

Athletics LONG TERM TRAINING PLAN



**SPECIAL OLYMPICS
NORTH CAROLINA**



2018 Special Olympics USA Games Long Term Training Plan

Athletics

Coach Danielle Dietz

Athletics LONG TERM TRAINING PLAN

Objectives for training plan: Provide athlete(s) and local coach with clear guide of trainings, reporting, and drill expectations.

Time	Specific Objectives/Training Activities	Training Focus/Goals/Reminders
January	<ul style="list-style-type: none"> ● Initial Fitness Testing ● Training Camp ● Team/Athlete Assessments (sport specific) ● Once a week practices 	<ul style="list-style-type: none"> ● Sport specific training items/drills for local coaches to work on with athlete/s. ● Introduce teammates and build rapport amongst team. ● Gain a baseline on current health status and habits. ● Provide athletes with health and training expectations.
February	<ul style="list-style-type: none"> ● Fitness Test #2 ● Practice 2 xs a week ● Communicate with local coach at the beginning of the month to review training. 	<ul style="list-style-type: none"> ● 2/17/2018: coaches collect healthy habits data via Fitness and Nutrition Google form
March	<ul style="list-style-type: none"> ● Fitness Test #3 ● Practice 3 xs a week ● At least one scrimmage if possible ● Communicate with local coach at the beginning of the month to review training. ● Long Distance Runners: Work on Building Endurance ● All Track Events: Work on Starts at least 2x week ● All Field Events: Work on strengthening 2x week 	<ul style="list-style-type: none"> ● 3/3/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included) ● 3/17/2018: coaches collect healthy habits data via Fitness and Nutrition Google form
April	<ul style="list-style-type: none"> ● Fitness Test #4 ● Practice 3 xs a week ● At <u>least one scrimmage/s</u> if possible ● Communicate with local coach at the beginning of the month to review training. ● Long Distance Runners: Continue to work on Endurance ● All Track Events: work on form and finish 3x week ● All Field Events: Work on technique/Form 3x week 	<ul style="list-style-type: none"> ● 4/7/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included) ● 4/21/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (health metrics and lifestyle survey collected) ● Relay TEAM Practice Location/Time: TBD
May	<ul style="list-style-type: none"> ● Fitness Test #5 ● Practice 4 xs a week ● At least 2 scrimmages if possible ● Communicate with local coach at the beginning of the month to review training. ● Long Distance Runners: Work on speed ● All Track Events: Work on Speed 	<ul style="list-style-type: none"> ● 5/5/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included) ● 5/19/2018: coaches collect healthy habits data via Fitness and Nutrition Google form ● Javelin Practice- Location (varies) Date/TIME: TBD

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June	<ul style="list-style-type: none"> ● All Field Events: would on length/distance of throw ● Fitness Test #6 (Last One ☺) ● Practice 5 xs a week ● Communicate with local coach at the beginning of the month to review training. ● At least 2 scrimmages if possible ● All Track Events: Work on Form, Finish, and technique at every practice! (Your endurance and speed should be there by now!) ● All Field Events: Continue to work on technique at every practice!(Your strength should be there by now) 	<ul style="list-style-type: none"> ● 6/2/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included) ● 6/1/2018- 6/3/2018- State Summer Games in Raleigh- Compete in Athletics in the events you will compete in Seattle for. ● 6/16/2018: coaches collect healthy habits data via Fitness and Nutrition Google form (Final Health Metrics and lifestyle survey collected) ● 6/30/2018: coaches collect healthy habits data via Fitness and Nutrition Google form
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Communication Plan

1. Contact athletes at least twice a month to check in on trainings and collect health tracking information.
2. Have athletes be ready to report on health activity via provided trackers at each communication.
3. Communicate any questions concerns or awesome news to SONC.

Working with local coach

1. The local coach will be working with your athlete(s) directly. Ensure plans are clear and athlete specific.
2. Team NC coaches should be communicating with local coaches a minimum of once a month (encouraged to do more) to discuss athlete progress, answer questions, and adjust plans as needed.

Athlete Progress

1. Collection of health tracker sheet data bi weekly.
2. Fitness testing to be completed every month.
3. Health data submitted via google form bi weekly.
4. Conduct athlete/team assessments for potential score updates as needed.

Plans for Getting the Team Together

1. If possible, make a plan to get the team together for a practice or scrimmage.
2. Plan travel plans to see individual athletes if you can't get the whole team together.
3. Check out locally hosted scrimmages/invitations at competition opportunities.
4. Determine what assistance will you need from SONC? (Travel reimbursement, equipment, facility spaces.