

# BACK AND BETTER THAN EVER BEFORE!



Commit to Fit returns as an overarching campaign for the three fitness and training opportunities for Special Olympics Pennsylvania (SOPA) athletes to participate in this spring season.

## SONA Move Challenge March 15 to May 9

The Special Olympics North America (SONA) Move Challenge is an 8 week movement challenge to see how many minutes of exercise participants can complete each week. Participants will have the choice of competing as an Individual (SO athletes only), Doubles (traditional or Unified), or as part of a Team (traditional or Unified, 3-10 people total. Unified teams must be at least 25% athletes and 25% Unified partners (ex - 4 person Unified Team is 1 athlete and 3 Unified partners or 3 athletes and 1 Unified partner). Registration opens Feb. 15th and closes Mar. 14th.



## Fitness Heptathlon March 15 to May 25

The Fitness Heptathlon provides SOPA athletes with an opportunity to compete in a sequence of seven (7) different fitness exercises and measure overall performance levels. Participants are offered a wide range of exercises best suited for their individual needs and interests in the following events: single (1 athlete), doubles (2 athletes), Unified Pairs (1 athlete, 1 partner), teams (4-10 athletes), and Unified teams (4-10 person team. 50% athletes 50% partners). Local program VSys rosters due March 15th.



## Participate in All 3 Options!

- The SONA Move Challenge and the Fitness Heptathlon are great additions to your sports training.
- In-person training athletes and teams are highly encouraged to participate in SONA Move Challenge and Fitness Heptathlon.
- Athletes who applied to be part of Team PA for the upcoming USA Games in Orlando are required to participate in one or more of the spring activities.
- Fitness Heptathlon - Counts towards Silver and Gold Level coaches' progression plan.



## In-Person Training Spring Training: Begins March 15

Safe in-person Spring Sport-Specific activities facilitated by a Class A Coach at select training sites. Please contact your Local Program or Coach to express an interest in our spring sports offerings.



Athletes are encouraged to ask their coach or local program about what fitness and training opportunities are available within their region. Visit our website at [specialolympicspa.org/commit-to-fit](https://specialolympicspa.org/commit-to-fit) to learn more about Commit to Fit and be *Active in a New Era* 🇺🇸