

Improving Athlete Performance



Special Olympics
Pennsylvania



Learning Objectives and Goals



- Making healthier choices
- Leading healthy lifestyles
- Tracking athlete performance
- Coaching to improve athlete performance
 - Setting goals
- Open discussion about what is already in place

Health and Fitness Coordinators



- Each local program is encouraged to have a Health and Fitness Coordinator who is a Special Olympics athlete that wants to promote healthier lifestyles in his/her local program.
- While not a member of the local program management team, the Health & Fitness Coordinator may be asked to report out on an as needed basis
- Creating year round fitness club and plan activates
- Provide healthy menu items to local competitions
- Volunteering and hosting Healthy Habits

Making healthier choices



- Hydrating
- Nutrition Overview –what to eat when
- Healthy Eating while traveling

Hydrating



Adequate hydration is important throughout athlete's participating in sport but also during the following times

- ▶ Prior to practice and competition
- ▶ During practice and competition
- ▶ After practice and competition



Dehydration



Dehydration means:

- ▶ decrease in amount of blood pumped to the heart with each heartbeat
- ▶ Exercising muscles do not receive enough oxygen
- ▶ Exhaustion sets in and the athletes performance suffers

Symptoms include but are not limited to:

- ▶ Dry mouth, dizziness, inability to produce saliva or sweat, rapid heart rate, delirium and loss of consciousness

Keeping fluids in the body



When to Drink Water	How much to drink
Night before practice or competition	Glass of water (8oz)
Four hours before event	Glass of water (8oz)
15 minutes before event	Half glass of water (4oz)
During event of less than one hour	One water break
During event of more than one hour	One half glass of water (4oz)
After event	One glass of water every 3 hours until next day

Pro tip: For athletes that don't like to drink water use an infuser! 😊

Nutrition Overview



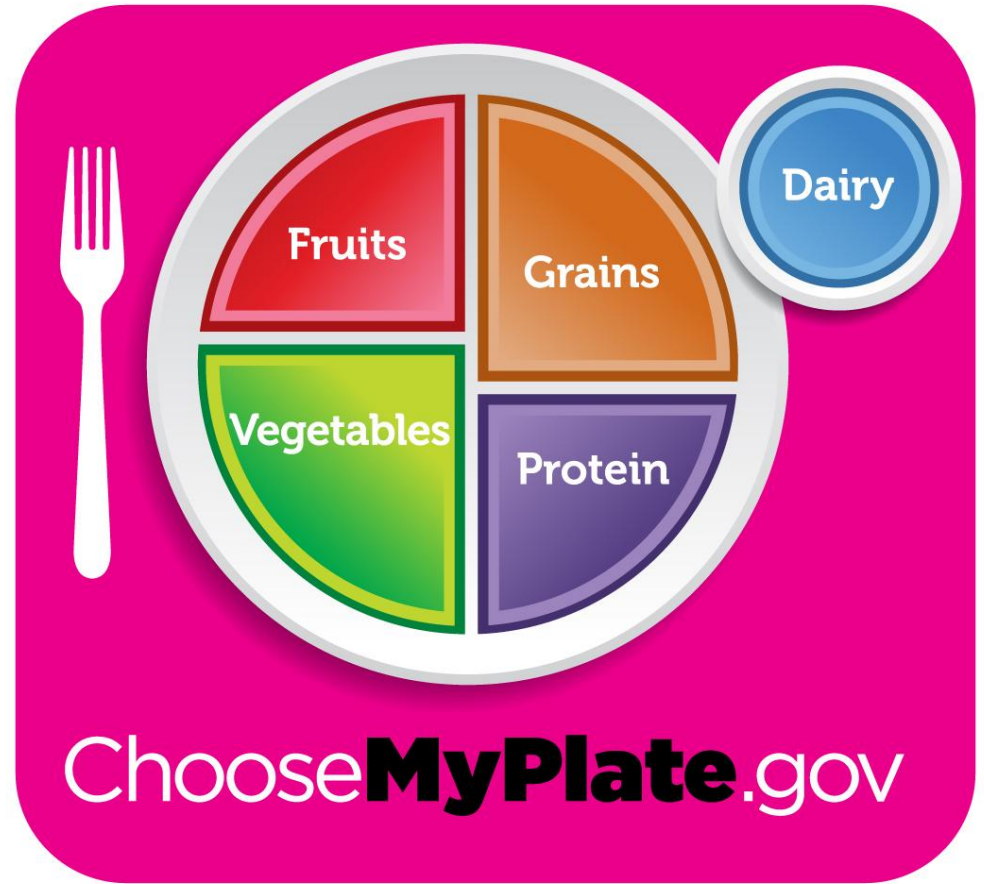
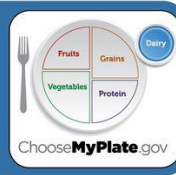
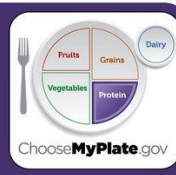
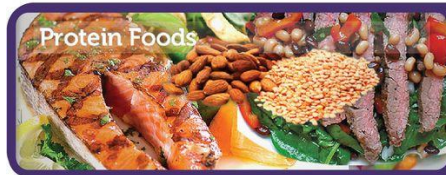
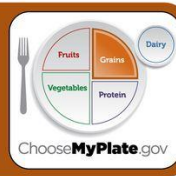
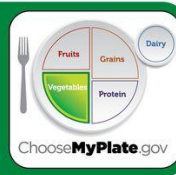
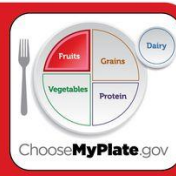
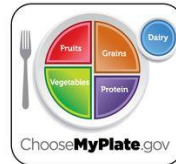
Carbohydrates, protein and fat are main three nutrients in food that keep the body functioning during exercise:

- ▶ Carbohydrates: Fuels muscles and allows them to work for longer periods of time without getting tired
- ▶ Proteins: Build and repairs muscles and body tissue.
- ▶ Fats: Provide energy, helps body to absorb vitamins. Small amounts of fats in a diet are necessary.

Food groups



What's **MyPlate** All About?



Food groups continued



- Grains
- Meat, fish, poultry, eggs, beans, peas
- Vegetables
- Fruits
- Oils and fats
- Dairy

Event Meals



Before an Event	During an Event	After an event
<p>Day before an event:</p> <ul style="list-style-type: none">-Eat healthy balanced dinner to start to build energy.-Focus on grains, lean meats, fruits, and veggies to get plenty of Carbohydrates <p>Day of event:</p> <ul style="list-style-type: none">-3 to 4 hours before eat a meal that includes each food group.-Avoid high fat because they can make you feel fatigued.-Early events may prohibit bigger pregame meals. So ensure dinner is healthy and eat a small meal or snack before event.	<ul style="list-style-type: none">-Events or practices shorter than 60 minutes no meals are necessary to maintain energy-Longer than 60 minutes a small snack may be necessary-All events – fruits, granola, and cereal bars can add a boost of energy during workout.	<p>Snack</p> <ul style="list-style-type: none">-15-30 minutes after eat a small snack to begin to regain energy. <p>Meal</p> <ul style="list-style-type: none">-1 or 2 hours after event eat a meal with all the food groups in mind.-Give the body back all the energy it lost by eating a healthy meal which includes a serving from each food group.

