

2022 SONM Virtual Summer Games

EVENT DESCRIPTIONS

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 water and staying hydrated
- warming up and stretching properly
- being aware of your surroundings – always exercise and compete in a safe and level area clear of any obstacles or items
- maintaining social distancing rules (stay at least six feet away from others)

Stop exercising 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 travelling down the arm or pain between the shoulder blades
- shortness of breath
- a rapid or irregular heartbeat

Athletics

25 Meter Run

How fast can you walk, roll or run 25 meters?

Needed Supplies: Measuring Tape, Timing Device

Set Up: You can do the 25 meter dash in your yard, on a sidewalk, or any open space. Measure 25 meter (or 82.02 feet) from start to finish. If you are unable to use a measuring tape, you can measure by taking 30 large steps. Mark the distance.

What to record and submit: Record the time it takes you to run, walk or roll 25 meters from start to finish.

50 Meter Run

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

Needed Supplies: Measuring Tape, Timing Device

Set Up: You can do the 50 meter dash in your yard, on a sidewalk, or any open space. Measure 50 meter (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.

100 Meter Run

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

Needed Supplies: Measuring Tape, Timing Device

Set Up: You can do the 100 meter dash in your yard, on a sidewalk, or any open space. Measure 100 meter (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 Run

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

Needed Supplies: Measuring Tape, Timing Device

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 will 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 and back for 200 meters.

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

Tennis Ball Throw (15 meter max)

How far can you throw a tennis ball?

Needed Supplies: Measuring Tape, 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 compete in this activity.

What to record and submit: Measure the distance of your throw from where your feet are to where the ball lands, (not to where it rolls and stops). Measure in feet and inches

Softball Throw

How far can you throw a softball?

Needed Supplies: Measuring Tape, Softball

Set Up: Throw a softball and measure (in meters and centimeters) how far it goes.

What to record and submit: Measure the distance of your throw from where your feet are to where the ball lands, (not to where it rolls and stops). Measure in meters and centimeters.

Endurance

Walk for Distance

Take a daily walk record your distance each time. Keep a journal to keep track of your mileage and submit the total number of miles walked. You do **not** need to submit a qualifying score for this event. You will need to use some form of tracking device to find your distance. There are many different apps, watches and pedometers to use at no cost. Submit your total miles by the end of Summer Games Season.

NOTE: If you decide to Run each day or if you participate in a wheelchair, please make note of that on the final registration form to ensure you are competing against others who used the same method.

