



Please join us for Virtual Summer Sports Classic! This is open to everyone and is a safe way to compete against your friends and peers from across the state.

HERE'S HOW IT WORKS:

CHOOSE YOUR ACTIVITIES! Choose from fitness, golf and tennis activities that you can do from home. Equestrian athletes must have their own horse and submit videos for their events.

PRACTICE! You can practice and submit your scores for as many events as you want between July 6 and July 27.

SUBMIT YOUR RESULTS! Using this paper form, record the scores for the events you participated in. You do not need to submit a score for every event. Then ask a coach or friend to submit your scores online at <https://ssclassic.specialolympicsminnesota.org/2020-virtual-summer-sports-classic-results/>

NAME OF PARTICIPANT: _____
(first and last)

BIRTHDATE: _____
(mm/dd/yyyy)

DELEGATION: _____

IMPORTANT! Before competing in any activities, please review the information below and sign:

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:

- Wearing the right shoes
- Using the correct equipment
- Drinking lots of water – stay hydrated
- Warming up and stretching properly
- Be aware of your surroundings - exercise in a safe and level area clear of any obstacles or items
- Maintain social distancing rules when exercising.

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

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
- Extreme breathlessness
- A very rapid or irregular heartbeat during exercise.

I have read and understand the information above:

SIGNATURE OF PARTICIPANT: _____



Fitness Activities:

Only submit a score for the events you want to participate in!

Leg Strength Timed

How long does it take you to stand up from a chair 10 times without using your hands to help you stand?

Set up: Find a chair and start by sitting on the chair.

What to record and submit: Start the clock and record *how long it takes you to stand up 10 times* without using your hands.



LEG STRENGTH TIMED SCORE: _____

Sit Ups

How many sit ups can you do in 60 seconds?

What to record and submit: Count and record the *number of sit ups you can do in one minute (60 seconds)*.



SIT UPS SCORE: _____

Push-Up Timed Holds

Push your body up out of a seated position, holding and slowly lowering it back to sitting.

What to record and submit: *How long* can you hold your body up?



PUSH-UP TIMED HOLD SCORE: _____



Fitness Activities:

Only submit a score for the events you want to participate in!

Balance Eyes Open

Stand on one leg and balance with your eyes open for as long as possible (up to 30 seconds).

What to record and submit: *How many seconds can you keep your balance before your other leg or another body part touches the ground? (Max score 30)*



BALANCE EYES OPEN SCORE: _____

Balance Eyes Closed

Stand on one leg and balance with your eyes closed for as long as possible (up to 30 seconds).

What to record and submit: *How many seconds can you keep your balance before your other leg or another body part touches the ground? (Max score 30)*



BALANCE EYES CLOSED SCORE: _____

Two-Minute Step Test

How many steps can you get in 2 minutes? Step in place or up and down on a stair.

What to record and submit: Count each time your right foot hits the ground. The *number of times your right foot hits the ground* is your score.



TWO-MINUTE STEP TEST SCORE: _____



Fitness Activities:

Only submit a score for the events you want to participate in!

Five-Minute Wheel Test (Wheelchair Event)

Wheel as quickly as possible for 5 minutes and measure the distance you traveled.

What to record and submit: *Measure the distance* by using a fitness tracker, Google maps, GPS or any other device that can provide the distance in feet or miles.



FIVE-MINUTE WHEEL TEST SCORE: _____

Fit 5

Athletes want to perform their best at every competition. You can do this by being fit. Fit 5 is a plan for physical activity, nutrition, and hydration. It can improve your health and fitness to make you the best athlete you can be.

Set up: Visit the Fit 5 website at <https://specialolympicsminnesota.org/get-involved/athletes/healthy-athletes/fit-5/> to print the Fit 5 guidebook, fitness cards and participant log to track your Fit 5 activities.

What to record and submit: At the Virtual Summer Sports Classic results deadline on July 27, submit the *number of days* you participated in the Fit 5 activities.



FIT 5 SCORE: _____



Golf Activities:

Only submit a score for the events you want to participate in!

Short Putt (5 feet)

How many short putts can you make out of 20?

