



NATIONAL VETERANS
**WHEELCHAIR
GAMES**

#NVWGatHOME • July 12-17, 2020

THE VIRTUAL CASCADE CUP

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What is the Virtual Cascade Cup?

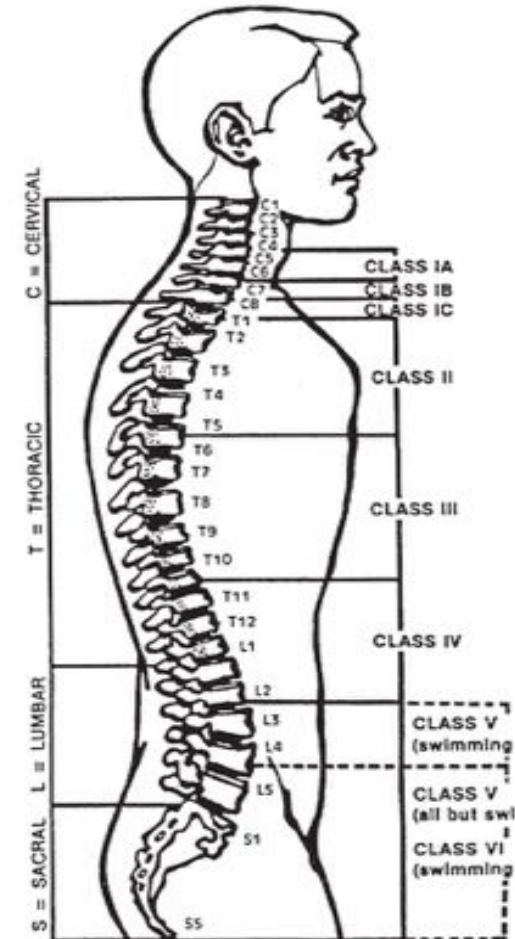
A virtual functional fitness competition that will test endurance, stamina, strength, power, speed and flexibility while performing adapted fitness movements

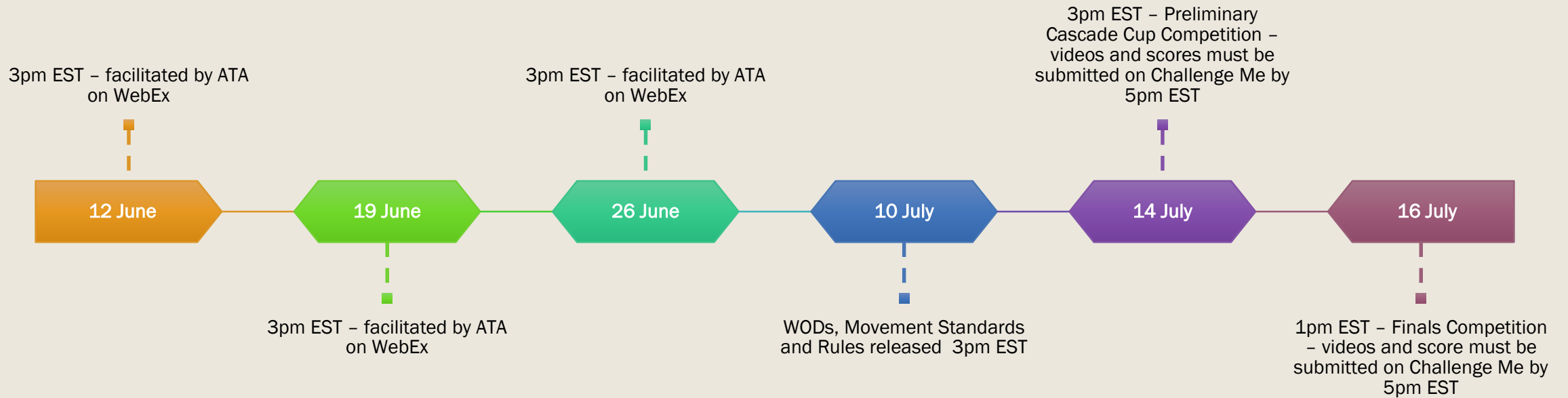
Classification & Group Assignment

Classification & Gender Specific Classes :

- Group 1: Class 1B & 1C
- Group 2: Class 2 & 3
- Group 3: Class 4 & 5

- Class 1A C5/C6 Tetraplegia
- Class 1B C7 Tetraplegia
- Class 1C C8/T1 Tetraplegia
- Class II T2 - T5 Paraplegia
- Class III T6 - T10 Paraplegia
- Class IV T11 - L2 Paraplegia
- Class V L3 - L5 Paraplegia





Schedule of Virtual Trainings & Competition

Box Jumps

Burpees

Deadlift

Med Ball over Shoulder

Odd Object Pick Up & Load

Russian Kettlebell Swings

Agility Sprint

Wallballs

Split Ropes

Potential
Movements
& Equipment
Needs

Movement Standard – “Box Jump”

Group 1: Class 1B & 1C:

- <https://youtu.be/naBJR2oQv4U>

Group 2: Class 2 & 3

Group 3: Class 4 & 5

- <https://youtu.be/q4a2VNFdx14>

Movement Standard – “Burpee”

Group 1: Class 1B & 1C:

- https://youtu.be/T55Nx9egm_I

Group 2: Class 2 & 3

Group 3: Class 4 & 5

- <https://youtu.be/-A2TZ7hq5Vk>

Movement Standard – “Dumbbell Deadlift”

Group 1: Class 1B & 1C

- <https://youtu.be/dD1xNLYx0EY>

Group 2: Class 2 & 3

Group 3: Class 4 & 5

- <https://youtu.be/LI3VnCQBRXk>

Movement Standard – “Wallball”

Group 1: Class 1B & 1C

- <https://youtu.be/F1hmfhKihRM>

Group 2: Class 2 & 3

Group 3: Class 4 & 5

- <https://youtu.be/hhQoDjRN8hg>

Movement Standard – “Split Ropes”

Group 1: Class 1B & 1C

- <https://youtu.be/SjrAEYUYSY8>

Group 2: Class 2 & 3

Group 3: Class 4 & 5

- <https://youtu.be/7pmZ6USr4PE>

Movement Standard – “Med Ball Over shoulder”

Group 1: Class 1B & 1C

- <https://youtu.be/Epw0QFqzoTo>

Group 2: Class 2 & 3

Group 3: Class 4 & 5

- https://youtu.be/4Ro1te_2AU4

Movement Standard – “Odd Object Pickup & Load”

Group 1: Class 1B & 1C

- <https://youtu.be/BjJCtc50R2g>

Group 2: Class 2 & 3

Group 3: Class 4 & 5

- <https://youtu.be/cxfNJZGaXto>

Movement Standards – “Russian Kettlebell Swings”

Group 1: Class 1B & 1C

- <https://youtu.be/878G2sggIPk>

Group 2: Class 2 & 3

Group 3: Class 4 & 5

- <https://youtu.be/NXqk0tvPHGo>

Movement Standards – “Agility Sprint”

Group 1: Class 1B & 1C

- https://youtu.be/Sof2_k6I5CM

Group 2: Class 2 & 3

Group 3: Class 4 & 5

- <https://youtu.be/4HJWuHh9Tms>



Virtual Training with Adaptive Training Academy

- Friday June 12, 2020 3pm EST
- Friday June 19, 2020 3pm EST
- Friday June 26, 2020 3pm EST

- Virtual Trainings and Virtual Cascade Cup will be completed on www.webex.com sign up for a free account



SUBMITTING AN ATHLETES SCORE

<https://challengemettraining.com/>

VOLUNTEERS

