

Team Challenge #6

Trainer: Sarah Kress

Due Date: January 15th at noon

Challenge: Shuttle Run

In this challenge, your team will complete a shuttle run/walk. The team will split in half at opposite ends of the basketball courts. Your team will take turns running/walking with a dynamax ball overhead and passing the ball off until each person has walked/ran with the ball twice.

- Line up, single file at each end of the basketball court, behind the black lines, with half the class on each side. Both sides may not have the same number of people.
- The first person starts with the 10# dynamax ball overhead. Time starts as the participant begins to run/walk.
- First person hands the ball (not throws) to the first person at the front of the opposite line.
- This pattern continues until each person has run/walked with the ball twice.
- Time ends when the last person reaches the end.
- The Trainer will report the total time to Erin at efaught@princetonclub.net.

Team Name/Day/Time: _____

Trainer: _____

of Team Participants: _____

Total Time: _____