

Biggest Loser Sports & Fitness Challenge

FRIDAY, February 22nd, 2008

7:30 P.M. TO 9:00 P.M.

RULES

OBJECTIVE: *Your Biggest Loser team will participate in 5 events ranging from sports skills to physical fitness challenges. The team earning the most points will win the challenge.*

- *At least 3 members from each team must compete for your team to enter the challenge.*
- *The team will choose one person to compete in each event. (Teams competing with less than 5 participants will select team members who are present to compete in multiple events.)*
- *The challenges will consist of the following events: Basketball Speed Shot, Shuttle Run, Softball Accuracy Pitch, Volleyball Distance Serve and Personal Trainer's Strength Challenge.*
- *In the event of a tie, a team tug-of-war will determine the winner.*
- *All teams wishing to enter the challenge must register at the front desk by Monday, February 18th.*
- *Results will be posted in the Biggest Loser Newsletter on March 5th!*
- *Individuals competing in all YMCA events are required to demonstrate the YMCA's character values of Honesty, Respect, Responsibility and Caring.*

**FIRST PLACE: 3 lb final weigh-in bonus
(subtracted from your team's ending weight)
& choice of mystery prize packs- Mind, Body or Spirit**

**SECOND PLACE: 2 lb final weigh-in bonus
(subtracted from your team's ending weight)**

**THIRD PLACE: 1 lb final weigh-in bonus
(subtracted from your team's ending weight)**



Biggest Loser Sports & Fitness Challenge Team Registration

Team Name _____ **Captain** _____

Participant Name	Event
1. _____	Basketball Speed Shot
2. _____	Shuttle Run
3. _____	Softball Accuracy Challenge
4. _____	Volleyball Distance Serve
5. _____	Personal Trainers Strength Challenge

Please turn in your team registration by **Monday, February 18th, 2008**

Scorecard- For YMCA Event Staff Use Only

Event	Score
1. Basketball Speed Shot	_____
2. Shuttle Run	_____
3. Softball Accuracy Challenge	_____
4. Volleyball Distance Serve	_____
5. Personal Trainers Strength Challenge	_____