



**SPECIAL OLYMPICS
NORTH CAROLINA**



2018 Special Olympics USA Games Long Term Training Plan

Bocce Ball

Coach: Kevin Rumley

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 1xs a week At least one scrimmage. 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 1xs a week At least one scrimmage Communicate with local coach at the beginning of the month to review training. 	<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 1xs a week At <u>least one scrimmage</u> encouraged Communicate with local coach at the beginning of the month to review training. 	<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)
May	<ul style="list-style-type: none"> Fitness Test #5 Practice 2xs a week At least 2 scrimmages Communicate with local coach at the beginning of the month to review training. Face-to-face Coach/athlete visits 2x month 	<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
June	<ul style="list-style-type: none"> Fitness Test #6 (Last Once 😊) Practice 3xs a week Communicate with local coach at the beginning of the month to review training. At least 2 scrimmages. Face-to-face coach/athlete meeting 3x month 	<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) 6/16/2018: 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

2018 Special Olympics USA Games Team NC

