

SOI's ADM →→→→→ Lifelong sports experience - CORE COMPONENTS

Stages→ May not follow chronologic order or traditional ADM stages	Fundamentals: The focus is on the basics of motor development and fundamentals of sports skills, building a foundation of health, fitness and nutrition habits.	Learning to Train: Intent to convert skills learned in the Fundamental stage into sports specific skills, within multiple sport settings, focusing on learning to train.	Training to Compete: The athlete narrows their training to focus on one or two sports. Becomes comfortable with all aspects of competition preparation.	Recreational Activities: The athlete continues to participate in sports, have fun and maintain a healthy lifestyle.
Components ↓				
Recommended Training Sessions per week	2-3	2-4	3-6	2-6
Number of Sports per year	3-5	2-3	1-2	4-8
Number of Competitions per quarter	N/A	2-3	3-5	2
Key components of activities offered	<ul style="list-style-type: none"> - Fun activities with focus on motor development and activities together with family members and/or other children/volunteers/partners. - Activities can take place in a gym, in a pool or outdoor. Family involvement. - Structured and fun age appropriate activities with focus on balance, coordination, speed, agility and flexibility. - Basic Sport Movement Skills. - Provide training opportunities for athletes to acquire skills considered essential in the recognized skill progressions leading to participation in Official Special Olympics sports. 	<ul style="list-style-type: none"> - Variety of sport activities with focus on strength, endurance, balance. - Focus on goal setting and evaluation in a fun way. - Athletes become aware and understand the importance and impact of training. - Provide an environment that allows athletes to train and practice in preparation for competition. - Inclusive of mental preparation for training and competitions 	<ul style="list-style-type: none"> - Endurance, Strength and Sport specific training. Rules, planning, goal setting and evaluation. - The athlete should become responsible and independent for their training and competition preparation. - Provide opportunities to prepare athletes to compete and achieve personal bests in a competition setting 	<ul style="list-style-type: none"> - Variety of activities with focus on achieving physical fitness, social/emotional enjoyment. - Provide an environment that is fun and encourages athletes to stay active and pursue sporting activities and physical activity opportunities
Type of Competitions	<ul style="list-style-type: none"> - Young Athletes and MATP demonstration events at local, regional and international games, including World Games. Only local athletes should participate. 	<ul style="list-style-type: none"> - Local level 	<ul style="list-style-type: none"> - All levels, including National, Regional and World Games - Compete 4 to 6 times during a season, also outside SO when opportunities arise. - High Performing athletes should have access to all competition opportunities that are available 	<ul style="list-style-type: none"> - Unified Sports® Recreation day - community based events - Local Events
Coaches Certification	<ul style="list-style-type: none"> - Meet SOI coaches certification standards (5 criteria- General Orientation ; basics of Coaching of SO athletes; Coaching specific sports; 10 hours practicum as verified/endorsed by the local SO Programme). - Motor learning skills course. - M.A.T.P. if applicable to community. - Young Athletes. - Training in basic nutrition and injury prevention. 	<ul style="list-style-type: none"> - Meet SOI coaches certification standards (5 criteria-General Orientation ; basics of Coaching of SO athletes; Coaching specific sports; 10 hours practicum as verified/endorsed by the local SO Programme). - Additional basic sports specific knowledge. 	<ul style="list-style-type: none"> - Meet SOI coaches certification standards (5 criteria- General Orientation ; basics of Coaching of SO athletes; Coaching specific sports; 10 hours practicum as verified/endorsed by the local SO Programme) - University/Federation sports specific certification at a high level. 	<ul style="list-style-type: none"> - Meet SOI General Orientation as verified/endorsed by the local SO Programme and has a familiarity with working/coaching within the ID community.

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Components ↓				
Coaches Focus (One or more coaches may be involved in the delivery of the focus areas at these Stages)	<ul style="list-style-type: none"> - Ensure a safe environment is provided. - Emphasize coordination, balance, speed, power, and basic skill development - Using games and exposure to a variety of sports. - Introduce concepts such as cooperation, meaningful involvement, respect, and sharing - and work on improving social skills provide in a structured, fun and positive socially inclusive environment. 	<ul style="list-style-type: none"> - Ensure a safe environment is provided. - To build a multi skill foundation that will provide the athlete with sport options. - Introduce decision-making skills and simple rules of sport. - Integrate appropriate technical, tactical, and physical training. 	<ul style="list-style-type: none"> - Ensure a safe environment is provided. - Goal setting for specific competitions & peak performance and evaluation. - Recovery and injury prevention to ensure personal bests during competitions. - Individualize training programs based on the results of testing and developing individual strengths and minimizing weaknesses based on the sport-specific technical, tactical. - Adopt Sports Federations specific ADM into training and competition planning based on the athlete's individual characteristics. - Physical, and psychological requirements of the sport. - Identify frequent quality competitions 	<ul style="list-style-type: none"> - Ensure a safe environment is provided. - Create a fun environment that allows for social interaction and ongoing physical activities and promotion of positive health behaviours. - Provide inclusive recreational opportunities
Unified Sports®	- Fundamentals Core Components is applicable to Unified Sports Recreation.	- Training - learning and practice Core Components is applicable to Unified Sports Player Development.	- Competitions - learning and training to achieve personal best performances Core Components is applicable to both Unified Sports Competitive and Unified Sports Player Development models.	- Recreational activities Core Components are applicable to Unified Sports Recreation.

SOI's ADM →→→→→ Lifelong sports experience - TOOLS

Stages→ May not follow chronologic order or traditional ADM stages	Fundamentals: The focus is on the basics of motor development and fundamentals of sports skills, building a foundation of health, fitness and nutrition	Learning to Train: Intent to convert skills learned in the Fundamental stage into sports specific skills, within multiple sport settings, focusing on learning to train.	Training to Compete: The athlete narrows their training to focus on one or two sports. Becomes comfortable with all aspects of competition preparation.	Recreational Activities: The athlete continues to participate in sports, have fun and maintain a healthy lifestyle.
Components ↓				
STRIVE Health and Nutrition (HA – TBD)	<ul style="list-style-type: none"> - Health Promotion. - Fun Fitness. - Availing of Health Screening programmes & taking action as appropriate. 	STRIVE <ul style="list-style-type: none"> - Health Promotion. - Fun Fitness. - Availing of Health Screening programmes & taking action as appropriate. - Athletes taking responsibility for their health and well being 	<ul style="list-style-type: none"> - Health Promotion. - Fun Fitness. - Availing of Health Screening programmes & taking action as appropriate. - Athletes taking responsibility for their health and well being 	<ul style="list-style-type: none"> - Connect athletes with community as promoters of Special Olympics and TRAIN. - Health Promotion. - Fun Fitness. - Maintaining healthy lifetsyle behaviours
Technology	<ul style="list-style-type: none"> - STRIVE assessments. - Athletes and coaches establish and evaluate goals, tracking of athletes' training performance and personal best, training information. Nutrition and health information 	<ul style="list-style-type: none"> - Personal Sports Development. - Injury Prevention. - Sport Technical Information. - ATA: for individual goal setting, tracking training and performance, personal best, training information, health/ nutrition information. - Communication platform for Coaches/athletes 	<ul style="list-style-type: none"> - Personal Sports Development. - Mental Training. - Injury Prevention. - Sport Technical Information. - ATA: for individual goal setting, tracking training and performance, personal best, training information, health/ nutrition information. - Communication platform for Coaches/athletes 	<ul style="list-style-type: none"> - Social Networking and information sharing with other athletes. - ATA: for individual goal setting, tracking performance, personal best, health and nutrition information. - Communication platform for Coaches/athletes
Best Practice	<ul style="list-style-type: none"> - Using ongoing research to guide the development of best practice in Young Athletes. - To provide new exercises/drills/games to develop fundamental skills. - Using social media platforms to share best practice. 	<ul style="list-style-type: none"> - Align with best practices of National Sports Organisations/ National Governing Bodies. - Using social media platforms to share best practice. 	<ul style="list-style-type: none"> - Explore opportunities to increase competition opportunities for athletes locally, both with Special Olympics and integrated with mainstream competition/sport. - Using social media platforms to share best practice. 	<ul style="list-style-type: none"> - Providing athletes with the information and support to make decisions regarding their recreational sports participation. - Using social media platforms to share best practice.

