



## 2021 CF Montreal Whitecaps FC Special Olympics Play Unified Challenge

### SPECIAL OLYMPICS BC ATHLETE NOMINATION & SELECTION PROCESS

CF Montreal, Vancouver Whitecaps FC, Special Olympics Quebec, and Special Olympics BC are teaming up for the **2021 Play Unified Challenge!**

This friendly virtual competition will be B.C. vs Quebec! Special Olympics BC will select 11 athletes (all genders) who will be paired with players from the Vancouver Whitecaps FC BMO Academy and Girls Elite REX program. This Unified team will compete against a Special Olympics Quebec-CF Montreal Unified team.

Competition will run from September 7 to October 31. Participants will complete new soccer and fitness challenges every other week.

The results from each challenge will be recorded, and the team that wins the most challenges will be crowned champions!

#### **Nomination Requirements (Deadline Wednesday, August 4, 2021)**

Athletes must be nominated by a coach.

To nominate an athlete:

1. Review the eligibility requirements with the athlete.
2. Support the athlete in completing a Dribbling Drill. The drill result must be included in the nomination form. Drill instructions are included at the end of this document.
3. Complete the nomination form here: [Nomination Form](#)
4. Support the athlete in submitting a video or letter introducing themselves (video 1 minute max). Letters and videos must be submitted to [jtetarenko@specialolympics.bc.ca](mailto:jtetarenko@specialolympics.bc.ca)
5. Submit the nomination form and letter or video by end of day Wednesday, August 4, 2021

Coaches may nominate more than one athlete, but a separate nomination package must be completed for each athlete.

#### **Selection Process**

Selection will take into consideration.

- Inclusion of athletes of all genders
- Representation of athletes from all Regions of B.C.
- Athlete background and experience
- Results on the dribbling drill

Selected athletes and coaches will be notified by August 20, 2021.



## **Special Olympics BC athlete eligibility requirements:**

Athletes must be nominated by a coach. As part of the nomination form, the coach will be asked to confirm that the athlete meets these requirements:

1. Athlete must be registered with Special Olympics BC.
2. Athlete must be at least 13 years of age.
3. Athlete may be any gender.
4. Athlete must have played on an organized soccer team for at least 1 season in Special Olympics soccer at an A/B Level.
5. Athlete must have a supporting coach who will commit to working with them to train and execute the challenges. The supporting coach must be named in the nomination form.
6. Both the athlete and support coach must be available for the duration (8 weeks) of the program.
7. The athlete must commit to completing ALL challenges and meeting all the expectations of the program.
8. Athlete should feel comfortable in virtual social settings and potentially being interviewed.
9. Athlete should be comfortable working with a Unified Partner they will not know.
10. Athlete must be willing to give Special Olympics and the MLS teams permission to use their picture and words in promotions.

## **2021 Play Unified Challenge Schedule**

The challenge will last 8 weeks from September 7 to October 31. Results will be announced at the end of each challenge, and at the end of all challenges.

Challenge 1	Sept 7 – 19
Challenge 2	Sept 21 – Oct 3
Challenge 3	Oct 5 – 17
Challenge 4	Oct 19 – 31

## **Questions?**

Please direct any questions to

Jean Tetarenko  
SOBC Sport Coordinator  
Email: [jtetarenko@specialolympics.bc.ca](mailto:jtetarenko@specialolympics.bc.ca)  
Cell: 250-883-2452

## **DRIBBLING DRILL**

This drill is representative of the type of challenges athletes will compete in as part of the **2021 Play Unified Challenge**.

The athlete's result for this drill must be included in the nomination form.

### **Equipment Needed:**

- 8 cones (or cans)
- Measuring tape
- Stopwatch
- Soccer ball

### **Setup:**

- Place 8 cones 1 m apart in a straight line

### **Instructions:**

- Athlete will start at one end of the cones with a soccer ball.
- Athlete will dribble around the cones in one direction and dribble back in a straight line to the start.
- This is to be completed for a duration of one minute.
- The final score is the total number of cones that the athletes dribbles around in one minute.
- Cones that are missed are not counted.

### **Scoring:**

- Final score is the number of cones athlete completes.
- Example: An athlete does 3 complete runs plus 2 cones, but they miss 3 cones during the 1 minute.

Total score =  $3 \times 8$  (3 complete runs) + 2 (additional cones) – 3 (cones missed) = 23

### **Video Demonstration:**

- [Please click here](#)
- The video narration is in French, but it provides visual and English text instructions for how to execute the drill.

