



Athlete Log Book

**Special
Olympics**
Australia



Your Special Olympics Australia Log Book

This log book has been created to assist you on your sporting journey with Special Olympics Australia. You can use this log book to record your sporting goals, plan your training and competition schedules and keep a diary of any sessions you participate in, both with Special Olympics Australia and other sporting clubs or organisations you are involved with. This log book can also be used at competitions to record your performances or personal bests.

Keeping a record of training and competition performances is an important part of setting and achieving goals. You can also share the information in this log book with your Coach. Your Coach is there to guide and encourage you on your journey to reaching your personal best.



Things you can record in this log book include:

- Distances, times or achievements
- Team or individual scores or results
- Things you did well
- Areas you want to improve

Good luck and thanks for training with Special Olympics Australia!

Name:

Phone:

Club:

Contacts Page

Special Olympics Australia Head Office

The Binary Centre, Building 1
Level 3, Suite 3.02
3 Richardson Place
North Ryde NSW 2113

P: 1300 225 762

E: info@specialolympics.com.au

Special Olympics Australia State Offices

ACT: 1300 225 762

NSW: 1300 225 762

QLD: 07 3420 5761

SA: 08 8234 8730

TAS: 1300 225 762

VIC: 1300 225 762

WA: 08 9321 3207

Special Olympics Club Contacts

Club Chair

Name Phone Email

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Club Sports Coordinator

Name Phone Email

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Coach

Sport _____

Name Phone Email

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Sport _____

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Privacy Statement

Special Olympics Australia (ABN 28 050 738 728) delivers sports programs and events (“we”, “us”). Thank you for registering to participate in our sports programs and events. You may contact us at privacy@specialolympics.com.au or by writing to Special Olympics Australia, Building 1 Level 3 The Binary Centre 3 Richardson Place NORTH RYDE NSW 2113

We collect personal information you provide to us and personal information we obtain through your participation in our sports programs and activities. For example, we keep records of athletes’ performance at our sports programs and events. We also take photos at our sports programs and events, and you may occasionally be identifiable from those photos.

We collect your personal information for the purposes of promoting, administering and running our charitable activities and events (e.g. national and international sporting events). We also use your personal information to contact you to keep you informed about matters related to Special Olympics Australia activities or provide information or services you have requested.

We collect sensitive information about you (including your health information) directly from you and/or from your parent or guardian on your behalf (including information from your medical practitioner). We use this information in order to verify your eligibility to participate in Special Olympics Australia sports programs and events, to ensure you are appropriately placed in particular events and to minimise risks associated with participating in events. We will not use or disclose your sensitive information in any other manner unless required or authorised to do so by law or if we have your consent.

We may share, transfer or disclose personal information we collect about you, including your sensitive information, with our local Special Olympics Australia offices, our third party service providers, accrediting sporting bodies (e.g. Special Olympics, Inc.) and volunteers for the above purposes. Some of these persons may be located outside Australia. For example, our data hosting service provider and Special Olympics, Inc. are located in the U.S.A. In particular, if you are to travel overseas in connection with Special Olympics Australia and/or Special Olympics, Inc. activities, we will share relevant personal information (including relevant information from your Healthcare Assessment Form) with the overseas organisers of those activities.

If you do not provide personal information when requested, this may limit the services we can offer you and/or your ability to support Special Olympics Australia. For example, you may not be able to participate in our sports programs and events or we may not be able to provide you with updates on our activities.

Your personal information will be handled in accordance with our privacy policy and any consents you have given. Our privacy policy details how you can access, correct or complain about the handling of your personal information, and how we will respond to your requests or complaints.

Our privacy policy is available at: www.specialolympics.com.au/ourwork/privacy

Athlete Code of Conduct

Easy Read Version



This Code of Conduct shows how you are expected to behave at sport, competition and social events.



I will play by the rules.



I will show respect, trust and sportsmanship.



I will give my personal best at all times.



I will respect myself and others.



I will participate for my own enjoyment and benefit.



I will speak in a positive manner.



I will not abuse, threaten or bully others.



I will act responsibly in relation to smoking and drinking alcohol. I will not use illegal drugs.



I agree to follow this Code of Conduct. I agree to show good behaviour. If I don't, I might not be able to play.

About Special Olympics Australia - Our Story

FROM THE BACKYARD TO THE GLOBAL STAGE

Special Olympics owes its existence to the vision of Eunice Kennedy Shriver, who in 1962 invited a group of young people with intellectual disabilities to a summer camp in her backyard. In July 1968, the first International Special Olympics Games were held in Chicago, Illinois, USA.