Healthy eating while traveling



Travel snacks are key

- ▶ Dried fruits, nuts seeds, fruits, veggies
- ▶ Yogurt, string cheese, humus
- ▶ Peanut butter

Coaches plan ahead

- ▶ Confirm food allergies. Share menus with team ahead of time, have a few healthy snacks ready

Restaurants

- ▶ Review items beforehand
- ▶ Choose grilled and baked instead of fried
- ▶ Ask for toppings or dressings on the side
- ▶ Ask for water to drink or low fat milk

Tracking Athlete Performance

Goals - Why is it important

What already exists

Our plan

Group Discussion



Special Olympics
Pennsylvania



Tracking Athlete Performance



Guide individuals with and without intellectual disabilities to maintain healthier lifestyles through increased physical activity and improved daily nutrition

Increase participants' knowledge about physical exercise, nutrition, nutritious meal preparation and shopping for nutritious food from pre-program to post-program

Allow participants to experience heightened social engagement and better emotional wellbeing as a byproduct of the inclusive nature of the program

SOFIT Wisconsin



Special Olympics Wisconsin (SOWI)
Special Olympics Fitness (SOFIT)
SOFIT Athlete Training Log

Special Olympics
Wisconsin



Athlete Information	
Athlete Name:	Agency Number:
Address:	
City:	Zip Code:
Athlete Home Phone:	
Athlete Cell Phone:	
Athlete E-mail Address: (Required)	Training Dates:
Athlete Goal #1 (required):	
Athlete Goal #2 (optional):	
Athlete Goal #3 (optional):	

<OVER>

SOFIT Wisconsin



Athlete Health Snapshot (complete at beginning of training)	
Entry Date:	Current Weight (required):
Resting Heart Rate (required):	Current Height (required):
Blood Pressure (optional):	Cholesterol (optional):
Athlete Health Snapshot (complete at end of training)	
Entry Date:	Current Weight (required):
Resting Heart Rate (required):	Current Height (required):
Blood Pressure (optional):	Cholesterol (optional):

Athlete Training and Performance Record (complete after each training session)								
Today's Date:	My mood:		My eating habits:		Today the weather is:		Training Environment:	
							Indoor	Outdoor
Type of Training Activity					Performance Record:			

SOFIT Wisconsin



Today's Date:	Today I feel:			My eating habits:			Today the weather is:			Training Environment:	
										Indoor	Outdoor
Type of Training Activity							Performance Record:				
Today's Date:	Today I feel:			My eating habits:			Today the weather is:			Training Environment:	
										Indoor	Outdoor
Type of Training Activity							Performance Record:				
Today's Date:	My mood:			My eating habits:			Today the weather is:			Training Environment:	
										Indoor	Outdoor
Type of Training Activity							Performance Record:				

Strive Recording Sheet

Special Olympics



Name: _____

Coach: _____

DOB: _____ Age: _____ Gender: M / F

County / Program _____

Check all that apply:

Athlete

Not an Athlete

STATION	TEST	SCORE		
		Height	Weight	BMI
1	Body Mass Index	in	lbs	
2	Sit and Reach	Trial 1	Trial 2	Trial 3
		cm	cm	cm
3	One Leg Stand	Knee / Modified seconds		
4	60 sec Plank Hold	seconds		
5	Broad Jump	Trial 1	Trial 2	
		cm	cm	
6	Seated Medicine Ball Throw	Trial 1	Trial 2	Trial 3
		cm	cm	cm
7	5-10-5 Agility	Direction Left / Right	Time	
8	Push Ups	Regular / Knee Wall / Wheelchair	completed	
9	30 sec Sit and Stand	completed		
10	20 m Shuttle Run or	laps completed		

Get fit for Sport



The Active Lifestyle Activity Log



Participant Name _____ Date Started _____
 Group ID _____ Age _____ Date Completed _____

Week 1	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating —Select a goal for this week.			
Participant Signature _____		Date _____	

Week 2	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating —Circle and continue with last week's goal, and add a new goal.			
Participant Signature _____		Date _____	

Week 3	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating —Circle and continue with previous goals, and add a new goal.			
Participant Signature _____		Date _____	

Week 4	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating —Circle and continue with previous goals, and add a new goal.			
Participant Signature _____		Date _____	

Week 5	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating —Circle and continue with previous goals, and add a new goal.			
Participant Signature _____		Date _____	

Week 6	Day	Physical Activities	# of Minutes or Pedometer Steps
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
Healthy Eating —Circle and continue with previous goals, and add a new goal.			
Participant Signature _____		Date _____	

Key to Healthy Eating

- I made half my plate fruits and vegetables.
- At least half of the grains that I ate were whole grains.
- I chose fat-free or low fat (1%) milk, yogurt, or cheese.
- I drank water instead of sugary drinks.
- I chose lean sources of protein.
- I compared sodium in foods like soup and frozen meals and chose foods with less sodium.
- I ate seafood.
- I ate smaller portions.

Verification

I certify that I met the requirements of the Presidential Active Lifestyle Award.

I was physically active for at least 5 days each week and I met my healthy eating goals.

I have performed my healthy eating and physical activities for at least 6 weeks.

Participant Signature _____

Supervising Adult's Signature (if applicable) _____

Note: Submit this paper log to your teacher or group administrator, or keep for your own records. Please do not submit to the President's Challenge office. See inside back cover for award ordering information.



- Started with tracking on paper
- Moved to an online system
- System includes goals, healthy lifestyles, and workouts
- Training Diary and Guide



Weekly Goal Setting

This week, _____ (dates) my goals are:

Tip of the week

Nutrition Tip

Drink plenty of fluids throughout the day, especially water. Choose pop less often, such as once per week.

Strength & Conditioning Tip

Stretching tip: to get the most gains from stretching, hold for 20 seconds and do this 3 times


Mental Training Tip









Positive thoughts are powerful!



Daily Tracking tool – Date: _____

Today my goal is:

	Meal #1	Meal #2	Meal #3	Meal #4	Meal #5	Meal #6
Vegetables 			<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>	

Fruit 	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>
Grain  	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	
Products						
Milk & Alt.  	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
Meat & Alt.  	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
Fluids 	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other Foods I ate:						

* Food options can be moved from one meal or snack to another.

* Bring fluids and a healthy snack to all events.



Daily Survey

Compared to yesterday, **TODAY**,

My day is 1 – 2 – 3 – 4 – 5

My energy level is 1 – 2 – 3 – 4 – 5

I feel well rested 1 – 2 – 3 – 4 – 5

My muscles feel 1 – 2 – 3 – 4 – 5

I am prepared for practice 1 – 2 – 3 – 4 – 5

I am glad to be at practice 1 – 2 – 3 – 4 – 5

At practice I worked hard 1 – 2 – 3 – 4 – 5

*** Circle number that best represents how you feel TODAY ***

Other physical activities I did today:



Weekly Goal Setting

This week, _____ (dates) my goals are:

Tip of the week

Nutrition Tip

Choose healthy snacks more often, such as veggies, fruit, low-fat yogurt and cheese, hot-air popcorn, or a handful of unsalted nuts.

Strength & Conditioning Tip

Did you know that you can train your balance by standing on one leg and holding for 15 seconds?

Mental Training Tip

Focus on how you want to perform (technique, personal bests, etc.)... and not the outcome of the competition (medals, placing).



Coaching to Improve Athlete Performance





Setting Goals

- **Short Term**

- Tailored to the team long term goal
- Tracking tool for athlete and team progress
- Attainable for a sense of progress

- **Long Term**

- A series of short term accomplishments
- A big picture of the season
- Adaptable and attainable

Why Practices Matter



- Number of practices compared to competitions
- Practice is often taken for granted
- Best place to develop team/coach relationships
- This is where athletes performance improves
- Competition is the chance for the athlete to show their skills



“Best Practices” at Practice

- Practice Plans
- Maximize time on the field
- Structured
- Stick to the plans
- Communicated to your assistants
- Prep from drill to drill

