**Anthem Foundation/USABA National Fitness Challenge**   
**Programming Help Document**

This document will assist you in the planning of Anthem/USABA National Fitness Challenge (NFC) events. Included are suggestions on identifying and securing facilities, sample schedules, activity ideas, identifying equipment needs, volunteer resources and more.

**Finding a facility to host events**

If you don’t have a dedicated facility, here are some suggestions for identifying and securing facilities to host Anthem/USABA National Fitness Challenge events and programming. Organizations using an office building may be restricted to more stationary activities like yoga or self-defense, whereas activities like goalball or tandem biking require more space than an office can offer. In short, the more space you have (both inside and outside) the more options you will have available for the event.

When it comes to finding supplemental facilities to accommodate your event, there are several options in your local community. For example:

* Elementary, middle and high schools
* Community Centers
* Community-based groups like the YMCA or Boys and Girls Clubs
* City Parks and Recreation facilities

These groups generally have access to facilities like gyms, weight rooms, running tracks, courts and fields which expand your activity options. Contact local centers and groups to inquire about facility availability and rates.

USABA can offer liability insurance coverage for facility use for qualified organizations. For further questions, contact USABA Membership Manager, Kevin Brousard at [kbrousard@usaba.org](mailto:kbrousard@usaba.org).

**Securing equipment for events and programming**

Another major determining factor in the programs your organization offers to Anthem/USABA National Fitness Challenge participants is the availability of sport-specific equipment. Some activities, such as yoga, running and walking, consist of little to no equipment use. However, other activities, such as archery and weight lifting, require large amounts of equipment.

Per your MOU, an additional $4,000.00 is available upon reimbursement for supplemental programming, equipment and other items used to bolster existing programming (i.e. free weights, goalballs, tandem bikes). You will purchase the equipment on your own and them submit reimbursement requests up to $4,000.00 total over the course of the eight-month program. Reimbursement requests must be made by the 15th of each month and formally submitted via the NFC Reimbursement Form. Corresponding receipts must be included with reimbursement submissions.

Contact USABA Program Specialist Tracy Kinoshita with any questions at [tkinoshita@usaba.org](mailto:tkinoshita@usaba.org).

**Schedule Ideas**

Between October 1, 2018 and May 31, 2019, you will host a variety of programming and events for NFC participants. We encourage you to offer a variety of programming opportunities at different days and times throughout the eight months so that all participants have opportunities to engage. For instance, balance a weekly evening goalball practice with a morning weights class or weekend self-defense demonstration to appeal to multiple interests and schedules.

We are asking each partner to host the following during the 2018-19 National Fitness Challenge:

* **Two physical activity sessions per month**. These will be 1-2 hours each and should be led by a knowledgeable instructor (see list of suggested activities in the example schedule below).
  + At least one activity should occur on the same day, at the same time and at the same location. If it makes sense for your agency, we encourage you to invite local Anthem Associates to attend and participate in the consistent programming opportunity. They could serve as guide runners/walkers, set-up tear-down assistants, or do a short presentation on Anthem’s sponsorship of the National Fitness Challenge. Contact Tracy Kinoshita for details at [tkinoshita@usaba.org](mailto:tkinoshita@usaba.org).
* **National Blind Sports Day** - October 6, 2018. This event is to introduce people in the community to sport and fitness opportunities for the blind. This could be as simple as coordinating a walk around your local park or more involved like hosting a goalball or beep baseball tournament for established teams in your area. Additional information regarding this event is available on the USABA website at: <https://www.usaba.org/blindsportsday/> (The date of the event may be any time between October 1st - October 7th)
* **Paralympic Day event** – a community event in which NFC participants, members of the community and potentially local Anthem Associates, can learn more about Paralympic sports. We recommend demonstrations, short presentations and opportunities to try the sports presented.
* **“Try It” event** – An event in which you introduce a new sport or activity not previously offered at your agency.
* **5k/10k -** host or join a local 5k/10k event where at least 15 National Fitness Challenge participants compete. This event is typically scheduled near the end of the Challenge to provide the opportunity for participants to increase their fitness. Each individual has a different stride length but the average number of steps to walk a 5k falls between 6,000-6,500.

Below is an example of what your Paralympic Day/”Try It” event could look like, scheduling-wise.

*WELCOME:  20 minutes*

Organizers welcome participants and introduce any special guests (Paralympic athlete speaker, Anthem representative, USABA staff, etc.). If any of the special guests are scheduled to speak or present, they speak for 10-15 minutes. The organizer then provides housekeeping items - an overview of the schedule and programming options available (and where to go for each), and any other important information.