Eunice Kennedy Shriver, who's sister Rosemary had an intellectual disability, believed that if people with intellectual disabilities were given the same opportunities and experiences as everyone else, they could accomplish far more than anyone ever thought possible.



Today Special Olympics is a global movement with 4.7 million athletes in 169 countries, hosting 108,000 competitions in 32 sports.

Special Olympics Australia was founded in 1976 and in 2016 celebrated its 40th year. Opportunities we provide for our athletes include:

- Weekly grassroots sports, recreational, social and health activities
- An environment to develop physical fitness, build self-esteem, demonstrate courage and make friends
- Competition pathways ranging from weekly local events, to Regional, State and National Games as well as the Special Olympics World Summer and Winter Games



For more information about opportunities with Special Olympics talk to your local Club Coach or Sports Coordinator.

Athlete Leadership

The Special Olympics Australia Athlete Leadership program works with experienced athletes who want to develop leadership skills not only within the Special Olympics organisation but also the wider community.

Athlete Leadership covers four key areas:

Athletes As Ambassadors

For athletes who want to share their experiences and promote a positive image of people with an intellectual disability we offer training in public speaking and presentation.

Athletes On Committees

We prepare athletes to be part of a committee by supporting them to develop skills in gathering ideas, voicing opinions and understanding the dynamics of group discussion.

Athletes As Coaches

Supporting athletes to gain coaching certification allows them to stay involved in the Special Olympics community once their own sports training becomes less of a priority.

Athletes As Volunteers

This program assists athletes to become volunteers and act as role-models in their area of choice, bringing great value, experience and perspective to our rich and diverse volunteer base.

Many experienced athletes often want to share their stories of success and can become quite passionate about demonstrating that people with an intellectual disability can achieve great things when they have opportunities and the right support.

By sharing their experiences and showing their courage, Athlete Leaders help shape positive perceptions about what people with an intellectual disability can do.

If you are interested in becoming an Athlete Leader or would like more information, talk to your Club Chair about how you can become involved.

Goal Setting

Setting goals is an important part of your training. It helps you stay motivated, assess your own strengths and weaknesses, and track your sporting performance.

Keep your goals specific to your own abilities and training. Talk to your Coach about what you would like to achieve. They will be able to provide advice on how to go about reaching your goals and can help keep you accountable for achieving them.

SHORT TERM GOALS



LONG TERM GOALS



Competition Dates & Training Schedule

COMPETITIONS

Plan your sporting year by recording upcoming competitions you may participate in. These can include inter-club, state, national and international competitions:

DATE	EVENT	SPORT	LOCATION / VENUE

TRAINING

Prepare for competition by scheduling your weekly training sessions:

DAY	TIME	SPORT	COACH	LOCATION / VENUE

Training Diary - Monthly Self-Check

The “Self-Check” training diary can be completed each month to reflect the month of training or competition you just completed. Your Coach, parent and/or caregiver can help you to complete this every month.

This training diary can help to assess your training and performance, keep you on track for achieving your goals, and identify areas that you can improve - no matter how big or small that may be.

DATE:	SPORT:
Training / Competition Description:	
Result / Achievement / Things I did well:	
Areas to Improve:	

DATE:	SPORT:
Training / Competition Description:	
Result / Achievement / Things I did well:	
Areas to Improve:	
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Areas to Improve:	

DATE:	SPORT:
Training / Competition Description:	
Result / Achievement / Things I did well:	
Areas to Improve:	
DATE:	SPORT:
Training Session / Competition Description:	
Result / Achievement / Things I did well:	
Areas to Improve:	

What is FIT 5?



Athletes want to perform their best at every competition. You can do this by being fit. **Fit 5 is a plan for physical activity, nutrition, and hydration.** It can improve your health and fitness to make you the best athlete you can be.

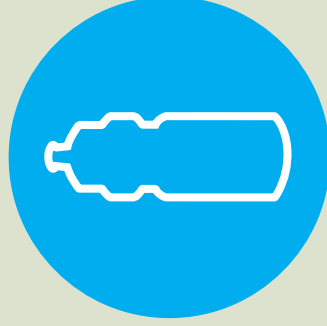
Goals of FIT 5



EXERCISE
5
days a week



EAT
5
total fruits and
vegetables per day



DRINK
5
water bottles
per day

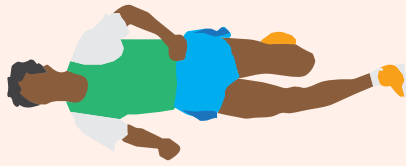
Exercise



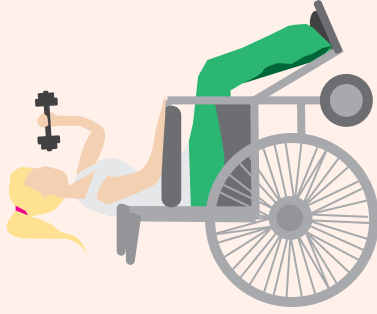
You can become a better athlete by enjoying physical activity outside of your sports practice. There are many ways to be physically active. Certain exercises can help you improve the skills needed for your sport.