Set up: Set up a cup or a 5 inch circle. Stand 5 feet away from the cup/circle.

What to record and submit: Record the *number of putts* you make in the cup or that stop in the circle out of 20 attempts; that is your score. (Max score of 20)



SHORT PUTT SCORE: _____

Long Putt (15 feet)

How many long putts can you make out of 20?

Set up: Set up a cup or a 5 inch circle. Stand 15 feet away from the cup/circle.

What to record and submit: Record the *number of putts* you make in the cup or that stop in the circle out of 20 attempts; that is your score. (Max score of 20)



LONG PUTT SCORE: _____

Furthest Putt

What's the longest putt you can make?

Set up: Set up a cup or a 5 inch circle. Stand as far back as you would like.

What to record and submit: Putt until you make your longest putt, record the *longest putt in feet and inches* that you make; that is your score.



FURTHEST PUTT SCORE: _____



Golf Activities:

Only submit a score for the events you want to participate in!

Chip Shot

How many chip shots can you have come to a stop in a five foot circle out of 20?

Set up: Set up a 5 foot square. Stand 20 feet away from the square. You can use a golf ball or whiffle golf ball. Need help setting up a 5 foot square? Lay down two towels next to each other on the floor.

What to record and submit: Record the *number of chip shots* that come to a stop in the circle out of 20 attempts; that is your score. (Max score of 20)



CHIP SHOT SCORE: _____

9-hole Round (*on the course option*)

What do you shoot playing 9 holes? Play as many rounds of golf as you would like.

What to record and submit: Record your score after each round and ***submit your 9-hole score, course you played at, and what color tees you played on*** during that round. If you play more than one round of golf, submit your score each time. (You can also take a picture of your scorecard and submit that instead.)

Unified Component

This year we will be offering a Unified 9-hole event where the score of the athlete and Unified Partner are added together for a total score. Each player must submit their own scores online. On the results form choose *Unified 9-hole* and enter your 9-hole scores and partner's name. Your partner will also need to submit their own individual 9-hole scores separately. Please do not submit alternate shot scores.



9-HOLE SCORES: _____



Tennis Activities:

Only submit a score for the events you want to participate in!

Racket Bounce

How many times in 60 seconds can you bounce a ball on your racket before it touches the ground? (Any ball is acceptable; does not need to be a tennis ball.)

What to record and submit: Record the *number of times* you bounce a ball in 60 seconds; that is your score. (Once you miss the ball or it goes past you, stop counting.)



RACKET BOUNCE SCORE: _____

Wall Rally

How many consecutive times in 60 seconds can you hit the ball against a wall? (Any ball is acceptable; does not need to be a tennis ball.)

What to record and submit: Record the *number of times* you consecutively hit a ball against a wall in 60 seconds; that is your score. (Once you miss the ball or it goes past you, stop counting.)



WALL RALLY SCORE: _____

Tennis Serve

Hit 20 serves towards a landing square.

Set up: Draw a square that is 10 feet x 10 feet. Stand 20 feet away from the square. Take 20 serves and try to have the serve land in the square.

What to record and submit: Record the *number of serves* that land in the square out of 20 attempts; that is your score.



TENNIS SERVE SCORE: _____



Tennis Activities:

Only submit a score for the events you want to participate in!

Sideline to Sideline Run

How fast can you walk, roll or run 27 feet?

Set up: Measure 27 feet (if you don't have a measuring tape, take 10 large steps). Mark the distance.

What to record and submit: Record the *time it takes you to walk, roll or run* to the 27 ft mark and back to the starting line.



SIDELINE RUN SCORE: _____

Individual Skills *(on the court option)*

Compete in each individual skill event and add your scores together for a total Individual Skills score. Individual skills events are: Forehand Volley, Backhand Volley, Forehand Groundstroke, Backhand Groundstroke, Serve-Deuce, Serve-Advantage and Alternating Groundstrokes. Event set up and scoring can be found in the Special Olympics Minnesota Tennis Handbook online at <https://coach.specialolympicsminnesota.org/resources/sport-handbooks-rules/tennis/>



INDIVIDUAL SKILLS SCORE: _____