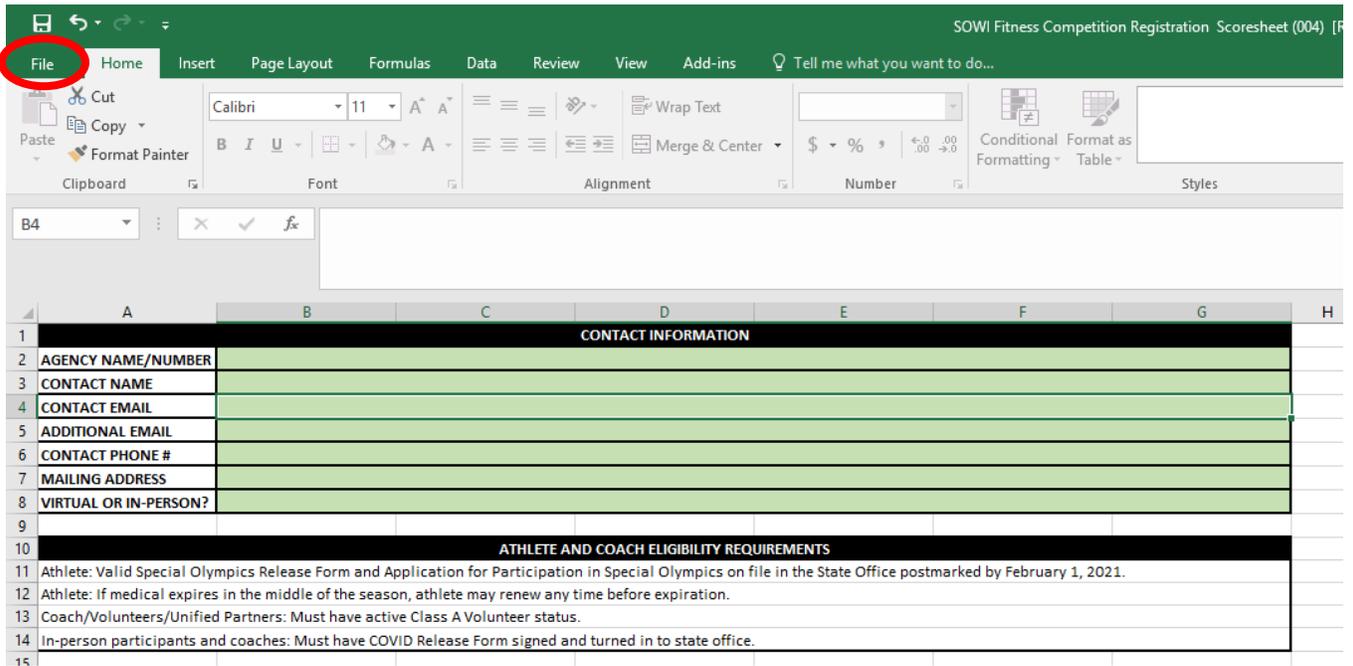


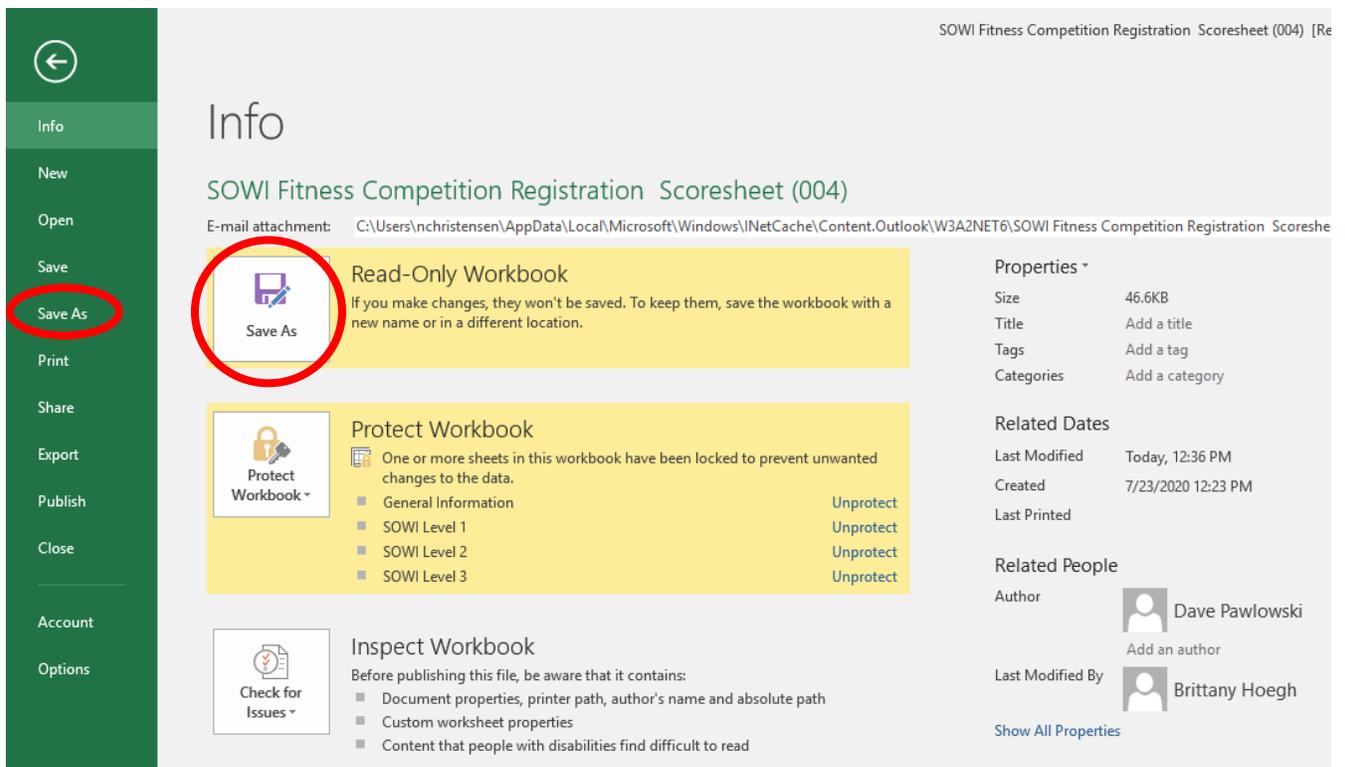
HOW TO REGISTER FOR THE SOWI FITNESS COMPETITION

GENERAL SETUP

1. Open the excel document, SOWI Fitness Competition Registration Score Sheet.
2. Save the file to your computer. You will use this document for initial registration and pre-season scores, mid-season scores, and end of season scores. Make sure to save it appropriately somewhere you will be able to access again.
 - a. Click FILE



- b. Click SAVE AS



STEP BY STEP REGISTRATION INSTRUCTIONS

1. Complete the top of the page with agency information. All fields are mandatory besides the *Additional Email* row.
2. Each fitness level is broken out into different tabs at the bottom of the document. Click on each tab to register athletes in that level of competition. If you don't have any participants in one of the levels, you can ignore that tab.

#1

CONTACT INFORMATION	
AGENCY NAME/NUMBER	
CONTACT NAME	
CONTACT EMAIL	
ADDITIONAL EMAIL	
CONTACT PHONE #	
MAILING ADDRESS	
VIRTUAL OR IN-PERSON?	

ATHLETE AND COACH ELIGIBILITY REQUIREMENTS

11 Athlete: Valid Special Olympics Release Form and Application for Participation in Special Olympics on file in the State Office postmarked by February 1, 2021.
12 Athlete: If medical expires in the middle of the season, athlete may renew only once before competition.
13 Coach/Volunteers/Unified Partners: Must have active Class A Volunteer status.
14 In-person participants and coaches: Must have COVID Release Form signed and turned in to state office.

