



Special Olympics Level 2 ITN Assessment

ITN Assessment Form 10.3

Assessment Procedure

When a group of athletes gets to the court assigned to them, the scorer will make sure that he/she has each of the athlete's forms and that he/she has matched each athlete to the correct form.

To keep things moving and to keep all athletes engaged, the athletes will rotate through each test as it comes up. That is to say, all will do the serve test then all will do the groundstrokes test, etc.

The level 2 ITN assessment consists of the following tests:

- Mobility Test (outlined on page 2)
- Stroke Test (outlined below)

Court Size - 42' x 27' (Service boxes only)

For the Level 2 ITN Assessment, athletes will be assessed using the short court configuration. That configuration can be seen below as an example with the service boxes outlined in white as the playing court.

Ball Used

- Red felt ball

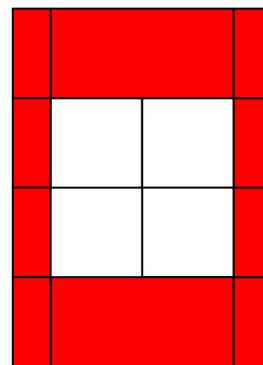
Stroke Tests Description

The stroke test for this assessment will consist of serves, forehand and backhand groundstrokes, forehand and backhand volleys.

One feeder should be on the opposite side of the net at the end of the service box. Each ball fed should be to the correct hand position for the athlete and should be a returnable ball.

The athlete will perform the following to complete the stroke test.

- ✓ 4 overarm serves (2 from each side)
- ✓ 4 forehand groundstrokes
- ✓ 4 backhand groundstrokes
- ✓ 2 forehand volleys
- ✓ 2 backhand volleys



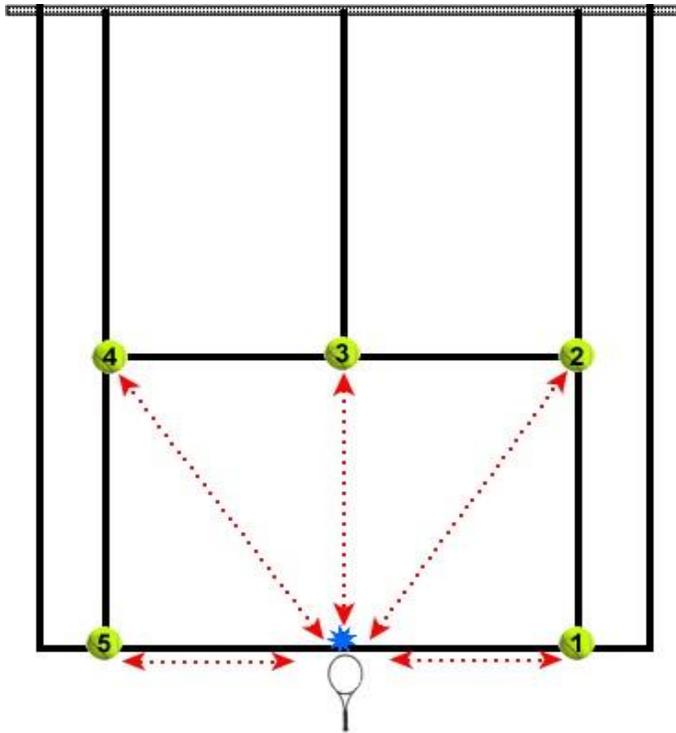
How To Score

The following criteria will be used to determine an athlete's score for this assessment.

- 1 point for every ball landing within the Level 2 court dimensions (White area in Diagram)
- 1 point for every serve in correct service box

The maximum score an athlete may receive for the stroke tests is 16 points. An athlete's total assessment score will consist of their stroke score combined with the mobility test score. The scorer will use ITN Assessment form 10.3 to record the athlete's score.

MOBILITY



Maximum Possible = 76 Points

The Mobility Assessment This assessment measures the time it takes a player to pick up five tennis balls and return them individually to a specified zone.

The score is recorded in seconds.

Points are awarded based on the time it takes to complete this task.

The faster a player completes the task the more points are awarded.

Procedure:

Place a tennis racquet with the head of the racquet just behind the centre mark in the middle of the baseline. The handle of the racquet is pointed towards the back fence as shown in the diagram.

Position 5 balls on the court as shown in the diagram.

Starting at the middle of the baseline, each ball has to be retrieved and placed on the strings of the racquet, one ball at a time in a counter clockwise direction, that means, **everyone has to start to grab the ball from the right side.**

The time will be recorded using a stopwatch after the command "Ready-set-go" is given.

As soon as the last ball is placed on the strings of the racquet, the time is stopped.

Points are awarded as follows:

The top row contain a table of time increments equaling 1 second intervals.

The bottom row represents the amount of points allocated for each time increment.

Mobility Table		Time	Score																							
T	40	39	38	37	36	35	34	33	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17	16	15
S	1	2	3	4	5	6	7	8	9	10	11	12	12	14	15	16	18	19	21	26	32	39	45	52	61	76

The faster the time, the more points are allocated. 22 SECONDS = 21 POINTS