



Summer Games @ Home 2020

Due to COVID-19 SODC is forced to cancel our 2020 Summer Games, but please join us as we compete virtually! We have 11 safe & simple events that you can enjoy with your family as well as compete with other athletes in the DC area.

Rules of Competition:

1. Register for Virtual Summer Games online or by email or mail the paper form to our office at 415 Michigan Ave. NE, Washington, DC 20017.
2. Select Tier and practice/train at all events in your Tier
3. With the help of family member/friend choose your events and record your score on the score sheet. If you can, ask the family member or friend to take video of your event and submit to sodcsports@specialolympicsdc.org. (Videos welcomed but not required).
4. Make sure you drink plenty of water, wash your hands and practice social distancing. Wear your mask before and after doing your event to stay safe!
5. You have between **June 8th – June 19th** to submit your scores to SODC, and prepare to get recognized @ SODC Virtual Closing Ceremonies. Top Scores will be awarded with prizes! (Video will be shared by **June 30th**)
6. BONUS!! Create your own Family Summer Games and share videos and results with SODC

How to Register: Visit our website <https://specialolympicsdc.org> or email athlete information to RThurston@specialolympicsdc.org



Athlete Information

NAME OF PARTICIPANT:(first and last)

Home Address

PHONE NUMBER

EMAIL

SOCIAL MEDIA (FACEBOOK,INSTAGRAM, ETC.)

SCHOOL/DELEGATION

Tier 1

or

Tier 2

Check your events

Dribbling

Free Throws

Lay Ups

3 Pointers

20M Dash

100M Dash

50M Dash

200M Dash

Tennis Ball Throw

Push Ups

Sit-Ups



SODC Summer Games @ Home

Tier 1 (Lower Ability Athletes)

Basketball

DRIBBLING:

How many times can you dribble a basketball in 60 seconds?



What to record and submit: Record the number of times you dribble a basketball in 60 seconds and that's your score.

LAY UPS:

How many lay up's can you make out of 20 attempts?



What to record and submit: Record the number of layups you make out of 20 attempts and that's your score.

Track & Field

20 Meter Dash

How fast can you walk, roll or run a 20-meter dash?



Set up: Measure 20 meters (or 66 feet). If you are unable to use a measuring tape, you can measure by taking 24 large steps. Mark the distance.

What to record and submit: Record the time it takes you to run to the 10-meter mark and back to the starting line.

50 Meter Dash

How fast can you walk, roll or run 50 meters?



Set up: You can do the 50-meter dash in your yard, on a sidewalk, or any open space. Measure 50 meters (or 164 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 60 large steps. Mark the distance.

What to record and submit: Record the time it takes you to run, walk or roll 50 meters from start to finish.



TENNIS BALL THROW (15 meters max)

How far can you throw a tennis ball?



Set up: Throw a tennis ball and measure (in meters and centimeters) how far it goes. If you can throw farther than 15 meters, do not try this activity.

What to record and submit: Measure the distance of your throw in meters and centimeters.

Tier 2 (Higher Ability Athletes)

Basketball

Free Throws

How many Free Throws can you make out of 20 attempts?

Setup: The free throw line is 15 feet from the backboard.

What to record and submit: Record the number of free throws you make out of 20 attempts and that's your free throw score.



3 Pointers

How many 3 pointers can you make out of 20 attempts?

Setup: The three-point line is 20 feet from the backboard.

What to record and submit: Record the number of three pointers you make out of 20 attempts and that's your three-point score



Track & Field

100 Meter Dash

How fast can you walk, roll or run 100 meters?

Set up: You can do the 100-meter dash in your yard, on a sidewalk, or any open space. Measure 100 meters (or 328 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 120 large steps. Mark the distance.

What to record and submit: Record the time it takes you to run, walk or roll 100 meters from start to finish.





200 Meter Dash



How fast can you walk, roll or run 200 meters?

Set up: You can do the 200-meter dash in your yard, on a sidewalk, or any open space. Measure 100 meters (or 328 feet); when you run/walk/roll down and back it'll be a total of 200 meters. If you are unable to measure 100 meters, you can take 120 large steps and use that distance to go down and back for 200 meters.

What to record and submit: Record the time it takes you to run, walk or roll your wheelchair 200 meters from start to finish.

PUSH-UPS



How many push-ups can you do in 60 seconds?

What to record and submit: Count and record the number of push-ups you can do in one minute (60 seconds).

SIT-UPS



How many sit ups can you do in 60 seconds?

What to record and submit: Count and record the number of sit ups you can do in one minute (60 seconds).



SODC Summer Games @ Home
May 22nd – June 19th



Contact: **Ron Thurston** rthurston@specialolympicsdc.org

Event	ACTION / TASK	Score #1	Score #2
 Dribbling (Tier 1)	How many times can you dribble a basketball in 60 seconds?		
 Lay Ups (Tier 1)	How many lay up's can you make out of 20 attempts?		
 20 Meter Dash (Tier 1)	How fast can you walk, roll or run a 20-meter dash? (Please list if you ran, walked or rolled)		
 50 Meter Dash (Tier 1)	How fast can you walk, roll or run 50 meters? (Please list if you ran, walked or rolled)		
 Tennis Ball Throw (Tier 1)	How far can you throw a tennis ball? (15M Max)		
 Free Throws (Tier 1)	How many Free Throws can you make out of 20 attempts?		
 Three Pointers (Tier 2)	How many 3 pointers can you make out of 20 attempts?		
 100 Meter Dash (Tier 2)	How fast can you walk, roll or run 100 meters?		
 200 Meter Dash (Tier 2)	How fast can you walk, roll or run 200 meters?		
 Push Ups (Tier 2)	How many push-ups can you do in 60 seconds?		
 Sit Ups (Tier 2)	How many sit ups can you do in 60 seconds?		



Calling All Volunteers

To help make SODC Summer Games @ Home a memorable experience we are asking our awesome Volunteers and Unified Partners to help us support our athletes as they compete virtually in the SODC Summer Games @ Home!

We would love for everyone to be involved with this virtual event by sending us videos and photos cheering on all of our athletes. Your photos and videos will be used for our Virtual Award Recognition video at the end of the games.

Rules:

- All positive energy, Have Fun!
- Use hashtag #SODCSUMMERGAMES when posting on facebook or Instagram
- Wear SODC gear if possible, get your family involved
- Get creative, just because we are social distancing doesn't mean you can't work as a team just be safe!
- Please submit all videos and photos to rthurston@specialolympicsdc.org
- Spread the word around to friends and family, the more participation we can get from our volunteers the better impact it will have on our athletes

Examples:

Posters

Cheers

Athlete Shout outs

Motivational Quotes