

## DEVELOPMENTAL OLYMPIC REMINDERS

1. All athletes must have a Special Olympics Medical form on file with NCSO. The original medical forms should be sent to Linda Lechner. The medical forms are good for three years. Teachers, please remember to bring a copy of the medical form and the parent permission form along with your BLUE SPECIAL OLYMPICS binder to the event (If you do not have a BLUE binder then please reach out to your Adapted Physical Education teacher).
2. 14 days before the event, please verify transportation. Please make sure that your driver knows that the event starts at 10:00 am.
3. **PRIOR** to completing the entry forms for your students, please consult with your APE Teacher on the criteria and exit criteria for each event to assure proper skill placement. All athletes should be entered in 3 total events
  - A. 1 from Area A/C
  - B. 1 from Area B
  - C. 1 from Area D
4. Please complete entry forms by the deadline of **MARCH 1st**. All students will compete in all of the events along with several large group events. If you have any questions about the entry form, please contact your APE teacher or myself. We would be happy to help you!
5. Prior to the event, create a name tag for each athlete that states:
  - A. Athlete's Name
  - B. Teacher's Name
  - C. List of Events
6. Everyone should pack a bag lunch.
7. We anticipate having a 1:1 - athlete/volunteer ratio.
8. Opening Ceremonies will begin at approximately *10:00 a.m.*
9. Closing Ceremony and awards will begin at *1:00 p.m.*

## DEVELOPMENTAL EVENTS

### **Area A – Gross Motor**

1. Prone Head Lift
2. Turning Over

### **Area B – Locomotor/Advanced Locomotor**

1. Rolling
2. Crawling
3. 5m Creeping
4. 10m Creeping
5. Knee Walking
6. 10m Walk with Guide
7. 15m Independent Walk
8. 25m Independent Walk
9. 5m Wheelchair Dash
10. 15m Motorized Wheelchair Slalom (motorized wheelchairs only)

### **Area C – Fine Motor**

1. Grasp and Lift
2. Novice Grasp – Hold – Move
3. Advanced Grasp – Hold – Move – Release

### **Area D – Propelling (Ball & Bean Bag Activities)**

1. Distance Roll (For Wheelchair Athletes Only)
2. Distance Roll/Target Roll (For Wheelchair Athletes Only)
3. Foam Ball Push
4. Nerf Ball Throw for Distance
5. Kick for Distance
6. Strike for Distance

### **Olympic Village**

1. Bowling
2. Crafting Area