REGISTRATION INSTRUCTIONS/INFORMATION

17 1. Complete the top of this page with your agency's information.
18 2. Each fitness level is broken out into different tabs at the bottom of this document. If you don't have any participants in a certain level, ignore that tab.
19 3. For each athlete/unified partner that is participating in the fitness competition, complete their information and scores within their respective level tab.
20 4. Be sure to include the participant's name, date of birth, gender, and partner/team name. If the person is competing only as an individual, just leave the partner/team name blank.
21 5. Fill in only the GREEN fields of the document. Other fields are formulas that will auto-populate based on the raw scores entered.
22 6. Complete one document for all participants.
23 7. Submit this registration form to your local Athletic Director.
24 8. OPTIONAL (but highly encouraged): Submit videos of each participant performing their exercises to fitness@specialolympicswisconsin.org.

FITNESS COMPETITION TIMELINE

	Timeframe to Collect Scores	Date to Submit Scores
Pre-Season Scores	February 1-7	Midnight of Sunday, February 7
Mid-Season Scores	March 1-7	Midnight of Sunday, March 7
End of Season Scores	April 5-11	Midnight of Sunday, April 11

#2

General Information | SOWI Level 1 | SOWI Level 2 | SOWI Level 3

- For each athlete/unified partner that is participating in the fitness competition, complete his or her information and scores within the respective tab.
- Be sure to include the participant's name, gender, and partner/team name. If the person is competing only as an individual, just leave the partner/team name blank.
- Fill in only the GREEN fields in column B (Participant info) and Column D (Pre-season scores). Other fields are formulas that will auto-populate based on the raw scores entered. Make sure you are entering each athlete in the appropriate Level tab for their participation.
 - The green columns F (Mid-season scores) and I (End of Season Scores) will be completed later in the season and sent into your Regional Athletic Director.

SOWI Fitness Competition Registration Scoresheet [Read-Only] - Excel

File Home Insert Page Layout Formulas Data Review View Add-ins Tell me what you want to do...

Clipboard Font Alignment Number Styles

Calibri 11

Normal Bad Good

Check Cell Explanatory... Input

D33 6

COMPLETE COLUMN B

COMPLETE COLUMN D

FITNESS COMPETITION LEVEL 1 PARTICIPANTS										
	Participant Name	Fitness Test	Pre-Season Score	Pre-Season Points	Mid-Season Score	Mid-Season Points	% of Improvement	End of Season Score	End of Season Points	% of Improvement
Athlete (individual)	FIRST NAME	Brittany	20	3						
	LAST NAME	Hoegh	8	2						
	GENDER	Female	16	4						
	ATHLETES OR PARTNER	Athlete	34	6						
	TEAM/PARTNER NAME	n/a	Total	15	0	0.0%	0	0.0%		
Athlete (doubles)	FIRST NAME	Jason	12	2						
	LAST NAME	Blank	18	4						
	GENDER	Male	9	2						
	ATHLETES OR PARTNER	Athlete	14	2						
	TEAM/PARTNER NAME	Don Wigington	Total	10	0	0.0%	0	0.0%		
Partner (doubles)	FIRST NAME	Don	29	5						
	LAST NAME	Wigington	11	3						
	GENDER	Male	9	2						
	ATHLETES OR PARTNER	Partner	21	4						
	TEAM/PARTNER NAME	Jason Blank	Total	14	0	0.0%	0	0.0%		
Athlete (team)	FIRST NAME	Hailey	31	6						
	LAST NAME	Fischer	4	1						
	GENDER	Female	12	3						
	ATHLETES OR PARTNER	Athlete	27	5						
	TEAM/PARTNER NAME	Team AD	Total	15	0	0.0%	0	0.0%		
Athlete (team)	FIRST NAME	Michaela	22	4						
	LAST NAME	Harrison	12	3						
	GENDER	Female	6	2						
	ATHLETES OR PARTNER	Athlete	44	8						
	TEAM/PARTNER NAME	Team AD	Total	17	0	0.0%	0	0.0%		
Athlete (team)	FIRST NAME	Amber	39	7						
	LAST NAME	Weinfuter	5	1						
	GENDER	Femall	9	2						
	ATHLETES OR PARTNER	Athlete	26	5						
	TEAM/PARTNER NAME	Team AD	Total	15	0	0.0%	0	0.0%		
	FIRST NAME									

General Information **SOWI Level 1** SOWI Level 2 SOWI Level 3

Ready

- Email this document to your Regional Athletic Director with all athlete registration information and pre-season scores by midnight of Sunday, February 7th.