Bocce

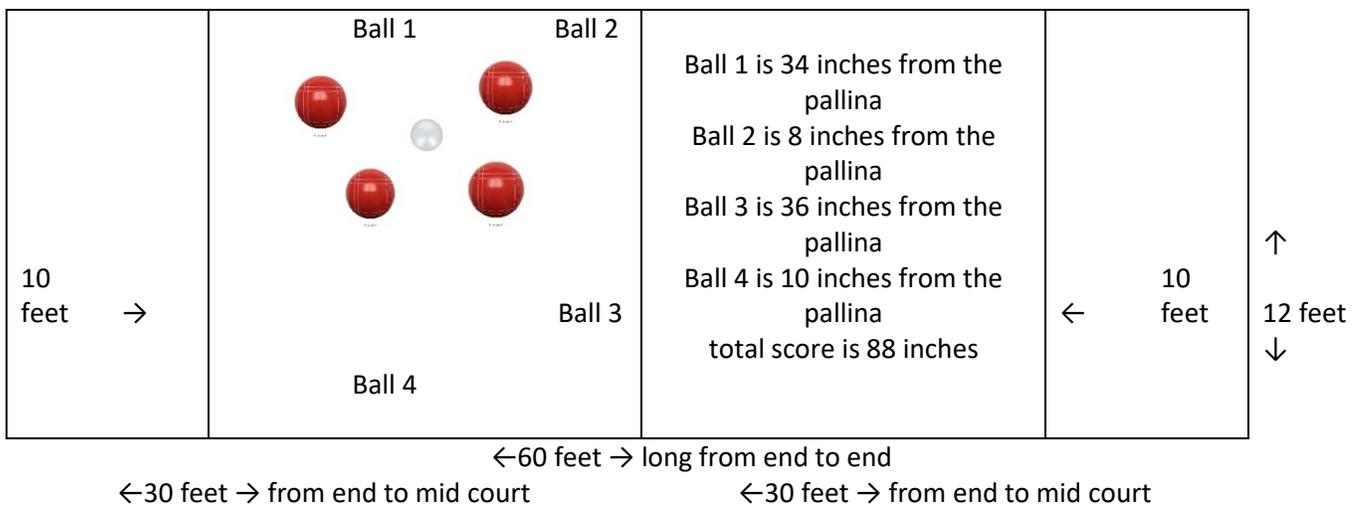
Closest to the pallina

How close can you throw to the pallina?

Needed Supplies: Measuring Tape, Set of Bocce Balls

Set Up: Create your Bocce Court, measure a 60 foot long by 12 foot wide Bocce Court, mark a single foul lines on either side that measure 10 feet from the back wall. Set another marker at the halfway point in the court measuring 30 feet from the back wall. From behind the foul line throw the pallina so it crosses the mid point of the court. From behind the foul line throw 4 Bocce balls consecutively to get as close to the pallina as possible. Now measure in inches how far each ball came to rest from the pallina. You will have 4 separate measurements. Take the 4 measurements and add them together to create your total score in inches.

What to record and submit: Measure the distance in inches each bocce ball came to rest from the pallina. You will have 4 separate measurements. Take the 4 measurements and add them together to create your total score in inches. Submit the total score of all 4 measurements.



Non Traditional

Balloon Volley

How long can you keep an inflated balloon in the air and not touching the ground?

Needed Supplies: Timing Device, Balloon any size

Set Up: Blow up a balloon to your preferred size. Begin timing when you start your first hit into the air. Continue hitting the balloon using any form and keep the balloon from touching the ground.

What to record and submit: Record how long you can keep the balloon in the air and away from touching the ground.

Frisbee Throw

How far can you throw a Frisbee?

Needed Supplies: Measuring Tape, Frisbee

Set Up: Throw a Frisbee and measure (in meters and centimeters) how far it goes.

What to record and submit: Measure the distance of your throw from where your feet are to where the Frisbee lands, measure in meters and centimeters.

General Fitness

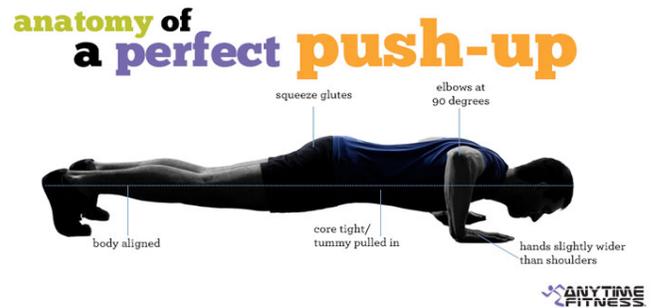
Push Ups

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

Needed Supplies: Timing Device

Set Up: Be sure to use the proper push up position while completing this event. (See below for the Anatomy of a Proper Push Up)

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



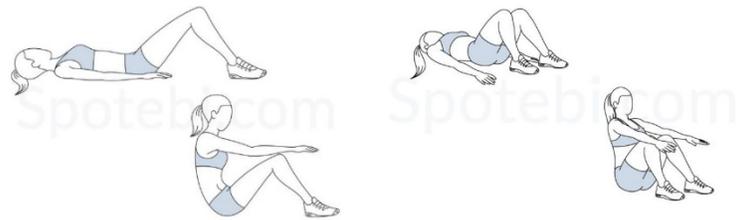
Sit ups

How many sit ups can you do in 60 seconds?

Needed Supplies: Timing Device

Set Up: Be sure to use the proper push up position while completing this event.

