

(SPORT) LONG TERM TRAINING PLAN



**SPECIAL OLYMPICS  
NORTH CAROLINA**



# **2018 Special Olympics USA Games Long Term Training Plan**

Sport: Gymnastics

Coach: Rory Riley Topping

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**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"> <li>• Initial Fitness Testing</li> <li>• Training Camp</li> <li>• Team/Athlete Assessments (sport specific)</li> <li>• Once a week practices</li> </ul>	<ul style="list-style-type: none"> <li>• Sport specific training items/drills for local coaches to work on with athlete/s.</li> <li>• Introduce teammates and build rapport amongst team.</li> <li>• Gain a baseline on current health status and habits.</li> <li>• Provide athletes with health and training expectations.</li> </ul>
February	<ul style="list-style-type: none"> <li>• Fitness Test #2</li> <li>• Practice __xs a week</li> <li>• At least one scrimmage.</li> <li>• Communicate with local coach at the beginning of the month to review training.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>2/17/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form</li> </ul>
March	<ul style="list-style-type: none"> <li>• Fitness Test #3</li> <li>• Practice <b>2</b>xs a week</li> <li>• <b>Mock competition at local gym</b></li> <li>• Communicate with local coach at the beginning of the month to review training.                             <ul style="list-style-type: none"> <li>○ Discuss routines and noted areas of improvement focusing on skills (“D Score” elements)</li> <li>○ Discuss additional conditioning exercises (we have our own sheet) to be done at home.</li> <li>○ Remind athletes to watch videotaped routines to help with memorization.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>3/3/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included)</li> <li>• <b>3/17/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form</li> <li>• <b>3/31/2018:</b> ability to perform all four routines by memory without verbal or visual cues from coaches.</li> </ul>
April	<ul style="list-style-type: none"> <li>• Fitness Test #4</li> <li>• Practice <b>2</b>xs a week</li> <li>• <b>Local invitational 4/14 – competing against USA Games gymnasts from SOKY and SOVA</b></li> <li>• Communicate with local coach at the beginning of the month to review training.                             <ul style="list-style-type: none"> <li>○ Discuss routines and noted areas of improvement focusing on execution of skills (“E Skills” elements).</li> <li>○ Add to conditioning exercises worksheet, increasing sets and number of reps.</li> <li>○ Continue to watch videotaped routines with emphasis on memorization.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>4/7/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included)</li> <li>• <b>4/21/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form (health metrics and lifestyle survey collected)</li> <li>• <b>4/30/2018:</b> ability to perform all four routines without assistance and with application of areas of improvement.</li> </ul>
May	<ul style="list-style-type: none"> <li>• Fitness Test #5</li> <li>• Practice <b>3</b>xs a week</li> <li>• <b>Go to Atlanta for SONA/USA Gymnastics National Championship</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>5/5/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included)</li> </ul>

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	<ul style="list-style-type: none"> <li>• Communicate with local coach at the beginning of the month to review training.             <ul style="list-style-type: none"> <li>○ Focus on nuances of each routine, such as floor pattern, sticking dismounts, and finishes/presentation (arms straight, up by ears, smiling, checking to make sure hair and leotard are in place before competing).</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>5/19/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form</li> <li>• <b>5/30/2018:</b> watch updated videos of athlete's routine and compare to earlier version; ask athlete to identify specific areas of improvement in updated routine and provide own input on what else needs to be improved.</li> </ul>
<p>June</p>	<ul style="list-style-type: none"> <li>• Fitness Test #6 (Last Once 😊)</li> <li>• Practice <b>3</b>xs a week</li> <li>• Communicate with local coach at the beginning of the month to review training.             <ul style="list-style-type: none"> <li>○ Focus on performing various routines in succession; "mental training" (closing eyes, taking deep breathes, remembering to relax in between turns).</li> </ul> </li> <li>• <b>Compete at State Games and one more mock meet at local gym.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>6/2/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form (Fitness re-test numbers should be included)</li> <li>• <b>6/16/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form (Final Health Metrics and lifestyle survey collected)</li> <li>• <b>6/30/2018:</b> coaches collect healthy habits data via Fitness and Nutrition Google form</li> </ul>