*BREAK OUT SESSION 1: 1-hour*

2 activities to choose from.  Options could include, but are not limited to:

* [Goalball](https://www.usaba.org/sports/goalball/)
* [Tandem biking](https://www.usaba.org/sports/cycling/)
* [Track and field/guide running](https://www.usaba.org/sports/track/)
* Walking
* Yoga
* Weight lifting
* Soccer 5-a-side
* [Beep baseball](https://www.usaba.org/sports/beep-baseball/)
* Beep kickball
* [Judo](https://www.usaba.org/sports/judo/)/self-defense/[1Touch](http://www.1touchproject.com/)
* [Rowing](https://www.usaba.org/sports/rowing/)/kayaking
* Exercise classes
* [Swimming](https://www.usaba.org/sports/swimming/)
* Archery
* [Skiing](https://www.usaba.org/sports/ski/)
* [Biathlon](https://www.usaba.org/sports/ski/)
* Golf

*BREAK OUT SESSION 2: 1-hour*

2 activities from list above.

*WRAP UP: 15 minutes*

Organizers thank participants and special guests for their involvement and provide any swag or prizes promised (NFC shirts, water bottles, hats, etc.). Organizers then promote next event or programming opportunity.

**Activities Breakdown**

Finding staff and volunteers with knowledge in the activities your organization offers for the event will provide you with a valuable foundation for successful activity sessions. Brainstorm with your programming staff and volunteers on who can lead each activity session. Utilize your organization’s network of contacts in the sports realm. Below is a breakdown of what each activity could look like for a typical one-hour session. The following is a template and can be altered to the preference of the organization.

* **Goalball**

Equipment: 2 goalballs, goalball court, 12 eyeshades

Facilities: Indoor gym or large conference room area (60 ft by 30 ft)

Schedule:

* + Explanation of game/Court orientation – 5 minutes
  + Throwing technique – 5 minutes
  + Defensive technique – 5 minutes
  + Sample game – 5 minutes
  + Split up into teams, play 4 10-minute games – 40 minutes
* **Tandem biking**

Equipment: 5 tandem bikes, 10 helmets, 5 tandem pilots

Facilities: Open parking lot, bike trail/quiet neighborhood

Schedule:

* + Warm up/Orientation of bike – 5 minutes
  + Skill development in parking lot (turning, communication) – 10 minutes
  + Ride through neighborhood/bike trail – 20 minutes
  + Switch to new group of riders – 5 minutes
  + Ride through neighborhood/bike trail – 20 minutes
* **Track and field/guide running**

Equipment: running tethers (shoelaces or similar material), 10 guide runners

Facilities: track and field facility or playing field

Schedule:

* + Warm up/Stretch – 5 minutes
  + Overview of guide running technique – 5 minutes
  + 2 laps around track – 5 minutes
  + Learn field event adaptations – 15 minutes
  + Athlete choice: running or field event – 30 minutes
* **Walking**

Equipment: 10 guide walkers

Facilities: park, walking path, quiet neighborhood

Schedule:

* + Warm up/stretch – 5 minutes
  + Walk around park, walking path, quiet neighborhood – 55 minutes
* **Yoga**

Equipment: 15 yoga mats

Facilities: Empty room

Schedule:

* + Instructor leads hour long class - 60 minutes
* **Soccer 5-a-side**

Equipment: Soccer Ball with bells inside, 10+ eyeshades, kickboards (the length of the field to prevent the ball from going out of play)

Facilities: rectangular field that measures 40m long and 20m wide.

Schedule:

* + Explanation of game/warm up – 10 minutes
  + Offensive/Defensive skills – 20 minutes
  + Goal Keeper skills – 10 minutes
  + Scrimmage – 20+ minutes
* **Weight lifting**

Equipment: Weight room set (barbells, dumbbells, bench, squat rack, platform etc)

Facilities: Weight room

Schedule:

* + Warm up/stretch – 5 minutes
  + How to navigate weight room – 5 minutes
  + Dumbbell technique – 5 minutes
  + Squat technique (all athletes lift) – 15 minutes
  + Bench press technique (all athletes lift) – 15 minutes
  + Deadlift technique (all athletes lift) – 15 minutes
* **Beep baseball /kickball**

Equipment: beep baseballs/kickballs and bases, bats, helmets and gloves

Facilities: baseball field or open playing field

Schedule:

