



I AM A FIT ATHLETE



Special Olympics
Health
FOUNDATION
MADE POSSIBLE BY **Golisano**

Practice 1

Date: _____

Introduce yourself and let your team know you are a Fitness Captain and you will be leading everyone in Warm Ups before practice all season.

Warm Up

5 -10 minutes

Aerobic/Endurance exercises (pick 2)

- 1) _____
- 2) _____

Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Strength exercises (Pick 2)

- 1) _____
- 2) _____

Cool Down

5- 10 minutes

Secondary Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Flexibility exercises (Pick 2)

- 1) _____
- 2) _____

Notes: (What worked? What didn't?)

Fitness Lesson of the Day: Remind your teammates that there should be no soda at practice!



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Practice 2

Date: _____

Remember to be encouraging! Let your teammates know when they are doing a good job.

Warm Up

5 -10 minutes

Aerobic/Endurance exercises (pick 2)

- 1) _____
- 2) _____

Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Strength exercises (Pick 2)

- 1) _____
- 2) _____

Cool Down

5- 10 minutes

Secondary Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Flexibility exercises (Pick 2)

- 1) _____
- 2) _____

Notes: (What worked? What didn't?)

Fitness Lesson of the Day: The best time to eat after a workout is 30-60 minutes after your workout. Mix proteins and carbs and stay to around 400 calories!



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Practice 3

Date: _____

If anyone is not joining the group to warm up, take the time to invite them and make them feel comfortable.

Warm Up

5 -10 minutes

Aerobic/Endurance exercises (pick 2)

- 1) _____
- 2) _____

Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Strength exercises (Pick 2)

- 1) _____
- 2) _____

Cool Down

5- 10 minutes

Secondary Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Flexibility exercises (Pick 2)

- 1) _____
- 2) _____

Notes: (What worked? What didn't?)

Fitness Lesson of the Day: Try to avoid fast food before practice. Greasy food will slow you down and make you feel sluggish!



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Practice 4

Date: _____

Make sure everyone can hear you. When you start the warm up, you can ask "Can everyone hear me?" You may have to speak louder or position yourself in the middle of the whole group.

Warm Up

5 -10 minutes

Aerobic/Endurance exercises (pick 2)

- 1) _____
- 2) _____

Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Strength exercises (Pick 2)

- 1) _____
- 2) _____

Cool Down

5- 10 minutes

Secondary Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Flexibility exercises (Pick 2)

- 3) _____
- 4) _____

Notes: (What worked? What didn't?)

Fitness Lesson of the Day: Don't forget that getting good sleep can affect your sports performance!



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Practice 5

Date: _____

Remember to be encouraging tell your teammates “good job” and let people know when they are doing something well. Even if you are just saying “you are working really hard!”.

Warm Up

5 -10 minutes

Aerobic/Endurance exercises (pick 2)

- 1) _____
- 2) _____

Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Strength exercises (Pick 2)

- 1) _____
- 2) _____

Cool Down

5- 10 minutes

Secondary Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Flexibility exercises (Pick 2)

- 1) _____
- 2) _____

Notes: (What worked? What didn't?)

Fitness Lesson of the Day: Make sure you are drinking enough water! We should be drinking 5 water bottles a day. If you haven't reached your goal today drink a bottle of water after practice.



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Practice 6

Date: _____

Pay attention if your teammates are getting bored doing the warm-up. If people are not paying attention try to switch things up to make it fun.

Warm Up

5 -10 minutes

Aerobic/Endurance exercises (pick 2)

- 1) _____
- 2) _____

Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Strength exercises (Pick 2)

- 1) _____
- 2) _____

Cool Down

5- 10 minutes

Secondary Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Flexibility exercises (Pick 2)

- 1) _____
- 2) _____

Notes: (What worked? What didn't?)

Fitness Lesson of the Day: When you eat is just as important as what you eat. Your body needs two to three hours to digest a regular meal such as breakfast or lunch before an athletic event, while a small snack such as a granola bar can be eaten 30 minutes to an hour before practice or a game.



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Practice 7

Date: _____

You are doing a great job! We are proud of you and your leadership skills.

Warm Up

5 -10 minutes

Aerobic/Endurance exercises (pick 2)

- 1) _____
- 2) _____

Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Strength exercises (Pick 2)

- 1) _____
- 2) _____

Cool Down

5- 10 minutes

Secondary Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Flexibility exercises (Pick 2)

- 1) _____
- 2) _____

Notes: (What worked? What didn't?)

Fitness Lesson of the Day: Core strength is important as we get older. A strong core stabilizes your body and helps to give you better posture and balance. Try to do some core exercises at home in the next couple of days!



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Practice 8

Date: _____

Can everyone at practice hear you? Make sure that all of your teammates can hear you. Remember you can walk around as you talk so everyone can hear and see you.

Warm Up

5 -10 minutes

Aerobic/Endurance exercises (pick 2)

- 1) _____
- 2) _____

Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Strength exercises (Pick 2)

- 1) _____
- 2) _____

Cool Down

5- 10 minutes

Secondary Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Flexibility exercises (Pick 2)

- 1) _____
- 2) _____

Notes: (What worked? What didn't?)

Fitness Lesson of the Day: What you eat is important to your health. Try to get 5 servings of fruits and vegetables everyday!



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Practice 9

Date: _____

Since you have been doing this for a few weeks today remind everyone that you are Fitness Captain and your role at practice is to lead warm-ups.

Warm Up

5 -10 minutes

Aerobic/Endurance exercises (pick 2)

- 1) _____
- 2) _____

Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Strength exercises (Pick 2)

- 1) _____
- 2) _____

Cool Down

5- 10 minutes

Secondary Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Flexibility exercises (Pick 2)

- 1) _____
- 2) _____

Notes: (What worked? What didn't?)

Fitness Lesson of the Day: Sun Safety is important. Even when it is not as hot you can get sun damage. Remember to use sunscreen when you are outside in the sun.



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Practice 10

Date: _____

Pay attention if your teammates are getting bored doing the warm-up. If ppl are not paying attention try to switch things up to make it fun.

Warm Up

5 -10 minutes

Aerobic/Endurance exercises (pick 2)

- 1) _____
- 2) _____

Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Strength exercises (Pick 2)

- 1) _____
- 2) _____

Cool Down

5- 10 minutes

Secondary Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Flexibility exercises (Pick 2)

- 1) _____
- 2) _____

Notes: (What worked? What didn't?)

Fitness Lesson of the Day: A strong upper body **improves your range of motion and flexibility**. Upper body strength increases muscle mass. Improved muscle mass means better bone density. Reduces the risk of diabetes and keeps the heart-healthy. Try to do some push ups or wall push ups in the next few days.



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Practice 11

Date: _____

Remember to invite everyone to participate. Even if they have not participated before they may want to now.

Warm Up

5 -10 minutes

Aerobic/Endurance exercises (pick 2)

- 1) _____
- 2) _____

Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Strength exercises (Pick 2)

- 1) _____
- 2) _____

Cool Down

5- 10 minutes

Secondary Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Flexibility exercises (Pick 2)

- 1) _____
- 2) _____

Notes: (What worked? What didn't?)

Fitness Lesson of the Day: Strong leg muscles help to keep us upright and balanced. As we age, our balance begins to fail and if our muscles aren't strong enough to keep us upright, then we will be much more susceptible to serious falls and injuries. In the next few days try doing some squats or chair sits to work on lower body strength.



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Practice 12

Date: _____

Thank your teammates for participating in warm ups all season!

Warm Up

5 -10 minutes

Aerobic/Endurance exercises (pick 2)

- 1) _____
- 2) _____

Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Strength exercises (Pick 2)

- 1) _____
- 2) _____

Cool Down

5- 10 minutes

Secondary Dynamic Stretches (Pick 3-4)

- 1) _____
- 2) _____
- 3) _____
- 4) _____

Flexibility exercises (Pick 2)

- 1) _____
- 2) _____

Notes: (What worked? What didn't?)

Fitness Lesson of the Day: It is important to exercise between season so encourage your team to stay active after the season ends.



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