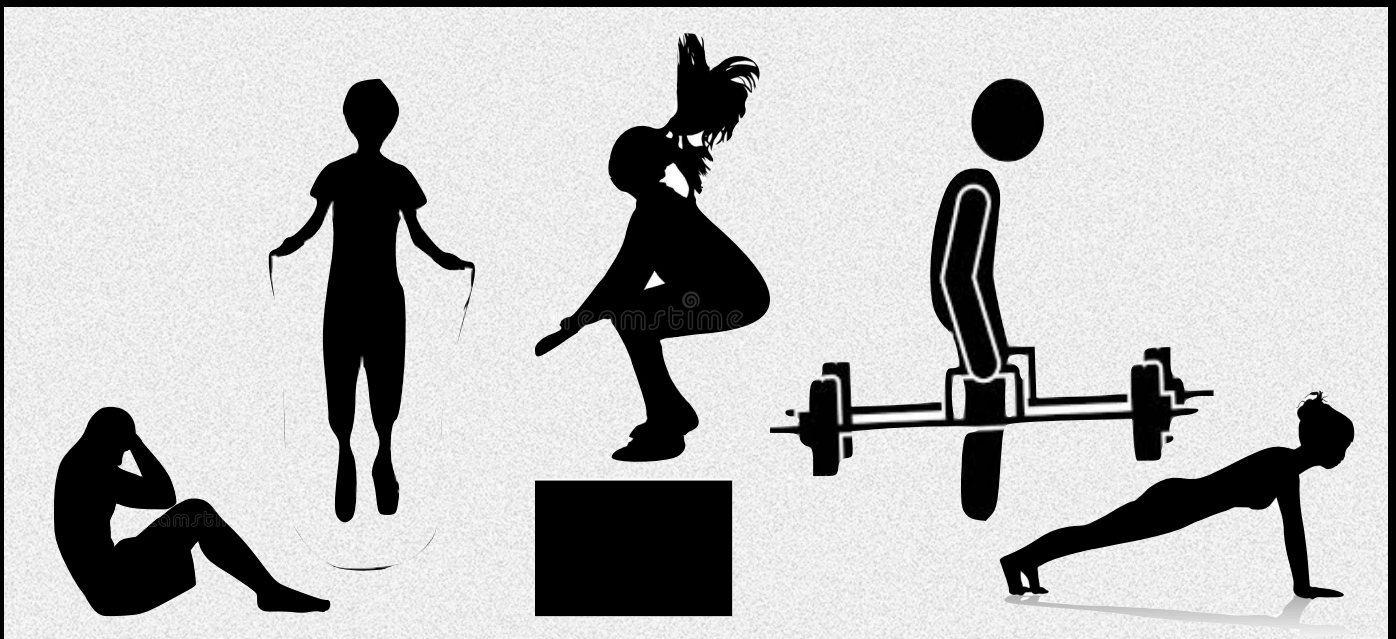
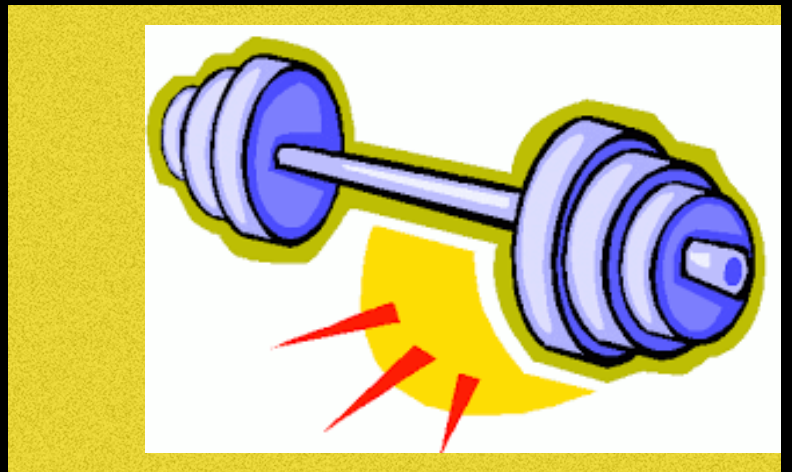


# SUFFOLK ZONE FIT CLUB



**SUFFOLK ZONE FIT CLUB**  
**An event hosted “For Kids” and ran “By Kids”**

**MISSION:** Our mission is to empower our students with the skills, tools, training, and confidence to live a healthier lifestyle while challenging them through difficult physical challenges. Our goal is for the students to challenge themselves and see how much they can truly accomplish when driven.