Sample Practice Plan



Time	Drill	Notes	Points of Emphasis
7:45	Stretch		
8:00	Goalie Warm up		
	3 Man 2 Ball		
8:15	3 Lines up & down		Flat and GB weave
8:25	Conditioning	1/2 Crazy 8	Running technique
8:40	Offense - Shooting	Lunchbox	2 goals
	Defense - Foot Work	Ladder and Cones	
9:00	Stations	3v3 FO GB	
		3v2 GB to Goal	
		Crease Survivor	2v2 on crease, 4 corners trying to feed in
9:20	1v1 Four Corners	2 ends	D: Approach angles, foot work O: One hard move, realistic dodging
9:35	4 Corners Live		D: Same as above + Communication O: Hard dodge, move the ball, no tourists
29 9:50	Conditioning	1/2 Crazy 8	

Team Skills Assessment Forms

Tracking athlete skill development



Individual Assessment for Team Play

A. Ball Handling

(one choice- should be the most representative of the athlete's skill level)

Has difficulty dribbling and catching (2)

Possesses some ball handling skills but they are very limited (3)

Can handle ball with dominant hand only (4)

Can handle ball with both hands (5)

Has ability to go either direction on the dribble (6)

Has ability to beat defender regularly with dominant hand (7)

Has ability to beat defender regularly with either hand (8)

Score:

B. Passing

(one choice- should be the most representative of the athlete's skill level)

Has difficulty completing a pass/short pass to a teammate (2)

Can sometimes make a pass to an open teammate with token pressure (3)

Can only complete a pass to teammate after looking directly at him/her (4)

Has ability to choose best type of pass (bounce, chest, skip, other) (5)

Has ability to complete a no look or quick pass to an open teammate (6)

Controls game with ability to complete an advanced pass (no look/snap pass) to open player when they are in good position (8)

Score:

C. Movement

(one choice- should be the most representative of the athlete's skill level)

Maintains a stationary position; does not move to a loose ball (2)

Moves only 1-2 steps toward ball or opponent (3)

Moves toward ball; but reaction time is slow and only in a limited area of the floor (4)

Movement permits adequate court coverage (5)

Good court coverage; reasonably aggressive (6)

Exceptional court coverage; aggressive anticipation (8)

Score:

Team Skills Assessment Forms

Tracking athlete skill development



D. Game Awareness

(one choice- should be the most representative of the athlete's skill level)

Sometimes confused on offense and defense; may shoot at wrong basket (2)

Can play in fixed position as instructed by coach; may go after an occasional loose ball (3)

Limited understanding of the game and can run some offensive and defensive sets - coach prompted (4)

Moderate understanding of the game, some off and def sets and can occasionally fast break (6)

Advanced understanding of the game and mastery of basketball fundamentals (8)

Score:

E. Shooting

(one choice- should be the most representative of the athlete's skill level)

Periodically can make an uncontested layup (2)

Can make shots inside of lane (3)

Can make shots inside of lane and occasionally attempts a mid range jump shot (4)

Can make some mid range jump shots (5)

Can make some mid range jump shots and will attempt shots beyond 15' (6)

Has excellent shooting form and makes shots from all ranges on court (8)

Score:

F. Rebounding

(one choice- should be the most representative of the athlete's skill level)

No understanding of rebounding positions or principles, often beaten to a missed shot (2)

Gets rebounds only when they land directly to him/her (3)

Goes after loose balls within 3 to 4 steps (4)

Aggressively goes after rebounds, gets many (6)

Exceptional ability to get to missed shots on both sides of the basket and either side of the court (8)

Score:

Our Plan



- Roll out some form of goal setting program
- Accountability will be on the coaches and athletes
- Build off of the programs that already exist
- Eventually move to online format possibly in VSys

Group Discussion



Key topics

- ▶ What would you like to see in a goal tracking program?
- ▶ Is anyone already doing something similar to this?
- ▶ If so, what are you doing?
- ▶ Would you like to see this go online?
- ▶ Who should have access to the information?
- ▶ Notes about the presentation.