

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 OR Get some Sun!	Help make or follow a new healthy recipe	Clean out your skating bag Throw away garbage, wash your gloves and towels, air out your skates ;)
Would you rather: -Skate for Disney on Ice Compete at the Olympics Be the 1st person to skate on the planet Mercury Write 5-6 sentences why	Call a skating friend or a family member!	5 minute warmup 20 minute full body stretch (Tip: Watch TV or Listen to an Audio Book to pass the time)	Jump as high as you can 10 times in a row! Think about extending through your toes!	Find 3 songs you think would be really great for a skating program! Write one sentence why for each song
Drink LOTS of water 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	Write down 3 skating goals you have for summer and 3 ways you'll achieve them		Perform your program off-ice OR Make one up! Just have fun with it!	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 Fun Ideas: 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 (Beginners- Search for "off-ice waltz jump")

Skater's Name: _____ Parent's Signature (Required): _____

HOW TO PLAY: Have fun, stay active! Complete rows or columns of items for your chance to win! One winner will be award for EACH row and EACH column, as well as an overall winner for the first person to complete the ENTIRE card! After you've completed a row, column, or 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. Winners will be announced as they come in to limit duplicates. No purchase necessary to win!