

# Ann Arbor Figure Skating Club BINGO

B	I	N	G	O
Watch videos of your favorite skater on YouTube and write down 3 things you love about their skating	20 Jumping Jacks 20 Second Plank 20 Squats	Take a Walk <b>OR</b> Get some Sun!	Help make or follow a new healthy recipe	Clean out your skating bag <small>Throw away garbage, wash your gloves and towels, air out your skates ;)</small>
Would you rather: <small>-Skate for Disney on Ice Compete at the Olympics Be the 1st person to skate on the planet Mercury Write 5-6 sentences why</small>	Call a skating friend or a family member!	5 minute warmup 20 minute full body stretch <small>(Tip: Watch TV or Listen to an Audio Book to pass the time)</small>	Jump as high as you can 10 times in a row!  <small>Think about extending through your toes!</small>	Find 3 songs you think would be really great for a skating program!  <small>Write one sentence why for each song</small>
Drink LOTS of water <small>4-8 yrs: 5 cups 9-13 yrs: 7 to 8 cups 14 yrs +: 8 to 10 cups Source: webmd.com as a typical daily suggestion</small>	Write down 3 skating goals you have for summer and 3 ways you'll achieve them		Perform your program off-ice <b>OR</b> Make one up! <small>Just have fun with it!</small>	3 Days In A Row:  5 minute warmup 10 minute stretch Hold all 3 splits for 30 seconds each
5 minute warmup 15 minute stretch focusing on your arms and back	Write a short paragraph on who your favorite professional skater is and why (5-6 sentences)	Clean your room  You'll be surprised at what you'll find- maybe an old skating momento!	Write and mail a friend or family member a letter complete with drawings or something fun	Play a Card Game or Board Game with your family
Make something creative  <b>Fun Ideas:</b> friendship bracelet, drawing of a pet or animal, song lyrics	Skip, jog, jumping jack, or jump rope for 10 minutes	Write a letter to a nursing home and tell them about your skating.  They'll love it!	5 minute warmup 10 minute stretch 10 minutes spirals	Watch and do 10 minutes of off-ice jump videos from YouTube <small>(Beginners- Search for "off-ice waltz jump")</small>

Skater's Name: \_\_\_\_\_ Parent's Signature (Required): \_\_\_\_\_

**HOW TO PLAY:** Have fun, stay active! Complete ALL of the rows AND columns to win! After you've completed the ENTIRE card- immediately email your marked up card, a photo of the participating skater, and all required writing attachments to the Ann Arbor Figure Skating Club Office at [aafsc@annarborfsc.org](mailto:aafsc@annarborfsc.org). No purchase necessary to win and no deadline to participate!