### SOI’s ADM →→→→→→ Lifelong sports experience - CORE COMPONENTS

#### Components

<table>
<thead>
<tr>
<th>Stages→</th>
<th>Fundamentals: The focus is on the basics of motor development and fundamentals of sports skills, building a foundation of health, fitness and nutrition habits.</th>
<th>Learning to Train: Intent to convert skills learned in the Fundamental stage into sports specific skills, focusing on learning to train.</th>
<th>Training to Compete: The athlete narrows their training to focus on one or two sports. Becomes comfortable with all aspects of competition preparation.</th>
<th>Recreational Activities: The athlete continues to participate in sports, have fun and maintain a healthy lifestyle.</th>
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<tbody>
<tr>
<td>May not follow chronologic order or traditional ADM stages</td>
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<tr>
<td>Components ↓</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recommended Training Sessions per week</td>
<td>2-3</td>
<td>2-4</td>
<td>3-6</td>
<td>2-6</td>
</tr>
<tr>
<td>Number of Sports per year</td>
<td>3-5</td>
<td>2-3</td>
<td>1-2</td>
<td>4-8</td>
</tr>
<tr>
<td>Number of Competitions per quarter</td>
<td>N/A</td>
<td>2-3</td>
<td>3-5</td>
<td>2</td>
</tr>
</tbody>
</table>

#### Key components of activities offered

- 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.
- 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.
- 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.
- 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

- Young Athletes and MATP demonstration events at local, regional and international games, including World Games. Only local athletes should participate.
- Local level
- 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
- Unified Sports® Recreation day
  - community based events
  - Local Events

#### Coaches Certification

- 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.
- 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).
- 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.
- 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).
- Meet SOI General Orientation as verified/endorsed by the local SO Programme and has a familiarity with working/coaching within the ID community.
### SOI’s ADM → Lifelong sports experience - CORE COMPONENTS

**Stages**
May not follow chronologic order or traditional ADM stages

**Components**

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**Coaches Focus**
(One or more coaches may be involved in the delivery of the focus areas at these Stages)

- 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.
- 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.
- 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.
- 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.
| 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.
- STRIVE
  - Health Promotion.
  - Fun Fitness.
  - Availing of Health Screening programmes & taking action as appropriate.
  - Athletes taking responsibility for their health and well being.

### 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.
- STRIVE
  - Health Promotion.
  - Fun Fitness.
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### Training to Compete:
- The athlete narrows their training to focus on one or two sports. Becomes comfortable with all aspects of competition preparation.
- Health Promotion.
  - Fun Fitness.
  - Availing of Health Screening programmes & taking action as appropriate.
  - Athletes taking responsibility for their health and well being.

### Recreational Activities:
- The athlete continues to participate in sports, have fun and maintain a healthy lifestyle.
  - Connect athletes with community as promoters of Special Olympics and TRAIN.
  - Health Promotion.
  - Fun Fitness.
  - Maintaining healthy lifestyle behaviours.

### Technology

<table>
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<th>STRIVE Health and Nutrition (HA – TBD)</th>
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<td>- STRIVE assessments.</td>
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<tr>
<td>- Athletes and coaches establish and evaluate goals, tracking of athletes' training performance and personal best, training information. Nutrition and health information</td>
</tr>
<tr>
<td>- Personal Sports Development.</td>
</tr>
<tr>
<td>- Injury Prevention.</td>
</tr>
<tr>
<td>- Sport Technical Information.</td>
</tr>
<tr>
<td>- ATA: for individual goal setting, tracking training and performance, personal best, training information, health/ nutrition information.</td>
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<tr>
<td>- Communication platform for Coaches/athletes</td>
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</table>

### Best Practice

| - 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. |

| - Align with best practices of National Sports Organisations/ National Governing Bodies. |
| - Using social media platforms to share best practice. |

| - 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. |

<p>| - Providing athletes with the information and support to make decisions regarding their recreational sports participation. |
| - Using social media platforms to share best practice. |</p>
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<td>Community Partners</td>
<td>- 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.</td>
<td>- 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.</td>
<td>- 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.</td>
<td>- Active family involvement. - Act of Unified partners</td>
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<td>Awareness</td>
<td>- Age appropriate volunteering</td>
<td>Links to Athletes as officials, coach and Project Unify.</td>
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<td>Other relevant involvement of SO athletes in Sports</td>
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### DEFINITION of Stages

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