



**Special  
Olympics**  
Tennessee



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## Virtual State Summer Games



Special Olympics Tennessee is excited to announce the launch of the 2020 Virtual Summer Games presented by LifePoint Health, Publix, and Lipscomb University!

**Virtual Summer Games will take place May 11-15, 2020.**

Programming will take place each day from 4:00 CST (5:00 EST) and last for approximately one hour.

Events will include an Opening Ceremony presented by Chick-fil-A, Sports Trainings presented by the Predators Foundation and DEX Imaging, Health and Wellness activities presented by LifePoint Health and UnitedHealthcare, Athlete Leadership Training presented by Jackson, Athlete and Coach of the Year Announcements presented by the Tennessee Titans and much more!

**You won't want to miss it!!!**

Information on how to register will be released soon and registration will be open to **ALL** athletes, Unified partners, coaches, volunteers and family members.

### Schedule of Events

**Monday, May 11** - Opening Ceremony presented by Chick-fil-A

**Tuesday, May 12** - Sport-Specific Trainings presented by the Predators Foundation and DEX Imaging

**Wednesday, May 13** - Healthy Athletes presented by LifePoint Health and UnitedHealthcare

**Thursday, May 14** - Athlete & Youth Summits presented by Jackson

**Friday, May 15** - Celebration & Dance Party presented by American Eagle Outfitters



### **Virtual Challenges presented by Results Physiotherapy**

While Summer Games will look different this year, we still want to encourage our athletes, Unified partners, coaches and fans to train for the big event. We will be rolling out a month of at-home fitness challenges for all to participate in.

Athletes and partners who complete 3 of 5 challenges before May 11 **will receive a certificate and recognition during Virtual Summer Games.**

It's easy to participate - the easiest way is to join the SOTN Online Health and Wellness Group on Facebook and post a comment, video or picture of yourself completing the challenge and your "score". Don't have Facebook? Send an email to [vmehren@specialolympicstn.org](mailto:vmehren@specialolympicstn.org) with the same info.

### **Challenge Schedule**

**Challenge #1:** Plank - how many seconds can you stay in a plank position?

**Challenge #2:** 25-Yard Dash - how fast can you run this distance?

**Challenge #3:** Dribbling - how many dribbles can you do in a row, using your favorite type of ball?

**Challenge #4:** Push Ups OR Sit Ups (your choice) - how many can you complete in one minute?

**Challenge #5:** Nutrition/Hydration - share a photo of your healthy plate and comment if you met your goal of 5 bottles of water per day.

Have questions about Virtual Summer Games, the SOTN Online Health and Wellness Facebook Group, or the Fitness Challenges? Email Victoria Mehren, [vmehren@specialolympicstn.org](mailto:vmehren@specialolympicstn.org).

We can't wait for you to share your fitness successes with your family, coaches and other Special Olympics teammates and friends! See you at Virtual Summer Games!

**Join the SOTN Online Health and Wellness Group on Facebook**





## A HEALTHY ATHLETES MESSAGE



**Special Olympics Tennessee**  
challenges you to

**TAKE 5**

**The challenge starts Monday, April 20!**

Take **5 minutes** of your day for the next **30 days** to keep a Strong Mind. Sign up for the newsletter and activity tracker below.

This challenge will be led by Special Olympics Health Messenger athletes across the country. Take 5 minutes a day for the next 30 days to practice stress-reducing techniques. **Athletes who wish to participate can register here.** You can also track your progress using the **activity tracker linked here.**

[REGISTER HERE](#)

## Thank you to our Statewide Partners!



*Special Olympics Tennessee*



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