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**2021 Winter Games Virtual Series**

**January-March**

**Dance**

* Athletes will have the choice of competing in Hip Hop and Contemporary genres. Dance

Instructors will teach a 30 second choreographed routine via Zoom 4 weeks during the season. A pre-recorded version of the dance will also be posted to the SOCT website to allow athletes to practice on their own. All athletes will be asked to submit their final version of the dance via Google registration or emailed directly to an SOCT staff member. All dances will be featured on our social media platforms.

**Esports**

* Special Olympics Connecticut has partnered with Mission Control, a platform for recreational Esports. Athletes will register to play on either a traditional or Unified team. They can accommodate 1 to 3 players per team. Our first league will feature the game, Rocket League. This is a soccer game played with cars. Rocket League can be played across all platforms so that you are able to play whether you have a Playstation, Xbox, Nintendo Switch or computer.

**Fitness Challenge**

* Special Olympics Connecticut’s Health and Wellness Team is excited to offer the first SOCT Fit

5 Challenge of 2021. We will kick off the 6 week fitness challenge in our SOCTFit5 Facebook Group on Monday, January 25. SOCT will post three health and fitness activities each week including Movement Monday, Live Workout Wednesday with Izzy (4pm), and Fit Foods Friday. Athletes will track their progress utilizing the Fit 5 tracker.

**#Beauonthego**

* Based off the concept from the popular children’s book series, Flat Stanley, athletes and

their families/caregivers within the same household are encouraged to visit Connecticut parks, hiking trails or local landmarks with a cutout picture of Beau. Athletes should complete a minimum of 15 to 20 minutes of exercise and take their picture with “Beau”. Photos should be submitted to SOCT via Google registration and will be highlighted on our social media platforms using the #beauonthego. We can’t wait to see where Beau goes!

**Snowshoe and Alpine Skiing**

* Athletes and their families/caregivers within the same household can snowshoe or downhill

ski and submit a description of where they are as well as a photo using the Google registration form. All participants will be highlighted during our Winter Season Virtual Celebration.

There will be a Winter Season Virtual Celebration starting with an Opening Ceremonies and dance on Friday, March 26 followed by highlights and videos of the athletes that participated on Saturday, March 27. All athletes will receive a commemorative participation ribbon.