



# SPRIT LEAGUE'S 1ST ANNUAL (VIRTUAL) CHALLENGE WEEK

OCTOBER 25-31 2020

SPONSORED BY



***Now more than ever, our athletes need to return to play. Introducing Spirit League's 1<sup>st</sup> Annual Sports Challenge Week designed to get our athletes outside, doing something they love, in the safest way possible – virtually! Will you join in the fun?***

## **What is Challenge Week?**

Each day from October 25 to 31, Spirit League will post a **Facebook** video demonstrating a basketball, baseball, soccer or social skill. We challenge your athlete to practice that skill at home and then share their skills by tagging us in a photo or video on social media. If you prefer, email us directly.

Thank you for helping your athlete with these challenges and connecting with Spirit League in a whole new way.

## **Enjoy this Buff!**

All athletes enrolled in a 2020 Spirit League sport will receive a custom neck gaiter (buff). We hope you wear the enclosed buff and share your awesome skills with us during Challenge Week.

## **How to Participate**

Each day during Challenge Week, check out our demonstration video on **Facebook** then post a photo or video of your athlete showing their unique challenge style or wearing their new Spirit League buff. Make sure to tag us in your post.

- **Instagram:** @spirit\_league
- **Facebook:** @spiritleague
- **Twitter:** spiritleague@spiritleague

We can't wait to see our athletes' happy faces and amazing style! A huge thanks to our Title Sponsor, Beach Kids Therapy Center, for supporting the Spirit League program.

See you during Challenge Week,

*Your Spirit League Team*

(See the reverse side for a list of the Daily Challenges)

## Check out the daily challenge schedule below.

**Sunday Showcase (October 25):** It's the first day of Challenge Week! We challenge all athletes to create a video telling us what they love best about themselves. This doesn't have to relate specifically to Spirit League. The video can be short and sweet, about 10 to 30 seconds. Each of our athletes is special, and we want to know what they think is special about themselves!

**Monday to the Max (October 26):** Athletes will be challenged to use a proper kicking technique to kick a soccer ball as far as they can! Remember, players should be using either the inside part of their foot or the top of their laces to kick the ball.

**Double Play Tuesday (October 27):** Athlete's choice of the following...

- **Batting:** Athletes will be challenged to hit as many baseballs in a row as they can (either using a tee or being pitched to) in one minute. Athletes should focus on using proper hitting mechanics and technique.
- **Ground Balls:** Athletes should showcase how to field a ground ball accurately. Athletes must keep their heads up, gloves down, have a wide stance, and use two hands to gather the ball into their gloves. The athlete must field three ground balls in a row using the proper fundamentals.

**Weaving Wednesday (October 28):** Athletes will be challenged to practice basketball dribbling skills by weaving through cones (or other objects to create a drill where the athlete can dribble through back and forth) for at least 20 feet, down and back. Athletes must keep full control of the ball and dribble as fast or as slow as they feel comfortable with.

**Toe-Touch Thursday (October 29):** Athletes must perform toe touches on a stationary soccer ball, bouncing and alternating their left and right feet on top of the ball for at least 30 seconds. The ball should remain in place. This is a great cardio workout!

**Funky Friday (October 30):** Athletes will be challenged to create a wild, crazy, and funky basketball shot of their own. Examples could be a half-court shot, shot behind the backboard, or any shot that seems wild and crazy!! Be creative. If they don't have access to a basket, use tons of imagination.

**Superhero Saturday (October 31):** Since we love our athletes and think that each and every one of them is a superhero human being, we challenge all players to pose in their favorite superhero costume or Spirit League shirt. Examples could be flexing their muscles, pretending to save someone, jumping in the air, or any creative pose or video that represents how strong and special they are. Each one of them is a superhero!

## Questions?

Contact [Melanie@spiritleague.org](mailto:Melanie@spiritleague.org) or call 714-417-9553, ext. 700

**#CHALLENGEWEEK**



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