symptoms such as:

1. Discomfort or pain
2. Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain travelling down the arm or pain between the shoulder blades
3. Shortness of breath
4. A rapid or irregular heartbeat

I have read and understand the information above:

__________________________________________________________

Signature of participant or guardian
Virtual Summer Games Challenges!

We encourage all registered Special Olympics Massachusetts athletes to take part in virtual Summer Games, even if you don’t usually participate in a Spring season sport. Each challenge has icons showing the corresponding sports, but you can participate in as many challenges as you’d like, regardless of which sports you play. These are non-competitive challenges, so just try to get your personal best. Submit your scores to us and then we’ll feature all participating athletes in our Virtual Summer Games broadcast on June 13th on Facebook and YouTube. Please check and record results for all sports you would like to participate in.

10M (roll, walk, run)

How fast can you roll, walk, or run 10 meters? **Set up:** You can do the 10 meter dash in your yard, on a sidewalk, or any open space. Measure 10 meters (or 33 feet 9 inches) from start to finish. If you are unable to use a measuring tape, you can measure by taking 10 large steps. Mark the distance. **What to submit:** Record the time it takes you to run, walk or roll 10 meters from start to finish.

Result: ____________________________________________

50M (roll, walk, run)

How fast can you roll, walk, or run 50 meters? **Set up:** You can do the 50 meter dash in your yard, on a sidewalk, or any open space. Measure 50 meters (or 164 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 60 large steps. Mark the distance. **What to submit:** Record the time it takes you to run, walk or roll 50 meters from start to finish.

Result: ____________________________________________

100M (roll, walk, run)

How fast can you roll, walk, or run 100 meters? **Set up:** You can do the 100 meter dash in your yard, on a sidewalk, or any open space. Measure 100 meters (or 328 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 120 large steps. Mark the distance. **What to submit:** Record the time it takes you to run, walk or roll 100 meters from start to finish.

Result: ____________________________________________
How far can you throw a tennis ball? **Set up:** Throw a softball or tennis ball and measure how far it goes. **What to submit:** Measure the distance of your throw. If you don’t have access to a tape measure, pace off how far you threw it, *(one large stop is roughly 1 meter or 3 ft)*

Result:

How far can you jump from a standing position? **Set up:** Keep both feet on the ground and jump as far as you can. **What to submit:** Measure the distance of your jump. If you don’t have access to a tape measure, pace off how far you threw it, *(one large stop is roughly 1 meter or 3 ft)*

Result:

How many times can you bounce a tennis ball on a racket in one minute? **Set up:** you will need a racket or paddle, tennis ball or any ball that bounces and a watch. **What to submit:** Count how many times you can bounce the ball on the racket or paddle in one minute

Result:

How many push ups can you do in 30 seconds? **What to submit:** Count how many push ups you can do in 30 seconds.

Result:

How long can you hold a plank? **What to submit:** Hold a plank for as long as you can, record your time and submit your time.
How many squats can you do in 30 seconds? **Set up:** A chair and a watch. Place chair behind yourself lower yourself to a seated position right above the chair (don’t sit). Count how many squats you did in 30 seconds. **What to submit:** Count how many squats you did in 30 seconds submit your score.

Result: 

How high can you jump? **Set up:** From standing position, next to a wall, side of house etc, hold a piece of tape or some to mark your jump, jump as high as you can and place mark at highest point of jump. Measure your jump. **What to submit:** Record how high your jumped. Measure from the group to the point you marked on the wall.

Result: 

How fast can you roll, walk, or run the shuttle run? **Set up:** You can do the 10M shuttle run in your yard, on a sidewalk, or any open space. Start by placing a cone or another marker down, then measure 10 meters (or 33 feet 9 inches) out, place another cone or marker. If you are unable to use a measuring tape, you can measure by taking 10 large steps. Start at one marker, run as fast as you can to the other marker, turn around and run as fast as you can back to the marker you started at. **What to submit:** Record the time it takes you to run, walk or roll from one marker to the other and back.

Result: 