We will give students an opportunity to develop strength both physically & mentally and help them to reach their fullest potential. The students will feel part of a team by offering support, encouragement and inspiration to their teammates while helping them achieve their highest level of fitness.

**This is the 5th annual competition. We currently have 31 teams registered. The program is currently for 4th & 5th graders. We have started the program at the elementary level because this is where the students are most impressionable and where they really start to develop their fitness habits.**

**General Information:**

- The participating schools will create a team of 24 of their top performers. (Each district can design their own unique way to choose their team members.) Each team should consist of the top 6 boys in the 4th grade, the top 6 girls in the 4th grade, the top 6 boys in the 5th grade and the top 6 girls in the 5th grade (Making a total of 24 athletes per team). I suggest picking two alternates for each category (in case of illness or injury). All alternates can attend the competition and cheer on their team. *The same 6 students must complete in BOTH events, unless there is an injury. If you are subbing an athlete, please notice the scoring table the day of the event.*

- The students will learn the format of the competition through their designated coach. **ALL COACHES MUST BE SUFFOLK ZONE MEMBERS.** On Wednesday May 11th, (rain date the 12th) each team will travel to the host school, Lincoln Ave. Elementary (**440 LINCOLN AVE, SAYVILLE 11782**) for a team competition. The competition will take place during school hours from 10am - 1:45 pm. Permission slips will need to be completed. *If a student has an aide or medical issue, please make sure their aide or their nurse attends the event, if required.* **\*IMPORTANT\*: On your school's permission form, please add the below item and have parents sign:**

*I, (parents name), give NYS AHPERD permission to use pictures and video of my son/daughter (child's name) from the 2022 Suffolk Zone Fit Club Competition. I understand that these pictures and video will only be used for instructional and promotional purposes for next years event.*

If any student does not want to be videotaped, please inform Beth Bolger **BEFORE** the event.

### **DETAILS:**

- All teams will take part in two team events. Both events will earn points for a team total. Each event is an **AMRAP** (As Many Rounds As Possible).

### **AMRAPs ARE A GREAT WAY TO:**

- Burn fat
- Test your mental toughness
- Improve your technique under pressure and fatigue
- Build strength and conditioning
- Increase your capacity for working well at a high heart rate
- Testing your physical limits

- **IMPORTANT: COACHES CAN NOT TOUCH ANY OF THE EQUIPMENT ONCE THE ATHLETES HAVE STARTED ! (i.e. If a hurdle knocks over or if a jug is placed out of position.) Only the athlete or referee can manipulate the equipment.**
- My student scorekeepers will keep count and score for the athletes. Coaches and volunteers will eyeball the teams on either side of them to make sure proper form is being used.

## **EVENT #1: NINJA SPEED AMRAP DETAILS**

- Each team will be given a chance to compete in a 15-minute team AMRAP. They will directly compete only against other students from their own grade level and of the same gender they identify with. (Example, all 4th grade girl teams will compete against only other 4th grade girls teams). Each grade/gender will have their own competition and receive points according to how many tasks/ rounds they complete. The points for each competition will go towards their overall team total.
- **Starting Position:** Three team members will start behind the line on one side of the field and the other 3 team members will stand on the line on the opposite side. On the start, the first member will run to the first quadrant and perform 30 sit-ups, next they will run to the next quadrant and perform 30 shoulder taps, then they will run to the next quadrant and perform 15 agility jumps over a 12-inch hurdle, then they will run to the next quadrant and perform a 25-foot bear crawl to the opposite

side, where the 2nd team member will be waiting. (Each quadrant is 25 feet.)

- Once the first member crosses the line to finish, the next person may begin. The 2nd person will then reverse the order and head back to the other side (25 ft bear crawl, 15 agility jumps, 30 shoulder taps, and 30 sit-ups) where the 3rd member of the team will be waiting and so forth. Each time a team member successfully completes one of the 4 exercises (bear crawl, agility jumps, shoulder taps, and sit-ups) in its entirety, that team will receive a point. If the team member completes the entire round (all 4 exercises) before time ends they will receive 4 points per round. If an athlete does not finish all 4 exercises in its entirety, before time runs out, then they will only receive points for completed exercise. For example, if an athlete completes 30 sit-ups, 30 shoulder taps, and only 13 of the 15 agility jumps before the timer ends then that athlete will only acquire 2 points for their turn (1 point for the completed 30 sit-ups, 1 point for the completed shoulder taps, no points for agility jumps because they did not finish the full 15.) This event will go on for 15 minutes. Each team will try to collect as many points as possible in the time frame.
- Athletes must stay in the same order each time. No switching order.

