

BELLINGHAM PUBLIC SCHOOLS
SPECIAL OLYMPICS
WINTER SEASON

WHO	Athletes and Unified Partners ✓ Middle School ✓ High School
WHAT	Special Olympics Winter Virtual Season ✓ Fitness Heptathlon ✓ Winter Wellness Cup
WHEN	January through Mid-March 2020 ✓ 1 or 2 times per week starting in January
WHERE	Zoom
WHY	Connect with others! Stay healthy and active!

We are currently trying to find out how many Athletes and Unified Partners would be interested in participating in order to hire coaches.

Please contact Dominique Lantagne ASAP to let her know if you would like to participate.

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FITNESS HEPTATHLON
<ul style="list-style-type: none"> ▪ The fitness heptathlon is an 8 week program. ▪ Participants select any seven activities from a Fitness Options Guide. ▪ Competitors must select one workout from each of the categories. ▪ The categories include agility, core body strength, lower body strength, lower body endurance, upper body strength, cardiovascular endurance and balance. ▪ Participants will complete the same 7 exercises at three different points of the season. ▪ The fitness heptathlon can be done individually or as unified pairs.

WINTER WELLNESS CUP
<ul style="list-style-type: none"> ▪ Winter Wellness Cup is an 8 week program. ▪ It will consist of weekly activities in a variety of categories including fitness, nutrition, hydration, positive healthy habits, strong minds and a bonus category. ▪ Participants will earn points based on how many of the weekly activities they accomplish. ▪ Individuals and teams will submit their points each week to fight their way to the top of the live leaderboard. ▪ Participants can earn incentives based on how many weeks they submit their points. ▪ Leaderboard champions will be recognized with the ultimate Winter Wellness Cup title at the end of the eight week season. ▪ There will also be fun, virtual, athlete-led fitness demonstrations, cooking lessons and more available.