

Track Meet

Divide into 2 teams depending on size of group. Have two people be the coach of the team. Our coaches picked the mascots from the alma mater, Trojans and Vikings.

We then have an assistant coach and a head cheerleader too. We have pom poms and also a cheer from their high schools.

We really get loud during the cheers! We are doing a track event. we have paper with lines on it going vertically across to represent yards.

We have little runners moving across the paper down their lanes. Then as the group checks in we score them and then add all the yardage earned up. Then move the runner that many yards (note we are using computer print out paper with lines and it is connected)

Scoring is as follows.

TOPS :

2 yards = exercised three times to the best of your ability

1 yard = lost weight

0 yard = stay the same

-2 yards = gain

KOPS:

2 yards = exercised three times to the best of your ability

2 yards = below goal

0 yards = stay the same but above goal

1 yard = if you loose above goal

-2 yards = gain and you are above goal

WE all put 50 cents in the pot at the beginning of the contest for the prize money! We also made little ribbons for the team members to wear at the meeting so all know who is on whose team.

We passed out a team roster with Names and phone numbers of Coach, assistant coach, cheerleader, and team players, also listed were the scoring rules, and the cheer.