



Strive CORE

Program Guide

June 26, 2015

Special Olympics



Strive CORE Program Guide

Strive CORE has been developed for coaches as a fitness assessment tool that can be utilized at the local team level to assist in improving the performance and fitness of Special Olympics athletes. It was designed to be easily implemented into an eight to ten week season regardless of the sport. Coaches will also have access to educational materials on exercises that can be incorporated into practice or athletes' training at home to target areas of improvement. Building on the curriculum defined in Strive, the assessment tool validated by exercise physiologists and fitness professionals, Strive CORE is comprised of five baseline assessments of an athlete's skills and capabilities.

An athlete is first measured prior to beginning a training season. Based on outcomes, coaches can build practice plans and at home workouts for their athletes to use. Near the end of a sport's season, coaches are encouraged to run Strive CORE again, as a post training assessment to record the athlete improvement and encourage ongoing behavior changes to improve fitness and sport performance.

Results from Strive CORE can be recorded on a paper form, directly input into SNAPPER or the SOI Athlete Training App, which will be available in the near future.

FIVE BASELINE ASSESSMENTS OF STRIVE CORE

1. Height, Weight
2. Sit and Reach
3. Plank
4. Sit and Stand
5. 20 M Shuttle Run

Assessment Test	Measures	Equipment Needed	Estimated Time <i>(per athlete)</i>
Height, Weight	Body mass index	Scales, Anti-Bacterial Wipes and Measuring Tape	2 minutes
Sit and Reach	Flexibility	Measuring Tape, Stop Watch, Ruler and Duct Tape	2 minutes
Plank	Core stability and strength	Stop Watch, Dowel Rod and Yoga Mat	1 minute
Sit and Stand	Lower body muscular endurance	Stop Watch and Chair*:	1 minute
20m Shuttle Run	VO2 Max / Cardiovascular Endurance	Measuring Tape, Cones and Downloaded Bleep Test App**:	2 – 12 minutes

* Not included in the Strive CORE kit

** Download Bleep Test FREE App from Bitworks Design on iTunes

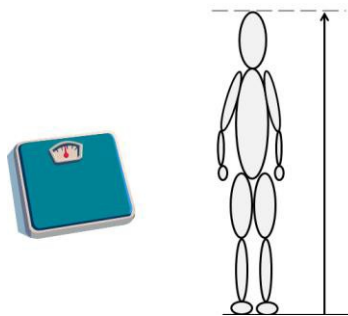
STRIVE CORE INSTRUCTIONS

1. BODY MASS INDEX (1 Volunteer/2 Minutes)

Objective: The athlete's weight and height will be measured to determine his/her Body Mass Index (BMI).

Materials: Scales and Measuring Tape

Set-Up: Place scales on a hard level surface. The height should be measured against a wall or pole, if outdoors.



Procedure:

1. Ask the athlete to remove shoes.
2. Ask athlete to step on scale.
3. Record athlete's weight.
4. Ask athlete to step off scales and to area for measuring height.
5. Ask athlete to stand up straight and measure height.
6. Record athlete's height.
7. Ask athlete to proceed to the Sit and Reach station with his/her shoes off.
8. If athlete was not wearing socks, use disinfecting wipes on scales.

Scoring: Record both weight and height. BMI will be automatically calculated when results are input into Snapper or the Athlete Training App.



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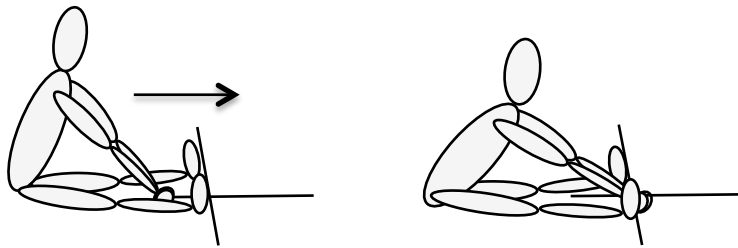
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2. FLEXIBILITY: SIT AND REACH (1 Volunteer/2 Minutes)

Objective: Assess the flexibility of an athlete's hamstrings and lower back muscles.

Materials: Measuring Tape, Duct Tape, Marker and Ruler

Set-Up: With the tape, mark a straight line 60 centimeters or about two feet long on the floor/ground. Use the marker pen to indicate every centimeter along the measurement line. At 23 centimeters (9 inches), use the tape to create a perpendicular line approximately 30 centimeters or one foot long from the measurement line. The perpendicular line will be used as the heel line.



Procedure:

1. Athlete should still have shoes removed from the previous station.
2. Instruct the athlete to sit down on floor/ground with the measuring line between his/her legs with the soles of their feet placed immediately behind the baseline, heels 20-30 cm or 8- 12" apart.
3. Athlete puts arms in front of his/her body, overlapping their hands one on top of another, similar to a swimming dive.
4. Athlete places palms face down on measuring line and with legs held flat by volunteer, the athlete slowly reaches forward as far a possible keeping his/her fingers on baseline and feet flexed.
5. After three practice tries, the athlete holds the fourth reach for three seconds while the distance is recorded. Make sure there are no jerky movement and that his/her fingertips remain level and legs flat. If this is not followed test is invalid.
6. Repeat test three times.

Scoring: Record all three attempts in centimeters.



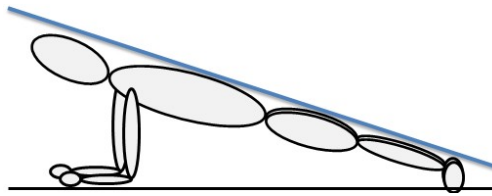
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3. CORE STRENGTH/STABILITY: 60 SECOND PLANK HOLD (1 Volunteer/1 Minute)

Objective: The athlete will be assessed on core stability and strength.

Materials: Mat, Dowel Rod, Stopwatch



Procedure:

1. Instruct the athlete to lie down on their stomach.
2. Position the athlete with toes pointed towards his/her shins and elbows placed underneath his/her shoulders with forearms resting on the floor.
3. Ask the athlete to lift hips off the ground creating a straight line with their body starting from his/her shoulders to hips to ankles.
4. Place the dowel rod on athlete's back touching 3 points of contact: The top of the hip, the upper part of the back and the back of the head. This indicates the correct position.
5. Start the stopwatch when athlete is in position.
6. Athlete holds plank position for 60 seconds if possible. Stop athlete at 60 seconds or record time when the athlete can no longer hold the position.

Scoring: Time is recorded up to 60 seconds or when the athlete can no longer hold the plank position.



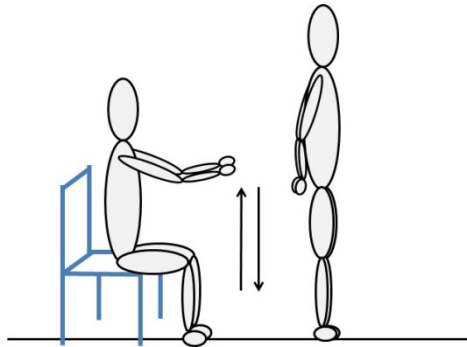
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4. LOWER BODY ENDURANCE: 30 SECOND SIT AND STAND (1 Volunteer/1 Minute)

Objective: The athlete will be assessed on lower body muscular endurance.

Materials: Folding Chair, Stop Watch



Procedure:

1. Demonstrate the 30 second sit and stand test showing the proper form for sitting and standing back up from the chair.
2. Position the athlete to stand in front of the chair with feet hip width apart.
3. Instruct the athlete to sit on the chair and stand back up without using his/her arms on chair, knees or walking aid.
4. Start the stopwatch as the athlete makes first movement to the chair.
5. Count how many times athlete sits and stands without assistance in 30 seconds.
6. Athlete is given one cue to not use arms on anything, just bodyweight. If athlete continues to use assistance before the end of 30 seconds end the test.

Scoring: Record how many completed correct repetitions the athlete does within 30 seconds or once s/he is unable to continue.



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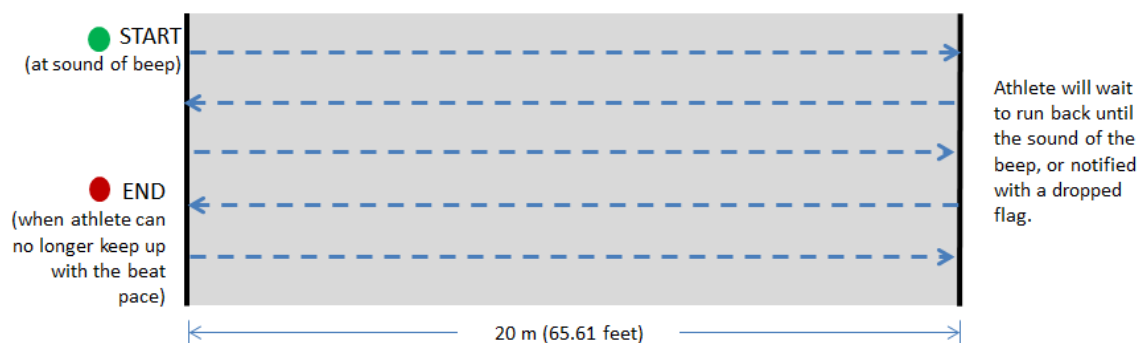
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5. CARDIORESPIRATORY ENDURANCE: 20 METER SHUTTLE RUN (1-2 Volunteers/2 – 12 Minutes)

Objective: Assess the athlete's cardiovascular fitness and endurance.

Materials: Measuring Tape, Four Cones, Bleep Test App (free download on any smart phone), Flags, Tape

Set-Up: Measure a distance of 20m (65.61ft) in the designated test area. Place one cone on the ground and measure 20m (65.61ft) distance and place the second cone. Using tape make parallel lines at both ends of 20m placing a cone at each end of tape.



Procedure:

1. Explain and demonstrate the test by running to the 20m mark before the beep/flag and returning back to the start position after the second beep. A practice lap with athletes can be demonstrated.
2. Position the athlete at the starting position behind the first line facing the opposite line. Start the beep test app, say go and drop the flag as a visual cue to instruct athletes to run to the next line where s/he will stop and await the next beep/flag cue. *Remind athletes to start at a slower pace as beep speeds up as test continues.*
3. Tell the athlete to watch when the flag drops to start running back to the other line.
4. Test ends when athlete does not make it back to line before the next beep.

Scoring: Scoring is recorded by how many laps an athlete completes. This is shown on the bleep test app.



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CAPTURING ASSESSMENT RESULTS

The coach implementing Strive CORE is required to record the results for athletes completing the assessment. This can be recorded on a paper assessment sheet and collected by the coach to forward to your Program contact or to input at later time. Coaches can also choose to record an athlete's scores in real time, using SNAPPER.

SNAPPER

SNAPPER is a recording database that has been retooled for Strive CORE. 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 (SNAPPER can be downloaded at <https://snapper.specialolympics.org/static/media/SNAPPER-2.2.3-win32.zip> for Windows operating systems) or through the online version at <http://snapper.specialolympics.org>
2. Login using your email and passcode. If you are a new user, click on the link "request an account" and
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.

ATHLETE TRAINING APP

In the future, Special Olympics Athlete Training App, or ATA, will also be available and allow coaches to test their athletes as many times during the season as they chose. Once scores are entered and the program has been closed, the scores cannot be changed. To enter new data, coaches will login to the ATA and begin a new form.



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Strive CORE Assessment Sheet

Name: _____

Coach: _____

DOB: _____ **Age:** _____ **Gender:** M / F

County / Program _____

Date of Assessment: _____ Pre-Assessment Post-Assessment

Check all that apply: Athlete Not an Athlete

STATION	TEST	SCORE		
		Height	Weight	BMI
1	Body Mass Index			
2	Sit and Reach	Trial 1	Trial 2	Trial 3
		cm	cm	cm
3	60 sec Plank Hold	seconds		
4	30 sec Sit and Stand	completed		
5	20 m Shuttle Run	laps completed		



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TRAINING PROGRAM

As a supplement to Strive CORE, Coaches Corner Training Cards have been developed for easy use within a coaches' sport specific training program. Exercises on these cards have been carefully selected to improve the areas within Strive CORE including: increasing flexibility, improving lower and upper body strength, and improving cardiorespiratory fitness.

Each area includes a minimum of four exercises, with increasing levels of difficulty. This allows athletes to move to more challenging exercises as their abilities improve. These exercises were chosen to be easily implemented with little or no equipment. Coaches Corner Training Cards can be incorporated into practices and equally as important, to give to athletes to encourage them to begin at home workouts between practices.



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