



COOLEY STATION SUMMER OLYMPICS

JULY 1 – AUGUST 7

In honor of the 2024 Summer Olympics, we thought it would be fun to host our own friendly neighborhood competition. Register individually or as a team, select a country to represent (either real or made up), and compete in four game categories to earn points!

Each game requires minimal equipment – all things that can be found around your home. You will submit your stats and videos of your participation in each game over the course of the “Olympics” (July 1 - July 28). Winners for each game will be ranked (Gold, Silver, Bronze, and Participant) and will receive different points based on their rank. Countries (teams) with the top three point totals at the end of the Olympics will receive prizes. All participants will be entered to win a grand prize. **Closing Ceremony** will be held on August 10 from 8:30 - 9:30 am to announce the winners!

WHAT YOU NEED:

1. A measuring tape.
2. A basketball.
3. A tennis ball.
4. A hamper.
5. Roll of blue tape.
6. A smart phone.

SCHEDULE OF GAMES:

- July 1 - 7 | 100 Foot Dash
- July 8 - 14 | Basketball
- July 15 - 21 | Gymnastics
- July 22 - 28 | Long Jump

HOW TO PARTICIPATE:

1. Register as a team or individual, and select your country (either real or made up).
2. Submit an official team photo (optional).
3. You will receive participation details for each game.
4. Record yourself/a teammate participating in the game, and submit your stats and videos to us no later than August 7. Email your submissions to your Lifestyle Director: mrodger@ccmcnet.com
5. We will rank a gold, silver, and bronze winner for each game based on the criteria.

PRIZES & POINT SYSTEM:

- Anyone on team can compete however you may only allow one person per team, per game.
- All games (except for gymnastics) will have a gold, silver, and bronze winner based on the scoring criteria.
 - a. Gold – 100 points
 - b. Silver – 75 points
 - c. Bronze – 50 points

- Gymnastics points will be earned based on the moves performed.
- If a team does not place in the top three for the game, they still receive 25 participation points for that game.
- Each team's points will be tallied at the end of the Olympics, awarding a Gold, Silver, and Bronze winner for the overall competition.
 - a. Gold (Most Points Overall) - **\$50 AMAZON GIFT CARD**
 - b. Silver (Second Highest Points Overall) – **BEAT THE HEAT – POOL PARTY KIT**
 - c. Bronze (Third Highest Points Overall) – **PIZZA PARTY KIT**
- All participants/teams will be entered to win a grand prize of **\$50 Main Event Gift Certificate**.

| GAME | OBJECTIVE | MATERIALS NEEDED | HOW TO SET UP | SCORING CRITERIA |
|-------------------------------|---|---|---|--|
| 100 Foot Dash (July 1 - 7) | Sprint as fast as you can the full 100 feet and try to get the quickest time. Submit your time/video. | Tape Measure; Blue Tape, Smart Phone Timer/Video Camera | Place tape on ground to mark the starting line, then measure from the tape 100 feet and place another piece of tape to mark the finish line. | Time your sprint on your smart phone. The top three fastest times will be ranked for gold, silver, and bronze. Send video to mrodger@ccmcnet.com |
| Basketball (July 8 - 14) | Stand behind the line 5' away from your laundry basket and attempt to make as many baskets from behind the line as you can for 60 seconds. Submit your baskets/video. | Laundry Basket, Basketball, Blue Tape, Tape Measure, Smart Phone Timer/Video Camera | Make a line with blue tape (shooting line). Measure 5' from this line and make another line with blue tape (finish line). Place your laundry basket behind the "finish line" if you are facing it from the shooting line. | Highest number of baskets made in the time limit will be ranked for gold, silver, and bronze. Send video to mrodger@ccmcnet.com |
| Gymnastics (July 15 - 21) | Team member should perform as many moves as they can (front handspring, cartwheel, and somersault). Each move only has to be performed once. | Soft Surface (i.e. grass, carpet, yoga mat, etc.) Smart Phone Timer/Video Camera | No set up needed. | Front Handspring (75 points) Cartwheel (50 points) Somersault (25 points) <i>You may perform any or all of the moves. Team's points will be added up and added to their total score at the end of the Olympics.</i> Send video to mrodger@ccmcnet.com |
| Long Jump (July 22 - 28) | Stand behind your starting line, get a running start, and jump as far from the line as you can. Measure your distance and submit your stats/video. | Blue Tape, Tape Measure, Smart Phone Timer/Video Camera | Make a starting line with blue tape. | Furthest Jumping Distance will be ranked for gold, silver, and bronze. Send video to mrodger@ccmcnet.com |