SOI's ADM →→→→→ Lifelong sports experience - SUPPORT

Stages→ May not follow chronologic order or traditional ADM stages Components ↓	Fundamentals: The focus is on the basics of motor development and fundamentals of sports skills, building a foundation of health, fitness and nutrition habits.	Learning to Train: Intent to convert skills learned in the Fundamental stage into sports specific skills, within multiple sport settings, focusing on learning to train.	Training to Compete: The athlete narrows their training to focus on one or two sports. Becomes comfortable with all aspects of competition preparation.	Recreational Activities: The athlete continues to participate in sports, have fun and maintain a healthy lifestyle.
Community Partners	- Health care providers Institutions and schools. - Interest organizations for people with intellectual disabilities. - Sports clubs.	- Learning institutions. - Volunteer organisations	- Learning institutions	- Sports Federations / clubs. - Government agencies. - Learning institutions. - Volunteer organisations.
Family and Caregiver support	- Support home training and healthy nutrition. - Encourage simple physical activities in the daily living . - Use available Apps and resources to encourage a healthy and active lifestyle. - Identify and support attendance in sports training. - Share good news stories and interactions with other parents.	- Motivation and support to choose the right sports, practice and support home training, encourage the best nutrition. - Transportation. - Family coaches and assistant coaches. - Act as Unified partners. - Families acting as spokes people.	-Provision of Home equipment to enhance additional training. - Knowledge of sports nutrition. - Motivators for personal training. - Spectators and volunteers at competitions. - Families acting as spokes people.	- Active family involvement. - Act of Unified partners
Funding Sources	- Check with the Regional office. - Government agencies. - Sponsors/Supporters. - Donations. - Social Corporate grants	- Check with the Regional office. - Government agencies. - Sponsors/Supporters. - Donations. - Social Corporate grants	- Check with the Regional office. - Government agencies. - Sponsors/Supporters. - Donations. - Social Corporate grants	- Check with the Regional office. - Government agencies. - Sponsors/Supporters. - Donations. - Social Corporate grants
Awareness	- Active involvement with Media. - Social media. - Family Networks. - Demonstrations. - Ambassadors. - Presentations. - Athlete Advocacy.	- Active involvement with Media. - Social media. - Family Networks. - Demonstrations. - Ambassadors. - Presentations. - Athlete Advocacy. - Engagement with sports bodies.	- Active involvement with Media. - Social media. - Family Networks. - Demonstrations. - Ambassadors. - Presentations. - Athlete Advocacy. - Engagement with sports bodies.	- Active involvement with Media. - Social media. - Family Networks. - Demonstrations. - Ambassadors. - Presentations. - Athlete Advocacy. - Engagement with sports bodies.
Other relevant involvement of SO athletes in Sports	- Age appropriate volunteering	- Links to Athletes as officials, coach and Project Unify.	- Links to Athletes as officials, coach and Project Unify. - Use of federations to identify mentors of athletes to become certified officials and coaches. - Use of athletes as mentors or promoters of the sport and SO board members.	- Links to Athletes as officials, coach and Project Unify. - Use of athletes as mentors or promoters of the sport and SO board members.

SOI's ADM →→→→→ Lifelong sports experience - DEFINITIONS

DEFINITION of Stages→	Fundamentals: The focus is on the basics of motor development and fundamentals of sports skills, building a foundation of health, fitness and nutrition habits.	Learning to Train: Intent to convert skills learned in the Fundamental stage into sports specific skills, within multiple sport settings, focusing on learning to train.	Training to Compete: The athlete narrows their training to focus on one or two sports. Becomes comfortable with all aspects of competition preparation.	Recreational Activities: The athlete continues to participate in sports, have fun and maintain a healthy lifestyle.
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