



# HIGH SCHOOL ADAPTIVE SPORTS

PRESENTED BY KENNETH WHALEN FAMILY FOUNDATION

## CAF VIRTUAL ADAPTIVE TRACK & FIELD PROGRAM *PROGRAM INFORMATION*

Welcome to the CAF Virtual Adaptive Track & Field Program! See below for all program information:

### EXPERT COACHING

All four coaches for the program are either U.S. Track & Field Paralympians / National Team Members or USOPC Staff. Coaches include:

- **Kym Crosby-Hightower** – Ambulatory Sprints Coach & 2X Paralympic Track & Field Medalist
- **Gustavo Osorio** – Ambulatory Throws Coach & U.S. Paralympic Strength & Conditioning Coach
- **Justin Phongsavahn** – Seated Throwing Coach & U.S. Track & Field National Team Member
- **Erik Hightower** – Wheelchair Racing Coach & 2X Paralympian in Track & Field

### PRACTICE PLANS

Online you will find discipline-specific practice plans that include warm-ups, drills, and strength & conditioning. Each practice plan covers the six weeks of the virtual program with three practices per week for athletes to complete on their own time.

**Please note that exercises may be performed differently by each athlete depending on your level and experience – AND THAT IS OKAY!** If needed, you should modify drills in order to perform movements safely and with good form, move through practices at a slower pace, use stabilizing objects, eliminate weight from strength & conditioning drills, and rest as needed. If an exercise cannot be modified, you can skip that movement and focus on other exercises that work for you! This program is all about getting active, acquiring new skills, and having FUN – don't get discouraged if something is difficult. Just try your best and enjoy the learning process!

### VIDEO TUTORIALS

In line with the practice plan documents, we are providing you with video tutorials for each week of the program that give athletes step-by-step instruction on how to complete practices. Tutorials for strength & conditioning exercises per discipline are also provided! Videos include form, technique, and skill instruction as well as progression options to ensure all athletes are set up for success.

As a bonus for all seated throwing athletes, we have filmed additional resources including a [“How to Build a Throwing Platform” video](#) and [“Pushing with an Everyday Chair or Sport Chair” video](#). Check it out!

## CHALLENGES

There will be a weekly challenge designed to track your progress and provide fun tasks! Weekly challenges can be found on the practice plans and at the end of each respective weekly video.

## SOCIAL MEDIA

As you complete your practices and challenges, please share on social media using the tag **@cafoundation** and the hashtag **#CAFHighSchoolSports**. We also encourage you to post your own modifications for any of the warm-ups, drills, and strength & conditioning exercises so other athletes can learn about how YOU are adapting to the program! Make sure you are wearing a CAF shirt as you represent the High School Adaptive Sports Program!

Follow CAF on [Instagram](#), [Facebook](#), and [Twitter](#) and join our [High School Adaptive Sports Program Facebook Group](#) for an opportunity to meet other athletes!

## FINAL NOTE

The most important part of the High School Adaptive Sports Program is that you HAVE FUN! Modify programming as needed based on your ability level, experience, and access to other training. We hope that you find this program both informative and inspirational, and that by learning these new training techniques, you can build the confidence to be ready to compete! Whether you have joined to get better at your favorite track & field discipline, or you are trying a new sport entirely, we are excited to watch you progress through the program with your peers and with your coaches.

For questions, comments, or concerns, please contact [highschoolsports@challengedathletes.org](mailto:highschoolsports@challengedathletes.org)