

# 2021 VIRTUAL FITNESS COMPETITION & SERIES

We invite all athletes, Unified partners, coaches, and fans to compete in the 2021 Virtual Fitness Competition. Events will include push-ups from knees, jumping jacks, single leg stance, curl-ups/crunches and march in place. This competition is open to everyone and is a safe way to compete against your friends and peers from across the state.

Train and compete from home, February 15 through 22, and come together virtually to celebrate your accomplishments with the Virtual Fitness Series beginning February 24 and ending with the Virtual Fitness Competition Results Show on Friday, February 26.



## COMPETE FROM HOME

This competition is a safe way for athletes, Unified partners, coaches, and fans to keep the spirit of Special Olympics Iowa alive while practicing social distancing.

### Here's how it Works:

1. **REVIEW THE EVENTS!** For the Virtual Fitness Competition, individuals can participate in push-ups from knees, jumping jacks, single leg stance, curl-ups/crunches and march in place events.
2. **PRACTICE!** After reviewing the list of competition events, begin practicing those events that you want to compete in.
3. **SUBMIT YOUR RESULTS!** We encourage you to submit times and scores for all of the events you practiced. **All scores are due February 22.**

*Note: In order to follow social distancing rules, you should practice and compete in these events on your own at home; however, virtual interactions with your team through social media, texts, or emails are allowed and encouraged! Coaches can still help virtually with explaining practice activities, collecting and submitting scores, and cheering you on. You can only compete in a group (less than 10) if a coach or delegation manager has completed the Return to Play requirements.*

If you need help or don't have access to a computer ask a family member, friend, staff, or coach to help.

Have other questions or need help submitting your results? Contact us at [info@soiowa.org](mailto:info@soiowa.org).

# COMPETITION EVENTS

Push-up from the Knees  
Jumping Jacks  
Single Leg Stance  
Curl up/Crunches  
March in Place

## CELEBRATE YOUR SUCCESS

February 24-26

Once you've practiced, competed, and submitted your results, join the Special Olympics Iowa community from across the state to celebrate! All athletes, Unified partners, coaches, family members, and fans are invited to come together virtually to celebrate everyone's success and wins with the Virtual Fitness Series activities.

On Friday, February 26, at 5:00 p.m. tune in on **Special Olympics Iowa's Facebook page** for the Virtual Fitness Competition Results Show.

## SAFETY INFORMATION

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

### **You can reduce your risk of exercise injury by:**

- Wearing the right shoes
- Using the correct equipment
- Drinking lots of water – stay hydrated
- Warming up and stretching properly
- Being aware of your surroundings - exercise in a safe and level area clear of any obstacles or items

### **Stop exercising immediately and seek medical help if you experience symptoms such as:**

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
- Extreme breathlessness
- A very rapid or irregular heartbeat during exercise

# FAQS

**What's the timeline?** Practice begins on Monday, February 15. Make sure to submit your best times and scores on Monday, February 22. The Virtual Fitness Series activities will kick off Wednesday, February 24, and end Friday, February 26, with the Virtual Fitness Competition Results Show.

**Who can compete?** Anyone - athletes, Unified partners, coaches, and fans. Participating in the Team Fit program is not required.

**Who am I competing against?** You're competing against everyone in the state during the practice season. We'll division everyone based on their role as an athlete, Unified partner, coach, or fan as well as their age and ability.

**How do I practice?** Our top priority is that everyone is safe and maintains social distancing rules while practicing. Practice at home or in a space that still allows you to follow social distancing rules (you must be six feet away from other individuals). You can only compete in a group (less than 10) if a coach or delegation manager has completed the Return to Play requirements.

**Does my coach need to know I'm competing?** If competing in a group (less than 10) a coach or delegation manager must have completed the Return to Play requirements. If competing individually your coach does not need to know, but it would be great if you let them know—they might like to cheer you on virtually!

**Do I need to fill out any paperwork to participate?** No paperwork is required to participate.

**What scores do I need to submit when I am done practicing?** Please keep track of your practice times and scores and submit your best. You can participate in all events or just your favorites.

**Will I get an award?** All event scores will be added together for a total score. Participants will be divisioned by age, then ability. Awards will be sent out the week after the Virtual Fitness Series.

**How can I participate in the Virtual Fitness Series activities?** The Virtual Fitness Series activities will be held February 24 through February 26. You can begin registering for the activities on February 12.

If you need help or still have questions! Please contact us at [info@soiowa.org](mailto:info@soiowa.org).