Your goal with FIT 5 is to do at least 5 days of exercise!

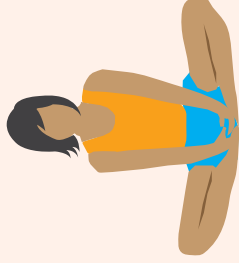
Types of Exercise:



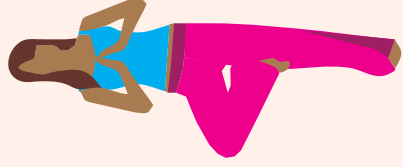
ENDURANCE



STRENGTH



FLEXIBILITY



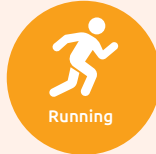
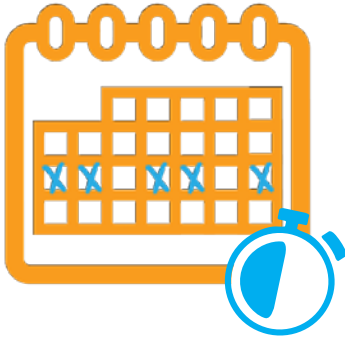
BALANCE

Endurance



Endurance is the ability of your body to keep moving for long periods of time. Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

Try your favorite endurance exercise for 30 minutes, 5 days each week.



Running



Biking



Dancing



Brisk Walking



Aerobics Classes



Swimming

Strength

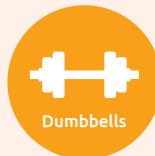


Strength is the ability of your body to do work. Strength gives you the ability to jump higher, throw farther, and sprint faster.

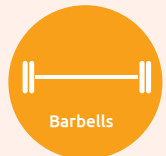
Try to complete a workout for the entire body, 2-3 days each week.



Body Weight



Dumbbells



Barbells



Machines



Medicine Balls



Exercise Bands

Flexibility



Flexibility is the ability of your body to move easily in all directions. Being flexible makes it easier to do sports skills and helps prevent injuries to your muscles and joints!

Try to complete a stretch for all body parts, 2-3 days each week!



Yoga



Static
Stretching



Dynamic
Stretching

Note: Dynamic stretching should be done as part of your warm up. Static stretching should be done as part of a cool down.

Balance



Balance is the ability of your body to stay upright or stay in control of your movements. Balance helps you to stay in control when you are playing sports and helps you to avoid falls.

Try to complete a full body balance workout, 2-3 days each week!



Yoga



Static Balance



Dynamic
Balance

Exercise is Fun!



It is easy to get in the right amount of exercise if you make it fun. Here are some tips to help you stay motivated to reach your Fit 5 goal.



Exercise with a friend or group!

- Go on a walk, run, or bike ride with a friend or family member.
- Join a group exercise class.
- Do strength training with a teammate.



Take the lead at practice!

- Ask your coach if you can lead some flexibility or strength exercises.
- Teach a friend a new sport.



Try something new!

- Try a new group exercise class.
- Walk or run a different route than you normally do.
- Learn a new strength or flexibility exercise.



Track your improvements!

- Write a goal on a piece of paper. Post the goal on your wall.
- Keep a log of your exercises so you can see your progress.

Food and Nutrition

Eating right is important to your health and your sports performance. Eating right can be easy because there are many delicious healthy choices.

Your goal with FIT 5 is to eat at least 5 total fruits and vegetables every day!



Healthy Foods



You know fruits and vegetables are important for your health, but sometimes it can be difficult to know what other foods you should be eating. **Here is a list of all the food groups and some great choices in each group:**

Grains

- Brown or Wild, or Unpolished Rice
- Oatmeal
- Whole grain Bread
- Whole Grain Pasta
- Whole Grain Crackers
- Tortilla
- Flatbread and Roti

Dairy

- Low-Fat or Skim Milk
- Low-Fat Cheese
- Low-Fat, unsweetened yogurt
- Cottage Cheese

Fruits

- Fresh: Apples, Bananas, Berries, Grapes, Kiwi, Oranges
- Frozen Fruits
- Canned fruits (pick options with no added sugar)
- Dried Fruits: Raisins, Bananas, Apricots
- Seasonal Fruits

Water



Meats and Beans

- Lean Meats
- Eggs
- Fish (frozen, fresh or canned)
- Tofu
- Nuts
- Nut Butters
- Beans, Legumes and Pulses

Vegetables

- Fresh: Asparagus Broccoli, Carrots, Cauliflower, Green Beans, Peppers, Squash
- Frozen Vegetables
- Lettuces and Dark Leafy Greens
- Salads
- Canned Vegetables

Building a Healthy Plate



Now you know what types of foods to eat. Here is how to build a healthy plate for a meal or for a snack.



