

# Special Olympics Athlete Development Model

The ADM is a support plan that empowers athletes so they can reach their full potential. It promotes motor and skill development as well as health and fitness, while preparing athletes for competition.

**UNLOCK THE SUCCESS!**

## ADM STAGES\*



### Fundamental

Focused on fun, basic motor skills, fitness, & nutrition



### Learning to Train

Focused on sports skills, goal setting, fitness & competition preparation



### Training to Compete

Focused on tactics, technique, competition, performance & fitness



### Recreation

Focused on staying fit and sharing friendship & fitness through sports participation

*\*Athletes can be in multiple stages in various sports and move through stages non-sequentially.*

## ADM TARGETS

- > 2+ weekly training opportunities
- > 2+ competition opportunities per quarter
- > Quality training by certified coaches
- > Challenge athletes to reach their full potential
- > Equal respect for all athletes
- > Tools to select the right sport & training
- > Support for all ages and abilities
- > Introduction of physical activities and a healthy lifestyle at an early age
- > Empower athletes to take ownership of their fitness & a healthy lifestyle

## COACH CERTIFICATION

- > SO Orientation
- > Coaching the SO Athlete
- > Specific Sports Coaching
- > Mentorship
- > Endorsement

ADM empowers athletes allowing them to take control of their own fitness, skills development, health, and well-being. We can unlock success for all our athletes worldwide whether their goal is fitness, fun, or top performance.

More information can be found with links to materials at:

[www.specialolympics.org/sports.aspx](http://www.specialolympics.org/sports.aspx)

