



Although the 2020 Summer Games at the University of St. Thomas have been canceled due to COVID-19, its spirit lives on through our amazing athletes, Unified partners, coaches and volunteers.

This year, please join us for Virtual Summer Games! This is open to everyone and is a safe way to compete against your friends and peers from across the state.

Here's how it works:

CHOOSE YOUR ACTIVITIES! Choose from basketball, track & field and gymnastics activities that you can do from home.

PRACTICE! You can practice and submit your scores for as many events as you want. You have until May 18 to practice and submit your results.

SUBMIT YOUR RESULTS! Using the paper form, record the scores for the events you participated in. You do not need to submit a score for every event.

WE'RE ALL IN THIS TOGETHER!

*Special
Olympics
Minnesota*





NAME OF PARTICIPANT: _____
(first and last)

BIRTHDATE: _____
(mm/dd/yyyy)

DELEGATION: _____

IMPORTANT! Before competing in any activities, please review the information below and sign:

Regular physical activity is vital for good physical, social and emotional health. While there is a risk of injury with any type of physical activity, the benefits of staying active far outweigh the risks.

You can reduce your risk of exercise injury by:

- Wearing the right shoes
- Using the correct equipment
- Drinking lots of water – stay hydrated
- Warming up and stretching properly
- Be aware of your surroundings - exercise in a safe and level area clear of any obstacles or items
- Maintain social distancing rules when exercising.

Stop exercising immediately and seek medical help if you experience symptoms such as:

- Discomfort or pain
- Chest pain or other pain that could indicate a heart attack, including pain in the neck and jaw, pain traveling down the arm or pain between the shoulder blades
- Extreme breathlessness
- A very rapid or irregular heartbeat during exercise.

I have read and understand the information above:

signature of participant or guardian



Basketball Activities:

Only submit a score for the events you want to participate in!



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.

SCORE: _____



LAYUPS

How many layups 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.

SCORE: _____



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.

SCORE: _____



THREE POINTERS

How many three points 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.

SCORE: _____



Track & Field Activities:

Only submit a score for the events you want to participate in!



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.

SCORE: _____



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.

SCORE: _____



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.

SCORE: _____



SHORT DASH & BACK

How fast can you walk, roll or run a 10 meter dash & back?

Set up: Measure 10 meters (or 33 feet). If you are unable to use a measuring tape, you can measure by taking 12 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.

SCORE: _____



Track & Field Activities:

Only submit a score for the events you want to participate in!



STANDING LONG JUMP

How far can you jump from a standing position?

Set up: Keep both feet on the ground and jump as far as you can.

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

SCORE: _____



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.

SCORE: _____



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).

SCORE: _____



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).

SCORE: _____



Gymnastics Activities:

Only submit a score for the events you want to participate in!



VAULT

How far can you jump for a standing position and stick the landing?

Set up: Keep both feet on the ground, jump as far as you can and stick (execute controlled landing feet together without moving for 3 seconds). Maximum two tries.

What to record and submit: Measure the distance of your successful stucked jump in meters and centimeters.

SCORE: _____



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).

SCORE: _____



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).

SCORE: _____



LOG ROLLS (FLOOR & BEAM)

How many successful log rolls can you complete?

Set up: Use chalk or tape to mark a straight line on floor. Put a piece of tape two inches above your belly button and two inches below your belly button. Lay on floor in prone position. Log roll counting the number of full completions that you can complete with the line aligned with your stomach.

What to record and submit: Count the number of successful full rolls with your stomach still aligned with the line on the floor.

SCORE: _____



Gymnastics Activities:

Only submit a score for the events you want to participate in!



SCALE (FLOOR & BEAM)

How long can you hold a scale? (attached is an image Denise sent)

Set up: Stand and lever into a scale (stand on one leg - lift a straight leg behind at 45 degree angle or higher and hold - count the seconds).

What to record and submit: Number of seconds can hold the scale without moving.

SCORE: _____



APPARATUS

How many times can you toss or spin?

Set up: With one of your rhythmic apparatus practice;

- Toss the ball or club in the air and catch
- Spin the hoop
- Figure 8's with the ribbon
- Overhead rotations with the rope

What to record and submit: Count the number of consecutive times you can complete the activities in a row. For ball and club toss, try to toss a little higher after each successful toss. Maximum two tries.

SCORE: _____



PASSE PIVOTS

How many Passe Pivots can you complete in a row?

Set up: Place approximately two feet of tape on the floor in a straight line.

What to record and submit: Count the number of 180 degree Passe Pivots in a row without stepping off the tape line. Maximum two tries.

SCORE: _____