

Obstacle Course

STATION 1

Lateral Shuttle Run

Participant must move sideways either Right shuffle or Left shuffle from Dot 1 (START) to DOT 2, Back to start, then to DOT 3, Back to start, then to DOT 4 to exit the station

***Each DOT IS 6 FEET APART from the other

STATION 2

10 Sit to Stands – beginning from the standing position, glutes must touch the chair 10x to count the sit to stand

STATION 3

Cone Taps – 10x

If cone falls, the participant picks it back up and starts the count back at 1 until 10 alternating feet taps are completed

Cone is 6 ½ inches high

STATION 4

Hoop RUN

Step through 10 hoops without disrupting the hoop or stepping on any of them

Hoops touch

STATION 5

Step Ups

Using a step aerobics bench with 2 risers (one on each side)

Step up and down 10 times with either foot being the 'lead' foot

1= up, up, down, down

STATION 6

Ladder Walk – use an 8 rung agility ladder

ONE FOOT in the ladder and balance and clap 3 times, step into the next space and balance and clap 3 times, complete all 9 spaces

Start over if your foot touches the floor before the 3 claps are complete

Start over if you step on any part of the ladder

Max tries to complete: 3 times

STATION 7

Soccer ball kick

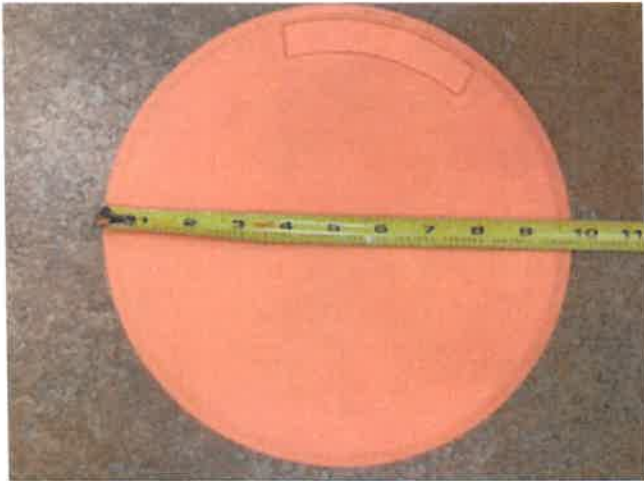
Kick one soccer ball 15 feet away into the net. Only one chance to make it in.

STATION 1

Lateral shuttle run: Dots are 6 feet apart and 9 ¾ inch diameter



Must move sideways leading with the right or left-athlete's choice



STATION 2

10 Sit to Stands, Arms Crossed, Start standing and count each time the Glutes Touch the chair 10 times successfully to exit station 2



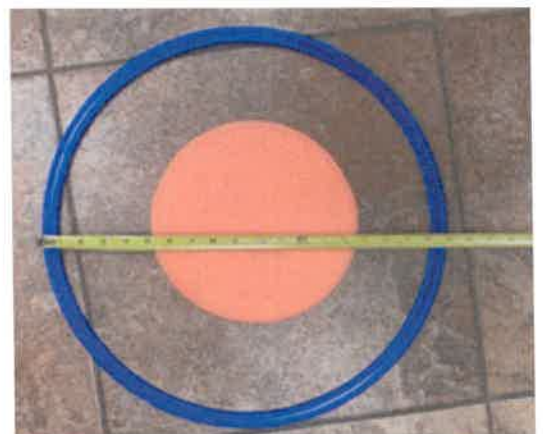
STATION 3

CONE TAP 10 X



STATION 4

Hoop RUN: 10 hoops touching, starting with R foot



Hoops are 19 inch diameter outside rim to rim

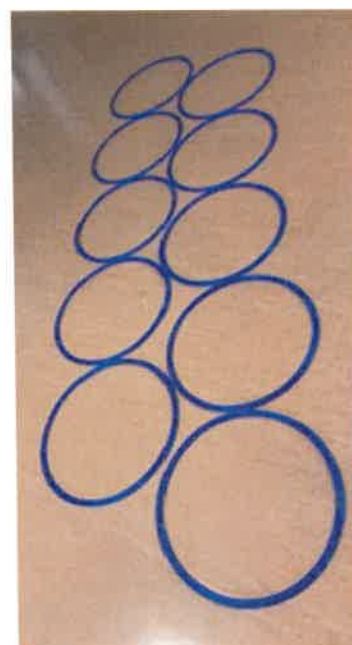
STATION 5

Step ups 10 times



STATION 6

LADDER WALK, Clap 3 times and balance on one foot while moving through the ladder (picture to come)



STATION 7

Soccer Kick from 15 feet away

One shot – in for a bonus point in case there is a tie