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



Plank

How long can you hold a plank?

Needed Supplies: Timing Device

Set Up: Be sure to use the proper plank position while completing this event. (See below for the Anatomy of a Perfect Plank)

What to record and submit: Record how long you can hold a plank position



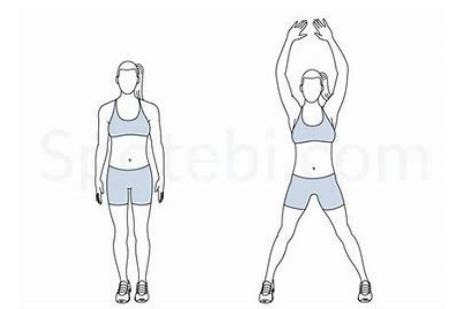
Jumping Jacks

How many Jumping Jacks can you complete in 2 minutes?

Needed Supplies: Timing Device

Set Up: Find enough space to complete your Jumping Jacks without bumping anything

What to record and submit: Record how many Jumping Jacks you complete in 2 minutes.



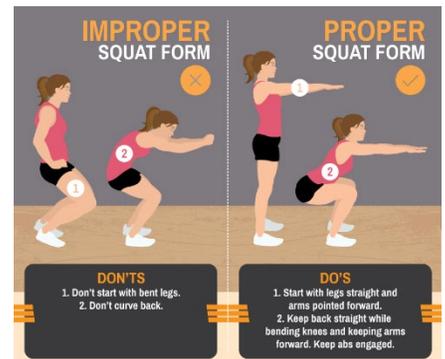
Air Squat

How many Air Squats can you complete in 2 minutes?

Needed Supplies: Timing Device

Set Up: Be sure to use proper form while completing this event. (See below for the proper squat form)

What to record and submit: Record how many Air Squats you complete in a 2 minute time period.



Wall Sits

How long can you hold a wall sit.

Items Needed: Timing Device, a Wall

Set Up: Find a wall, time how long you can stay in the wall sit position. Be sure to follow the correct form.

What to Record and Submit: Record how long you hold a wall sit. Your time stops when you can no longer hold the pose.

ANATOMY OF A PERFECT WALL SIT



Superman

How long can you hold a superman pose.

Items Needed: Timing Device

Set Up: Lay prone on the floor on your stomach with your arms stretched above your head. Raise your upper body and legs at the same time. Be sure to follow the correct form.

What to Record and Submit: Record how long you hold a superman pose. Your time stops when you can no longer hold the pose.



Lunges

How many lunges can you do in 2 minutes

Items Needed: Timing Device

Set Up: Start with one leg and lunge forward, be sure to keep your front leg at a 90 degree angle and your knee not going over your toes. Count how many times you can do a complete lunge

What to Record and Submit: Record how long you lunge in 2 minutes.

ANATOMY OF A perfect lunge



Mountain Climbers

How long can you consecutively complete mountain climbers.

Items Needed: Timing Device

Set Up: Start in a Push up position with a straight back. One at a time bring each leg/knee towards chest and face.

What to Record and Submit: Record how long you can consecutively complete mountain climbers before you have to stop.



Zig Zag Jumps

How many times can you complete the Zig Zag Jump Pattern in 1-minute.

Set Up: Set up 6 cones, 3 feet apart in a zig zag pattern.

- Start by standing on the inside of the first cone
- Load weight onto the right leg with a deep knee bend.
- Place left leg behind the right leg keeping it in mid-air.
- Jump to cone #2 landing on left leg while swinging arms to the right- simulating a hockey stride
- Repeat these same steps using the other leg while jumping to cone #3
- Continue to this patten till you reach the last cone
- Jog back to cone #1
- Repeat the pattern till the 1 minute time period has ended

Items Needed: Cones or tape to mark the area, Measuring tape, timing- device

What to Record and Submit: Record how many times you complete the pattern from mark #1 to mark #6 in 1 minute. If the time runs out while in the middle of a pattern DO NOT count that pattern as completed.