## **EVENT #1: NINJA SPEED EXERCISE STANDARDS**

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**Sit-ups:** (Referee will place their knees on the athletes feet and their hands on the athletes knees). *The athlete must have their arms across their chest, hands must remain on shoulders, and they must sit-up until their elbows touch their referees hands which are on the athletes knees. Lower down until your back touches the floor. This counts as one rep. Do 30 repetitions.*

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**Shoulder Taps:** Get into a push-up position with your arms fully extended, your body in a straight line, and up on your toes. This will be your starting position. Quickly bring one hand up to tap the opposite-shoulder, placing that hand back on the floor before repeating to the opposite side. Concurrently your body will slightly shift from one side to the other to better maintain balance. Each shoulder you tap counts as one rep. Do 30 reps.

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**Ski Jumps:** Student must perform 15 successful lateral ski jumps over a 12-inch hurdle. If they knock it over, they must stop, stand it back up and continue. The missed jump will not count. (Coaches **can not** hold the hurdle for the athlete during the ski jumps & **only the athlete** can pick it up if it knocks over). *Failure to follow this rule will result in a 10 second time penalty.*

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**Bear Crawl:** Students will perform a bear crawl for 25 feet. Start on all fours and lift your knees so they're at a 90-degree angle and hovering an inch off the ground. Keep your back flat, your legs hip-width apart and your arms shoulder-width apart. Move one hand and the opposite foot forward an equal distance while staying low to the ground. Switch sides, moving the opposite hand and foot. Repeat the movement while alternating sides. Only hands and feet will be allowed to touch the floor. No other body part is allowed.

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## **EVENT #2: OVERCOMING OBSTACLES AMRAP DETAILS**

### **Event #2: Overcoming Obstacles AMRAP (As Many Rounds As Possible)**

- Each team will compete in a timed team 15- minute AMRAP. They will compete only against other students from their own grade level and of the same gender that they identify with. (Example, all 4th grade girl teams will compete against only other 4th grade girls teams). Each grade/gender will have their own competition and receive points according to how many tasks/ rounds they complete. The points for each competition will go towards their overall team total.
- Three team members will start behind the line on one side of the field and the other 3 team members will stand on the line on the opposite side. On the start, the first member will run to the first quadrant and perform 15 box jump overs, next they will run to the next quadrant and perform 3 laps (75 feet) of the farmers carry, then they will run to the next quadrant and perform 30 jump ropes, then they will run to the next quadrant and perform a 25 foot crab walk to the opposite side to where the 2nd team member will be waiting. (Each quadrant is 25 feet.)
- Once the first member crosses the line to finish, the next person may begin. The 2nd person will then reverse the order and head back to the other side (25 ft crab walk, 30 jump ropes, 3 laps (75 foot) farmers carry, and 15 box jump overs and run to the opposite line where the 3rd member of the team will be waiting, and so forth. Each time a team member successfully completes one of the 4 exercises (box jump overs, farmers carry, jump ropes, crab walk) in its entirety, that team



will receive a point. If the team member completes the entire round (all 4 exercises) before time ends they will receive 4 points per round. This event will go on for 15 minutes with each team member potentially earning 4 points per round. Each team will try to collect as many points as possible in the time frame.

- Athletes must stay in the same order each time. No switching order. Also, if an athlete does not finish all 4 exercises in its entirety, then they will only receive points for completed exercise.

## EVENT #2: OVERCOMING OBSTACLES EXERCISE STANDARDS

**B**ox Jump Overs: I switched this event from box jumps to box jump overs because by nature they are easier to judge. Box jumps are easier for athletes to cheat the range of motion by not standing up all the way and failing to open their hips. In box jump overs, athletes aren't required to reach hip extension, which takes out nearly all the subjectivity of the judging. The box jump will be 18 in's high. A **two-foot takeoff** is always required, and only the athlete's feet may touch the box. The athlete must jump on top of the box using a two-foot landing and then jump or step off to the other side. An athlete is **NOT ALLOWED** to jump completely over the box (safety purposes). The rep is counted when **both** the athlete's feet land on the ground on the opposite side.

