BOYS & GIRLS CLUB
OF SOUTHEASTERN CONNECTICUT

Parents – Friends – Neighbors: Please join us for the BGCSECT

TRU NATIONAL FITNESS COMPETITION

Motion is Lotion! Sweat is Magic! Respect Your Body!

Friday, April 28, 2017 - 40 Crystal Avenue, New London

With HUGE thanks to
volunteers from Advantage Personal Training, Health & Nutrition Specialists

ADVANTAGE

Members should have a snack before event start. Then, during the four colored blocks (timed segments) each youth group will rotate clockwise through each location/activity. A whistle will announce the conclusion of segments/ joint events.
Teams: A) 1st & 2nd Grade B) 3rd & 4th Grade C) 5th & 6th Grade D) Teens

Points will be awarded on a 3-pt. scale: Standard, Modified (easy), & Difficult. Scores will be tallied and an **Age-Group Team Winner**, **1st, 2nd & 3rd Place Individual Winner** announced. As well, commendation will be given for **Best Attitude, Effort, Leadership, Team Work, & Sportsmanship.** Results for all members will be recorded to compare progress when we do it again.
NFC Requirements allow for comparisons with other Clubs across the country. ***Remember: Try your best and have fun!***

TIME	#	Competition	NOTES	LOCATION	STAFF
1:00 pm		***Welcome – Assemble Teams – Intros - Group Stretch – Snack - Fill Water Bottles***			
1:15	1	**Golf Putting**		BIG FIELD	APT
1:15	2	**Four Square**		BLACK TOP	AH
1:15	3	**PUSH-UPS**	NFC National Requirement	HOPSCOTCH AREA	APT
1:15	4	**Ladders**		SMALL FIELD	APT
1:30	5	**50 YARD DASH**	ALL TOGETHER With parents, staff & volunteers welcome to join in.	SMALL FIELD	ALL
1:45	6	**Mobile-Steps Team Work**	*Group activity*	BIG FIELD	RM
1:45	7	**Single-Leg Ball Toss**		BLACK TOP	APT
1:45	8	**CURL-UPS**	NFC National Requirement	HOPSCOTCH AREA	APT
1:45	9	**Planks**		SMALL FIELD	APT
2:05	10	**4x4 RACE** Club Staff included!	ALL TOGETHER – *Group Activity*	BIG FIELD	ALL
2:30	11	**SHUTTLE RUN**	NFC National Requirement	BIG FIELD	AH
2:30	12	**Side Shuffle**		HOPSCOTCH AREA	APT
2:30	13	**Duathalon (Run-Bike-Run)**		SMALL FIELD-BLACK TOP	NW
2:30	14	**Grip Strength**		BIG FIELD	APT
3:00		**LUNCH** & *"Perfect Plate"* *APT Youth Nutrition Workshop*	PRE-PORTIONED PLATES for athletes kindly donated by **High 5's Bar & Grill** 318 State Street, New London	FITNESS ROOM	ALL
3:30	15	**Volleyball: *Youth v. Adults***	*Group activity*	BIG FIELD	MISC
3:30	16	**B-Ball Free Throws**		BLACK TOP	NW
3:30	17	**Jumping**		BLACK TOP	APT
3:30	18	**Med-Ball Relay**	*Group activity*	SMALL FIELD	APT
3:45	19	**Musical Muscle Chairs*** (Timed Squat Holds) *no score	ALL TOGETHER With parents, staff & volunteers welcome to join in.	BLACK TOP	Score Tally Team Mtg.
4:00 PM		*TRU Dance Team Performance* followed by **AWARDS CEREMONY**			

Boys & Girls Club of Southeastern Connecticut
P.O. Box 1849 – 59 Federal Street, New London, CT 06320 – 860-574-9040 – www.bgcsect.org
GREAT FUTURES START HERE!