

Special Olympics Individualized Athlete Development Plan (IADP)

Athlete

First name:	<input type="text"/>	Last:	<input type="text"/>	Date:	<input type="text"/>
Program:	<input type="text"/>	Phone:	<input type="text"/>	Coach:	<input type="text"/>

Athlete's interests

Favorite sports:	<input type="text"/>
Favorite sport teams:	<input type="text"/>
Favorite athletes:	<input type="text"/>
Favorite musical groups:	<input type="text"/>
Favorite movies/actors:	<input type="text"/>
Favorite TV shows/actors:	<input type="text"/>
Favorite books:	<input type="text"/>
Favorite foods/beverages:	<input type="text"/>
Other interests:	<input type="text"/>

Why athlete is participating in Special Olympics; check all that apply:

Fun:	<input type="checkbox"/>	To be with friends:	<input type="checkbox"/>
Develop skills:	<input type="checkbox"/>	To win medals:	<input type="checkbox"/>
Compete:	<input type="checkbox"/>	Recreation:	<input type="checkbox"/>
		Because someone told me I had to do it:	<input type="checkbox"/>
Other:	<input type="text"/>		

Sports athlete likes to participate in:

Current:	<input type="text"/>
Future:	<input type="text"/>
Why?	<input type="text"/>

Athlete considerations (tips when working with athletes); check all that apply:

Doesn't like loud noises:	<input type="checkbox"/>	Needs to hydrate:	<input type="checkbox"/>
Doesn't like whistles:	<input type="checkbox"/>	Is prone to seizures:	<input type="checkbox"/>
Doesn't respond well to yelling:	<input type="checkbox"/>	Is easily distracted:	<input type="checkbox"/>
Has limited verbal skills:	<input type="checkbox"/>	Has short attention span:	<input type="checkbox"/>
Has visual impairment:	<input type="checkbox"/>	Is resistant to change:	<input type="checkbox"/>
Has hearing impairment:	<input type="checkbox"/>	Is hyperactive:	<input type="checkbox"/>
Exhibits self-stimulatory behaviors:	<input type="checkbox"/>	Is obsessive-compulsive:	<input type="checkbox"/>
Other:	<input type="text"/>		

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Trigger(s) to inappropriate behavior:

Athlete assessment

Interest in the sport:

Athletic ability:	Speed:	Shuttle run		Chair-ups <input type="text"/>
	Endurance:	3-minute step test		
	Strength:	Push-ups		
	Flexibility:	Sitting reach		
	Coordination:	Shuttle run with beanbags		
Sport-specific athletic ability:	Skill 1			
	Skill 2			
	Skill 3			

Cognitive ability (event understanding):

Skills for coping with environment:

Ability to work with others:

Coach observations and conclusions

Goals

Individual goals

Long-term:

Short-term:

Team goals

Long-term:

Short-term:

Support plans

Individualized at-home training plan:

Assistant coach support plan:

Family, guardian, caregiver support plan:

Competition-day plan: