



QUARTER #4 EVENTS INSTRUCTIONS

1) Event #1- *Long Distance Extended Dash*

a. *Level 1- 200 yard roll or coach assisted walk*

i. **Equipment-**

1. Item for marking start and finish lines, such as painters tape, a ball cap, or cones
2. Stopwatch (optional)
3. Measuring tape (optional)

ii. **Set-up-**

1. Find a safe spot on level ground, safe of obstacles that could cause tripping. Mark that spot
2. Take a number divisible into 200, such as 25, big steps in a single direction. If you have access to a track (such as at a school), those are normally 400 yards, so use half the track
3. Mark the spot of the final step taken

iii. **How-to-**

1. Line-up on the starting line
2. If you are going to time yourself, start your timer and roll or walk with an assistant to the finish line. Remember, if your course is less than 200 yards, go back-and-forth until you reach 200 yards
3. When you cross the finish line, stop the timer
4. If you cannot complete all 200 yards in one attempt, you can complete it in multiple attempts. For example, you could do 25 yards, eight times. That is OKAY!
5. Repeat steps 1-3 at least 3 times. Stop if you feel pain as outlined in the SOMT Safety Information. [Click Here](#) to view

b. *Level 2- 400 yard traditional walk*

i. **Equipment-**

1. Item for marking start and finish lines, such as painters tape, a ball cap, or cones
2. Stopwatch (optional)
3. Measuring tape (optional)

ii. Set-up-

1. Find a safe spot on level ground, safe of obstacles that could cause tripping. Mark that spot
2. Take a number divisible into 400, such as 25, big steps in a single direction. If you have access to a track (such as at a school), those are normally 400 yards. Do one lap around the track
3. Mark the spot of the final step taken

iii. How-to-

1. Line-up on the starting line
2. If you are going to time yourself, start your timer and walk to the finish line. Remember, if you marked a course shorter than 400 yards, go back-and-forth between your start and finish lines until you reach 400 yards
3. When you cross the finish line, stop the timer
4. If you cannot complete all 400 yards in one attempt, you can complete it in multiple attempts. For example, you could do 25 yards, sixteen times. That is OKAY!
5. Repeat steps 1-3 at least 3 times. Stop if you feel pain as outlined in the SOMT Safety Information. [Click Here](#) to view

c. Level 3- 1 mile run

i. Equipment-

1. Item for marking start and finish lines, such as painters tape, a ball cap, or cones
2. Stopwatch (optional)
3. Measuring tape (optional)

ii. Set-up-

1. Find a safe spot on level ground, safe of obstacles that could cause tripping. Mark that spot
2. Take a number of big steps divisible into 1600 yards (approximately 1 mile), such as 50 big steps in a single direction. If you have access to a track (such as at a school), those are normally 400 yards, so you would go around 4 times
3. Mark the spot of the final step taken

iii. How-to-

1. Line-up on the starting line
2. If you are going to time yourself, start your timer and run to the finish line. If you took 50 big steps when setting up, make sure you go back and forth between your start and finish line thirty-two times
3. When you cross the finish line, stop the timer
4. If you cannot complete all 1600 yards in one attempt, you can complete it in multiple attempts. For example, you could do 50 yards, thirty-two times. That is OKAY!

5. Repeat steps 1-3 at least 3 times. Stop if you feel pain as outlined in the SOMT Safety Information. [Click Here](#) to view

2) Event #2- *Ab Strength*

a. Level 1- *Lean forward and back, while seated*

i. Equipment-

1. A chair

ii. Set-up-

1. Find a safe spot on level ground, clear of obstacles that could cause tripping
2. Place your chair there

iii. How-to-

1. While seated in your chair, lean forward at the waist, as far as you can, and lean back to your regular seated position
2. Do this 10 times
3. Repeat steps 1-2 at least 3 times. Stop if you feel pain as outlined in the SOMT Safety Information. [Click Here](#) to view

b. Level 2- *Traditional crunch*

i. Equipment-

1. No equipment needed

ii. Set-up-

1. Find a safe spot on level ground, clear of obstacles that could cause tripping
2. Lay down flat on the ground, face up, back down

iii. How-to-

1. While laying on your back, bend your knees, but keep your feet on the ground
2. From your waist/abs, complete a traditional crunch by lifting your upper body off the ground, just at the shoulders. **DO NOT BEND YOUR NECK**
3. Do this 10 times
4. Repeat steps 1-3 at least 3 times. Stop if you feel pain as outlined in the SOMT Safety Information. [Click Here](#) to view

c. Level 3- *Traditional sit-up*

i. Equipment-

1. No equipment needed

ii. Set-up-

1. Find a safe spot on level ground, free of obstacles that could cause tripping
2. Lay down flat on the ground, face up, back down

iii. How-to-

1. While laying on your back, bend your knees, but keep your feet on the ground

2. From your waist/abs, complete a traditional sit-up by lifting your upper body off the ground until you reach a 90 degree angle with your back and the ground. DO NOT BEND YOUR NECK
3. Do this 10 times
4. Repeat steps 1-3 at least 3 times. Stop if you feel pain as outlined in the SOMT Safety Information. [Click Here](#) to view

3) Event #3- *Foot Dribble*

a. Level 1- *Put ball on lap and roll- 10 yards*

i. Equipment-

1. Item for marking a start and finish line, such as painters tape, a ball cap, or cones
2. Any round ball
3. Tape measure (optional)
4. Stopwatch (optional)

ii. Set-up-

1. Find a safe spot on level ground, clear of obstacles that could cause injury
2. Mark this spot. This is your start line
3. Take 10 big steps or measure 10 yards from your start line
4. Mark this spot. This is your finish line

iii. How-to-

1. At your starting line, put your ball in your lap
2. When ready, start your timer and roll as fast as you can to the finish line
3. When you cross the finish line, stop your timer. This is the score you will submit
4. Repeat steps 1-3 three times. Stop if you feel pain as outlined in the SOMT Safety Information. [Click Here](#) to view

b. Level 2- *Dribble in place- 1 minute*

i. Equipment-

1. A round ball

ii. Set-up-

1. Find a safe spot on level ground, clear of obstacles that could cause injury

iii. How-to-

1. Stand at your safe spot
2. Place your ball between your feet
3. Stand in place and dribble the ball between your two feet for one minute
4. Repeat steps 1-3 three times. Stop if you feel pain as outlined in the SOMT Safety Information. [Click Here](#) to view

c. Level 3- *Dribble ball- 20 yards*

i. Equipment-

1. Item for marking a start and finish line, such as painters tape, a ball cap, or cones
2. A round ball
3. Tape measure (optional)
4. Stopwatch (optional)

ii. Set-up-

1. Find a safe spot on level ground, clear of obstacles that could cause injury
2. Mark that spot. This is your start line
3. Take 10 big steps in any direction
4. Mark that spot. This is your finish line

iii. How-to-

1. Stand at your starting line
2. Place your ball between your feet
3. When ready, start your timer and begin dribbling the soccer ball by kicking the ball back-and-forth between your feet, while making progress toward your finish line
4. When you reach your finish line, turn around, and dribble back to your start line
5. When you reach your start line, stop your timer
6. Repeat steps 1-5 three times. Stop if you feel pain as outlined in the SOMT Safety Information. [Click Here](#) to view

4) Event #4- Cycling- Follow all cycling rules according to the SOI Rule Book, found at this [link](#)

a. Level 1- *High knees and arm circles (does not have to be at same time)*

i. Equipment-

1. No equipment needed

ii. Set-up-

1. Find a safe spot on level ground, clear of obstacles that could cause tripping

iii. How-to-

1. If you can do both motions at the same time, alternate your feet doing high knees (standing in place and lifting one leg at a time until your knee is at 90 degrees), and do forward arm circles (rotate your arms in a forward motion at the shoulder) at the same time. If you cannot do both motions at the same time, do them separately
2. Do this for at least 15 seconds
3. Repeat steps 1-2 three times. Stop if you feel pain as outlined in the SOMT Safety Information. [Click Here](#) to view

b. Level 2- *Cycle on stationary bike 10 minutes OR Cycle on traditional bike/trike 1 mile*

i. Equipment-

1. A stationary bicycle
2. A traditional bicycle or tricycle

3. Items to mark a start and/or finish line, such as chalk or cones

ii. Set-up-

1. For stationary, find a safe spot on level ground
2. For cycling, find a course, preferably paved and free of gravel, with as little traffic, as possible

iii. How-to-

1. For stationary-
 - a. From your seat on the stationary bike, set the bike difficulty to whatever is comfortable for you
 - b. Cycle for 10 minutes
2. For traditional-
 - a. From your starting line, start your timer and ride 1 mile
 - b. When you cross your finish line, stop your timer
3. Repeat steps a-b three times. Stop if you feel pain as outlined in the SOMT Safety Information. [Click Here](#) to view

c. Level 3- *Cycle on stationary bike 30 minutes OR Cycle on traditional bike/trike 5 miles*

i. Equipment-

1. A stationary bicycle
2. A traditional bicycle or tricycle
3. Items to mark a start and/or finish line, such as chalk or cones

ii. Set-up-

1. For stationary, find a safe spot on level ground
2. For cycling, find a course, preferable paved and free of gravel, with as little traffic, as possible

iii. How-to-

1. For stationary-
 - a. From your seat on the stationary bike, set the bike difficulty to whatever is comfortable for you
 - b. Cycle for 10 minutes
2. For traditional-
 - c. From your starting line, start your timer and ride 1 mile
 - d. When you cross your finish line, stop your timer
3. Repeat steps a-b three times. Stop if you feel pain as outlined in the SOMT Safety Information. [Click Here](#) to view