

Sample Athletics Practice

Time	Activity	Description
1:00pm	Volunteer Arrival/Check-In	<ul style="list-style-type: none"> Volunteers will check-in by Brenda/Michelle beside the DJ Tent.
1:15pm	Volunteer Briefing/Station Assignments/Set-up	<ul style="list-style-type: none"> Volunteers will be welcomed, and provided with an overview of Special Olympics, the practice plan, stations, and additional opportunities by SONC Staff, Charyl Clark and Head Coach Linda.
1:45pm-2:00pm	Athletes Arrival <ul style="list-style-type: none"> Walk two laps 	<ul style="list-style-type: none"> Volunteers are encouraged to interact and walk with athletes.
2:00pm-2:10pm	Warm-Up <ul style="list-style-type: none"> Led by HPU 	<ul style="list-style-type: none"> Athletes will be introduced to volunteers. Athletes will be given an overview of the practice. Athletes will be given their assigned group and starting station.
2:10pm-3:45pm	Station Work <ol style="list-style-type: none"> STRIVE – Bleachers 50m Walk/Run –Bleacher side of track Standing Long Jump – Bleacher Pit Station Softball Throw – Far Right Field Running Long Jump - Parking Side Pit Station Mini Jav – Left Side Field Long Run – Parking Side of Track 	<ul style="list-style-type: none"> Athletes will be divided into groups and move through appropriate stations. Volunteers will report to previously assigned station. Shot gun start to station work. Rotations will be announced via Tony Williams. If possible available volunteers will move through stations with each group. Water will be available throughout the venue.
3:45pm-4:00pm	Cool-Down/Review <ul style="list-style-type: none"> Led by Linda 	<ul style="list-style-type: none"> Volunteers and athletes will transition to the cool-down area to review the practice, walk a final lap, and stretch before being dismissed.

Additional Notes for Practice for Session:

- Goal to have 1 volunteer per station, and 1 volunteer per group to rotate with athletes.
- Extra volunteers will fill in at STRIVE
- There is an overlap of track and STRIVE. This has been considered.

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Practice Groupings

Group	Athlete	Track	Field
A	Richard	50M Walk	Softball Throw, Standing Long Jump, STRIVE
A	Stevie	50M Walk	Softball Throw, Standing Long Jump, STRIVE
A	Mark	50M Walk	Softball Throw, Standing Long Jump, STRIVE
B	Wendell	50M Walk	Softball Throw, Standing Long Jump, STRIVE
B	Ricky	50M Walk	Softball Throw, Standing Long Jump, STRIVE
B	Andy	50M Walk	Shot Put, Mini Jav, STRIVE
C	Victor	50M Run	Shot Put, Mini Jav, STRIVE
C	Michael	50M Run	Shot Put, Mini Jav, STRIVE
D	Robert	50M Run	Shot Put, Mini Jav, STRIVE
D	Nathan	50M Run	Shot Put, Mini Jav, STRIVE
E	Ellis	100M/200M	Shot Put, Mini Jav, STRIVE
E	Greg	100M/200M	Shot Put, Mini Jav, STRIVE
F	A.S.	100M/200M	Shot Put, Mini Jav, STRIVE
F	Brad	100M/200M	Shot Put, Mini Jav, STRIVE
G	Dustin	800M/1500M	Shot Put, Mini Jav, STRIVE
G	Kristin	800M/1500M	Shot Put, Mini Jav, STRIVE

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Rotation Schedule

Group	Station Rotations				Each station is 24 minutes
A	3	4	1	2	
B	4	1	2	3	
C	1	2	3	4	
D	2	3	4	1	
E	1	7	(5/6)	Each Station is 30minutes	
F	7	(5/6)	1		
G	(5/6)	1	7		

Station Summary

Station	Key Points
1. Strive	<ul style="list-style-type: none"> Athletes will be rotating through a series of health related fitness assessments.
2. 50M Walk	<ul style="list-style-type: none"> 1 foot must always remain in contact with the track. Remind athletes to try and stay in their own lane.
3. Standing Long Jump	<ul style="list-style-type: none"> Athletes should have bent knees, and utilize a deep arm swing to generate momentum with a soft landing.
4. Softball Throw	<ul style="list-style-type: none"> Athletes will be throwing for distance. A run approach is ok as long as they do not break the foul line.
5. Shot Put	<ul style="list-style-type: none"> SAFE technique is important! Shot begins in the palm of the hand along the side of the face and is PUSHED, not thrown. Watch for fouls and rear exit from circle.
6. Mini Jav	<ul style="list-style-type: none"> Jav will rest in the V of the hand between the thumb and pointer finger. Release comes from the pinky in the front and works its way back.
7. 100M/200M 800M/1500M	<ul style="list-style-type: none"> All distances except for the 1500 require the athlete to remain in their lane.

Other Key Notes:

- Stop for water whenever necessary. Water is never withheld.
- Please ask if you ever need assistance. Coach Linda will be moving around the various stations.

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Venue Layout

