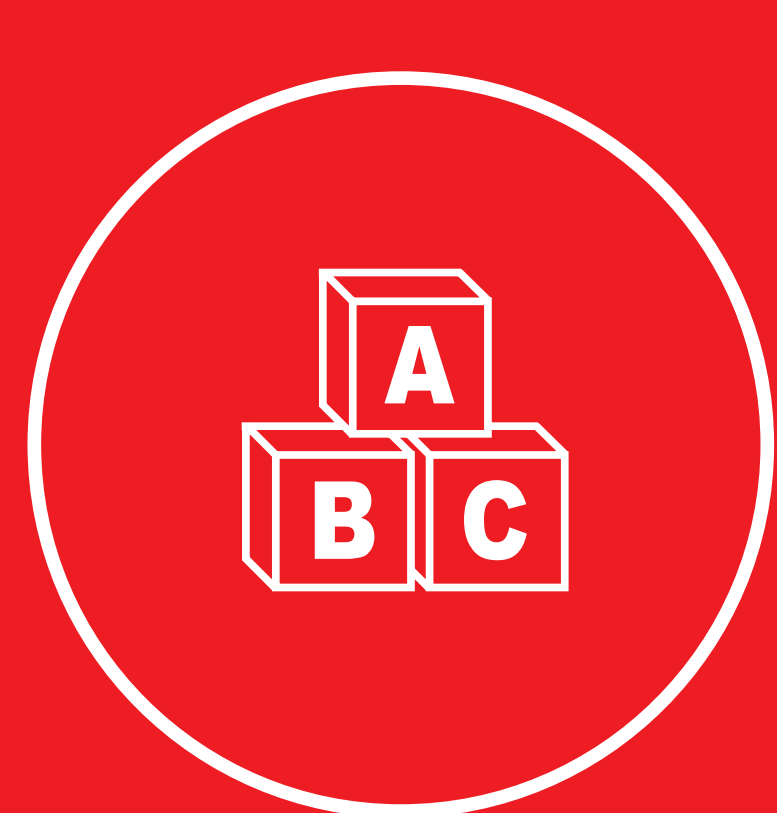


Special Olympics Athlete Development Model

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

Special Olympics

