



Fitness Heptathlon

The Fitness Heptathlon is a eight (8) week event that allows athletes not only the chance to compete against their peers from across the state but also allows them to continue to build healthy habits! Participants select **ANY** seven (7) activities from the Fitness Options Guide. Competitors must select one workout from each of the categories. The categories include: **Agility, Core Body Strength, Lower Body Strength, Lower Body Endurance, Upper Body Strength, Cardiovascular Endurance and Balance**. Participants will complete the **SAME** seven exercises at three (3) different points of the season. Special Olympics Washington will need a Baseline Score (Week 1), Midpoint Score (Week 4 or 5), and Final Score (Week 8). Participants will be divisioned based upon gender, age, and score which reflects level of improvement. This model provides flexibility to participants and programs while competitors can work towards progression in the fitness exercises. The Fitness Heptathlon can be done individually or as Unified Pairs.

Winter Wellness Cup

The **Winter Wellness Cup** is an exciting eight (8) week program designed to keep athletes, coaches, unified partners and family members healthy, fit & connected this winter! The Winter Wellness Cup will consist of weekly activities in a variety of categories including: **Fitness, Nutrition, Hydration, Positive Health Habits, Strong Minds and a bonus category!** Participants will earn points based on *how many* of the weekly activities they accomplish. Individuals and teams will submit their **points** each week to fight their way to the top of the **live leaderboard**. Participants can earn **incentives** based on how many weeks they submit their points. Leaderboard champions will be recognized with the ultimate Winter Wellness Cup title at the end of the eight (8) week season. We have also integrated fun, virtual, athlete-lead fitness demonstrations, cooking lessons and more as part of our **Resource Fair**. We can't wait for you and your athletes to get fit & stay healthy with us all winter long! Let's go champions!



Virtual Winter Games E-Gaming

Game: Rocket League - Soccer

Consoles: Rocket League can be played on any console, however it is encouraged that athletes use Xbox or PlayStation

Cost: Rocket League is free to download and play, athletes must have capability to play online

Teams: Competition will take place in a 3x3 format. Divisions include Traditional, Community Unified and Unified Champion Schools. On registration, competitors will list their existing team and teammates. If they do not have a team, they will be assigned to a team.

Competition Schedule: Competitors must be available on March 6th and 7th. On March 6th teams will play in a round robin pool-play type format. At the end of the day on March 6th teams will be divisioned and bracketed for the final knockout round on March 7th. All matches will last 5 minutes and will be a best of five format. Games that are tied at the end of regulation will go into a sudden death overtime.

Joining a private match: Prior to the start of the competition competitors will receive the name and passcode to their private match. Prior to the start of the private match, volunteers will set these games up and help troubleshoot any issues. Please watch this tutorial of how to join a private match: <https://youtu.be/abe1ZVlQVwq>

Volunteer Support: Volunteers will have the opportunity to join in as Unified Partners as well as Virtual Coaches. As Virtual Coaches, volunteers will help get practices and games set up, answer any questions, and help submit results of matches. Volunteers will also host office hours throughout the season to help support teams and trouble shoot any issues

Timeline:

Date:	Activity:
Late December	Volunteer registration opens
11/30/20	Competitor registration opens
End of January	Registration closes
First week of February	Teams created
1/04 - 2/26/2021	Open practice period
2/27 - 2/28/2021	Final practice weekend, test games set up and volunteer office hours held
3/3 and 3/5/2021	Volunteer office hours held
3/6/2021	Pool play
3/7/2021	Knockout rounds