**Farmers Carry:** The farmer's carry is a strength and conditioning exercise in which you hold a heavy load in each hand while walking for a designated distance. This whole body exercise hits most of the major muscle groups while providing an excellent cardiovascular stimulus. There will be two gallon jugs filled with sand waiting at the beginning of the quadrant. Each jug will weigh approx. 10-13 lbs. Students will stand



up straight with their feet shoulder-width apart and arms resting at your sides. The jugs will be on the floor, one on top of each X marker. Students will squat down and grab a jug in each hand. Engage the core and pull your shoulder blades down and back while standing back up, returning to an upright posture. Step forward and begin walking. Keep your head up, shoulders back, and core muscles engaged. Students will carry the jugs to the quadrant end line (25 feet), turn around and walk to the opposite side (25 feet), turn around again and walk back to the quadrant end line (25 feet). The students would have walked 3 laps which equals 75 feet. When finished the students must place the jugs on the x markers. Jugs must be placed on markers and be standing upright!! If they fall over or are not placed on markers, the refs will instruct the students to go back and fix them, which will cost time. This will decoupage students from throwing or dropping the jugs which would break them. Students can turn around once a foot crosses the quadrant line.

**Jump Roping:** The jump rope's will vary in length's (7 ft, 8 feet, and 9 ft ropes will be provided for each team). Each athlete can choose the size appropriate for them. They can also choose if they want to jump forward or backward. Reps are counted once the athlete successfully jumps over a spinning rope. The rep is not counted if they miss.

**Crab walk:** is an intense upper body and core exercise that uses your own bodyweight for resistance. Begin by sitting on the floor with your feet hip-distance apart in front of you and your arms behind your back with fingers facing hips. Lift hips off the floor and tighten your abs. Start "walking" forward by moving your left hand followed by your right foot; and then your right hand followed by your left foot. You can also reverse it and crab walk backwards. Students can choose to crab walk forward or backward for the competition.

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- **IMPORTANT: COACHES CAN NOT TOUCH ANY OF THE EQUIPMENT ONCE THE ATHLETES HAVE STARTED!** (i.e. If a tire is out of position, jump rope is thrown to the side.) Only the referee or athlete can manipulate the equipment.

**SCORING:** The points from Event #1 (ninja speed) and Event #2 (Overcoming Obstacles) will be added together. The team with the highest points wins.

**AWARDS:**

Top 10 teams will receive an award. All teams will receive certificates for each team member and alternate.

**TIME FRAME:**

**BUSES CAN NOT ARRIVE ANY EARLIER THEN 9:30!!**

**10:00-10:10 Coaches will WARM-UP their teams**

**10:10-10:20 Explain/ demo Event #1: Ninja Speed**

**EVENT #1: Ninja Speed: Starts Sharply at 10:20 am**

**4th grade boys compete from 10:20-10:35.**

**4th Grade girls compete from 10:35-10:50.**

**5th grade boys compete from 10:50-11:05**

**5th grade girls compete from 11:05- 11:20.**

**11:25 – 11:50 Break/LUNCH**

**11:50 - 12:00 Explain/ demo Event #2: Overcoming Obstacles**

**EVENT #2: Overcoming Obstacles: Starts Sharply at 12:00pm**

**4th grade boys compete from 12:00-12:15**

**4th Grade girls compete from 12:15-12:30**

**5th grade boys compete at 12:30-12:45**

**5th grade girls compete at 12:45-1:00**

**1:00-1:25 Break (needed for the refs to finish scoring)**

**Awards at 1:25-1:45 Awards/ Pictures**

**Dismissal: We will dismissal the schools in the order of buses. As the buses arrive, I will be told over a walkie talkie. We will dismiss the schools in order of the arrival of the buses. I will have a helper label the buses with the school names as they arrive so dismissal will be quick.**

## **TEAM COLORS**

**Each of the teams attending will be assigned a team color. The colors will be assigned on a first come first serve basis. **Please do not change your color without consulting Beth Bolger since much of the event is designed around the different colors of each team.** We ask that your whole team wear a t-shirt of this color so that it is easy to tell the difference between each school. Colors were picked in order of registration. Team colors will be emailed to you.**

**Contact: Beth Bolger  
Suffolk Zone Fit Club Coordinator  
Email: [ebolger@sayvilleschools.org](mailto:ebolger@sayvilleschools.org)  
Cell Number: 631-487-7550**