* + Explanation of game/warm up – 5 minutes
  + Hitting technique (all athletes hit) – 20 minutes
  + Defensive technique – 10 minutes
  + Scrimmage – 25 minutes
* **Judo/self-defense/1Touch**

Equipment: 5 judogis (judo only), soft landing mats/pads

Facilities: Open room with soft landing mats/pads or martial arts dojo

Schedule:

* + Explanation of sport/warm up – 5 minutes
  + Technique 1 – 10 minutes
  + Technique 2 – 10 minutes
  + Technique 3 – 10 minutes
  + Technique 4 – 10 minutes
  + Athletes demonstrate techniques 1 through 4 on instructors – 15 minutes
* **Rowing/kayaking**

Equipment: Row boats/kayaks, paddles, 5 guides

Facilities: River, lake or other body of water

Schedule:

* + Explanation of sport/warm up – 5 minutes
  + Technique (on land) – 10 minutes
  + Row/kayak in water – 45 minutes
* **Swimming**

Equipment: Goggles, lane lines, tappers (canes), bathing suits

Facilities: Swimming pool

Schedule:

* + Safety overview/warm up (pool deck) – 5 minutes
  + Technique and adaptations (shallow end) – 15 minutes
  + Swimming in lane lines – 40 minutes
* **Archery**

Equipment: Adaptive archery targets, bows and quivers

Facilities: Open outdoor space with little foot traffic

Schedule:

* + Explanation of sport/warm up – 5 minutes
  + Shooting Technique (all athletes shoot) – 15 minutes
  + Shooting competition – 40 minutes
* **Biathlon**

Equipment: Auditory biathlon rifles and target

Facilities: Long, open and quiet space indoors

Schedule:

* + Explanation of sport/warm up – 5 minutes
  + Shooting Technique (all athletes shoot) – 15 minutes
  + Shooting competition – 40 minutes
* **Golf**

Equipment: Golf balls, clubs, putting green, sound source for hole

Facilities: Open, flat and quiet space, preferably outside

Schedule:

* + Explanation of sport/warm up – 5 minutes
  + Putting Technique (all athletes shoot) – 15 minutes
  + Long distance technique (all athletes shoot) – 15 minutes
  + 3-hole contest – 25 minutes

If you would like assistance planning your programming or event, please contact USABA Program Specialist, Tracy Kinoshita at [tkinoshita@usaba.org](mailto:tkinoshita@usaba.org).

**Event Speaker**

We encourage all organizations to secure a Paralympic or elite blind athlete to attend and potentially instruct Paralympic Day and/or “Try It” events. The athlete should be introduced at the beginning of the event and have the opportunity to share their story and outline the importance of physical activity and goal-setting. Ideally, you’ll be providing sports programming in the athlete’s sport and the athlete can assist in coordination and instruction. For assistance in identifying a local elite blind athlete to speak at your event, please contact Tracy Kinoshita at [tkinoshita@usaba.org](mailto:tkinoshita@usaba.org).

**Finding Volunteers**

When it comes to locating instructors and volunteers with experience in blind sports, there are several national organizations that may be of service as you organize this event.

* USABA Sports Clubs – USABA has a large network of local agencies participating in a variety of sports for the blind. Oftentimes, these Sports Clubs will have pre-established connections with facilities, equipment, coaches and volunteer s that can be of great assistance in streamlining your event logistics. [Click here for a list](https://www.usaba.org/membership/usaba-sports-clubs/) of USABA Spots Clubs.
* Achilles International - The mission of Achilles International is to enable people with all types of disabilities to participate in mainstream running events in order to promote personal achievement. Achilles chapters often provide guide runners for athletes who are blind and visually impaired. [Click here to see if there](https://www.achillesinternational.org/national-chapters) is a local chapter in your area.
* Lions Club International – The Lions Club is one of the world’s largest service organizations with a core part of their mission being to improve the lives of people who are blind and visually impaired through service. Your local Lions Club may be of great help as you search for volunteers and community connections. [Click here to find](https://directory.lionsclubs.org/) your nearest Lions Club.
* See NFC Toolkit “Anthem Associate Engagement” section for ways to involve local Anthem Associates as volunteers for your event.

**Additional Resources**

Here are some additional resources to help familiarize your team with the basics of learning and teaching blind sports. As always, USABA is here to help. Please contact Tracy Kinoshita if you have any questions.

* [Team USA’s Mobile Coach](https://www.usaba.org/mobile-coach/) website and app provides users with free access to instructional videos in goalball, rowing, track and field, soccer and other blind sports.
* The [USABA sport pages](https://www.usaba.org/) provide sport specific resources and contact information.