

# Strive Frequently Asked Questions

## What is Strive and how is it different from TRAIN?

Strive is the next generation of assessment program designed to test Special Olympics Athletes current state of physical fitness. It replaces TRAIN (Testing Recreational Activities and Improving Nutrition) and has been designed and validated by professionals in the exercise science industry. In continuing the mission of providing opportunities for Special Olympics athletes to improve their performance while becoming more fit, Strive provides a baseline measurement of an athletes' fitness prior to beginning an eight to ten week training period for a chosen sport.

## What happened to TRAIN?

Based on valuable feedback from Programs and coaches and the emphasis on athletes reaching for their personal best, it was determined that Special Olympics athletes would be better served by an overall fitness assessment that was designed and validated by professionals in the exercise science industry. Several of the assessments from TRAIN were kept and slightly modified while others were dropped completely for an assessment that is better suited for individuals with intellectual disabilities.

## What do I need to run Strive?

All the station components you need to run a Strive event will be included in the Strive Event Kit. This should be ordered as far in advance as possible from your event, opened and reviewed to familiarize yourself with the stations and tests. Additional information can also be found in the Program Guide found on <http://resources.specialolympics.org>. To prepare for the event, you will need to:

- Order a Strive Event Kit, contact: Monica Forquer, [monicaforquer@gmail.com](mailto:monicaforquer@gmail.com)
- Space of 9.144 x 24.38400 meters (30 feet x 80 feet) or the size of a basketball court
- Computer with SNAPPER for Strive installed
- Internet if available
- Printer (not required but recommended)
- Power for computer & printer
- Seven 6' tables
- Seven chairs
- A minimum of 18 volunteers



## What comes in the Strive Event Kit?

The Strive Event Kit will include all the materials you will need to run the 10 assessment stations, as well as the educational material for the supplemental stations. This will include mats, scales or portable weighing stations, stop watches, tape, cones, flags, medicine balls, etc. In addition, station signs, banners, clipboards will also be included. A breakdown of materials by station can be found in the Strive Program Guide, which can be downloaded on <http://resources.specialolympics.org>.

The kit is free of charge to Programs. Giveaways are also available at no cost to Programs.

## What is Strive CORE and how is it different from Strive?

Strive CORE complements Strive, which is typically run at large events, like Summer Games. Strive CORE has been developed specifically for coaches as a fitness tool that can be used at a local team level. Building on the curriculum defined by Strive, Strive CORE is comprised of five baseline assessments of an athlete's skills and capabilities. Coaches are provided a kit to conduct an assessment during a training season. Coaches take team measurements at the start of an 8-10 week season and based on outcomes can build practice plans and at home workouts. At the end of the season, a second Strive CORE measurement is encouraged to track improvements in fitness and sports performance.

## What comes in the Strive CORE kit?

All the materials a coach needs to conduct the five assessments for Strive CORE can be found in the portable kit, which will arrive in a duffle bag. This will include a mat, scale, stop watches, measuring tapes, flags, cones etc. Detailed instructions can be found at <http://resources.specialolympics.org>. Coaches can also access the exercise cards to guide in the development of training plans or at home exercises.



## What happens at the end of Strive? What will the athletes get?

As an athlete completes the stations in Strive, his/her results are noted on the Strive Assessment Sheets. At the conclusion of the test and educational stations, the athlete will visit the SNAPPER station, where his/her results will be inputted into the tracking software and a printout of his/her results will be given to the athlete (assuming that a printer is available during the event). Unlike TRAIN, where an athlete would receive an assessment of his/her strongest and weakest skills, the Strive results will only provide an athlete's performance score. Instead of suggesting norms, strengths or weaknesses, athletes will be encouraged to strive for their personal best in each category. The athlete will then be directed to Coaches Corner where they can receive Fitness Training Cards that correlate with the Strive Assessment including: Flexibility, Upper and Lower Body Strength and Cardiovascular exercises. Athletes will also receive a drawstring bag, water bottle, rally towel and headband.

## How do you capture results from a Strive or Strive CORE assessment?

Today, Strive and Strive CORE results are inputted into SNAPPER. The software has been updated to reflect the new curriculum. New and former users of SNAPPER will need to download the new version at: <https://snapper.specialolympics.org/static/media/SNAPPER-2.2.4-win32.zip>. If you have trouble downloading the program, you can use the online version at <http://snapper.specialolympics.org>

New users will need to request a login. Once approved, you will receive an email with your login information. **Approval process can take up to a week; therefore you must request a log in well in advance of your assessment.** After updating the software, former users can login with their previous credentials.

## How can I access SNAPPER?

Once you have downloaded the software, SNAPPER can be accessed through the desktop interface or through the web portal.

- Desktop: Find the SNAPPER icon on your desktop and click. Alternately, you can search for the Program and click to launch the interface (Windows operating systems only).
- Website: You can also access the database remotely at <http://snapper.specialolympics.org>

Once you have launched the website or desktop, you will be need to login with your email and password.



## I've downloaded the SNAPPER software and received my login, how do I input assessment results?

SNAPPER allows for access through the desktop or a website. The desktop version allows for data input even if there is not an internet connection. This is especially helpful, when your Strive event is held outdoors. The data is stored, and once the laptop is connected to the internet, the data will be uploaded at login. To input results follow the instructions below:

1. Launch SNAPPER, either through the desktop version or through <http://snapper.specialolympics.org>.
2. Login using your email and passcode
3. Chose the Strive database, by clicking onto "Strive"
4. Choose an event
  - a. New Event: If you have not created an event, create one on the right side of the screen and type the EVENT NAME with DATE OF THE EVENT and CONTACT. Hit "SAVE AND SELECT"
  - b. Select Event: If your event has already been created, simply find the name and click on "Enter Score"
5. Once an event is selected, you can input scores by inputting results on the right side under "New Recording Sheet."
  - a. If inputting Strive CORE results, check the Strive CORE button under name and the appropriate tests will be listed
  - b. To change height and weight measurements from metric to English, simply chose the appropriate button to the right of the measurements.
  - c. Incomplete tests should be left blank
6. After results are inputted, click on "Save/Get Results," this will list the athlete record to the left under completed recording sheet and you will be ready to input results from the next athlete completing Strive.

## What happens to the information gathered during a Strive assessment?

After the Program has entered the Strive Assessment Sheets into SNAPPER, SOI will take the data and prepare a report that will be sent to the Program contact within two weeks of conducting Strive. This report includes data segmented by local programs and/or coaches name, so that local Programs have a record of what athletes completed Strive and how they scored in each category. Programs will also receive additional Coaches Corner Fitness and Nutrition Training Cards for implementation in their local practices to further reinforce athletes striving for their personal best.



## Can coaches receive information about an athlete's Strive results?

After Programs receive the compiled report of athletes completing a Strive event, the local contact is encouraged to share the information to the coaches that are noted on the report. Fitness and Nutrition cards can also be included in this information, to guide coaches to create training plans and at home workout suggestions for their teams.

## Who can I contact if I still have any questions about Strive or Strive CORE?

For questions about Strive or the program, contact: Monica Forquer, [monicaforquer@gmail.com](mailto:monicaforquer@gmail.com)

For questions about grants, contact: Kyle Washburn, [kwashburn@specialolympics.org](mailto:kwashburn@specialolympics.org)

For questions about the partnership, contact: Beverly Taridona, [btaridona@specialolympics.org](mailto:btaridona@specialolympics.org)

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