Watch the amounts of food you put on your plate. See the Perfect Portion page.

Save junk food like desserts, chips and sodas for special occasions.

Add more fruits and vegetables to your meals.

Keep snacks healthy and small.

Perfect Portions



Here is a fun way to remember how much to eat when you have a serving. The size of sports equipment on the left is about the same size as one serving of the foods on the right.



baseball



1 serving of fruit



1 serving of rice or pasta



1 serving of vegetables



hockey puck



1 serving of bread



1 serving of beans



1 serving of meat



golf ball



1 serving of cheese



1 serving of nuts



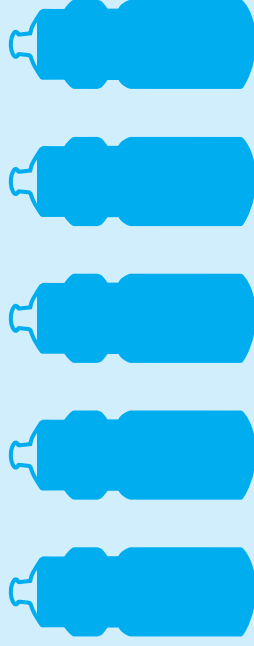
1 serving of nut butter

Hydration

Water is another important fuel for sports and for life. Drinking the right amount of water is important for your health and can also help your athletic performance.

Your goal with FIT 5 is to drink 5 bottles of water every day!

Your bottle should be 16-20oz or 500-600ml



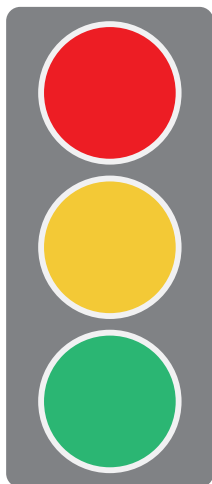
TIP:

Drink out of a sports water bottle to track your Fit 5. Sports bottles are refillable and can hold 16-20oz or 500-600ml of water.

Healthy Beverage Choices



There are many beverage options available, but some of them are healthier choices than others. **This guide can help you make the best choices to stay hydrated and perform your best.**



Sodas, energy drinks, and sports drinks are NOT good beverage choices.

Sodas, energy drinks, and sports drinks have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.



Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts.

Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.



Water is the best choice for a beverage!

Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.



The Fit 5 Guide can be found on our website. It also includes:

- Exercises you can do at home
- Fitness cards you can print out
- Sample exercise plan
- Healthy meal suggestions
- Healthy snack ideas
- Sample meal plan
- Signs to look out for if you're dehydrated
- Daily hydration guide
- Weekly tracking sheet for exercise, nutrition and hydration
- Yearly tracking sheet for exercise, nutrition and hydration

Download the full guide:

www.specialolympics.com.au/fit5

Recovery and Injury Prevention Tips

Reduce injuries in sport by using some of these injury prevention tips:



Source: Sports Medicine Australia

My Personal Bests

Use this page to record your best performances. You may like to write down times, distance or another measurement you can track.

Sport	Event	Date
Performance		

Sport	Event	Date
Performance		

Sport	Event	Date
Performance		

Sport	Event	Date
Performance		

Sport	Event	Date
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Sport	Event	Date
Performance		

Joy!

Our logo tells the story



A person with an intellectual disability before Special Olympics.



A new athlete discovering their talents.



An athlete experiencing the joy of sharing their skills with families, friends and fans.



Our worldwide sporting community that values people with an intellectual disability, supports their goals and celebrates their achievements.

**Let me win. But if I cannot win, let
me be brave in the attempt.**

Special Olympics Athlete Oath



***Special
Olympics***
Australia

Special Olympics Australia is part of a global movement that encourages people with an intellectual disability to reach their personal best through sport. For over 40 years, the volunteers of Special Olympics Australia have been creating accessible sports training, coaching and competition opportunities for people with an intellectual disability so that they can achieve their best, in sport and in life. Sports training is offered week-in and week-out in local communities across the country, and competition occurs regularly at local, state, national and international level.

www.specialolympics.com.au