

KEEPING ATHLETES ENGAGED

WHAT CAN YOUR CLUB DO?

**Special
Olympics**
Ireland



VIRTUAL CLUB

These sessions can be delivered via Zoom, WhatsApp, Facebook etc.
Fitness sessions can be general or sport specific.



STRENGTH & STRETCHING

Special Olympics (SO) New Jersey and SO International have developed various resources for encouraging stretching and strength.

[**SO NJ Yoga video & activity cards**](#)

[**SO Fit 5 Stretches videos**](#)

[**SO School of Strength videos**](#)



GENERAL FITNESS CLASSES

Participating in virtual club fitness sessions are not only great for athletes physical health but also their social and emotional well being. SO International and Sport Ireland have some nice fitness resources.

[**SO Fit 5 Programme**](#)

[**SO Staying Fit at Home Programme**](#)

[**Sport Ireland - Older Adult Home Exercise Plan**](#)



YOUNG ATHLETES PROGRAMME

These videos, booklets and activity cards from SO International focus on fundamental skills for Young Athletes.

[**SO Young Athletes Programme**](#)



OTHER IDEAS

Always check latest Government guidelines.
Check the SOI website for the most up to date info.

CONNECT & HAVE FUN

It doesn't have to be all sport. Why not have a virtual coffee and chat or a 'thumbs up/down' quiz or even a bingo night! Making time to catch up and feel connected is really important.



MEET UP & SOCIALLY DISTANCE

Meet up at a local park or beach, go for a socially distanced walk and do some warm ups/stretchers. Alternatively encourage athletes to walk by themselves or with family and ask for weekly photos/steps to share on the club WhatsApp or social media.



Please contact info@specialolympics.ie if you would like any assistance in planning.