

VTAHPERD Middle School Fitness Competition

DATE: Friday, May 8, 2009
PLACE: Patrick Gym, University of Vermont
CHECK IN: 8:30-9:10 am
WELCOME: 9:10-9:25 am
START: 9:30 am

TEAMS

The teacher/coach must be a member of VAHPERD in order to send a team. Each school may enter one 5th/6th boys team, one 5th/6th girls team, one 7th/8th boys team, and one 7th/8th girls team. Each team is comprised of **6 (new in 2007)** individuals. All members of each team will participate in **ALL 4 EVENTS**. All 6 athletes are expected to complete each event in the competition. There will be a Division 1 for the larger schools and a Division 2 for the smaller schools. Each school must also send two people to help score the different events. The volunteers can be either high school students or adults. When the registration is sent in with your athlete's names, you must also send in the names of your volunteers. We will not accept your registration if there are no volunteers.

EVENTS

The 4 events will be the mile run, modified pull up, sit and reach, and one minute curl up test. Complete instructions of all tests will be available upon request and a review of competition rules will take place during the introduction at 9:10.

SCORING

All 6 athletes compete but only the top 5 best scores will count for each team total. The team score will be derived by totaling the top 5 individual scores of each team. In the event of a tie, an individual or team's mile run will be used as a tiebreaker. All 6 athletes will receive individual results.

AWARDS

Certificates of participation will be given to all contestants. Medallions will be given to the top three individuals in each division. Trophies will be given to the top three teams in each division. Awards and results will be mailed as soon as possible.

TEACHER RESPONSIBILITY

Each team must bring a responsible adult to supervise the 5th/6th grade team and one for the 7th/8th grade team. These 2 groups will not be together during the competition. Each team supervisor should have a clipboard and a pen. Coaches who stay with the team and volunteers who help with events are two separate groups.

LUNCH and SNACKS

Athletes and adults should bring their own snacks, drinks, and lunch. Each team should clean up their own area in the bleachers before leaving.

CLOTHES

Everyone should dress for the weather because the run is outside. Athletes should have appropriate shoes for running 1 mile.

COST

Cost will be \$10 for each team entered in each division for a maximum of \$40 per school. The teacher must be a member of VTAHPERD in order to send a team.

*Make check payable to VTAHPERD and please make sure the name of your school is noted on the check. T-shirts will be for sale at the competition.

REGISTRATION DEADLINE IS MONDAY, APRIL 27

Check must accompany entry form! Entry limit is 450. Register early if you can. First come, first served. You must send in the names of your athletes and volunteers with your check and registration form. Registration via e-mail will not be accepted.

MAIL ENTRIES TO: **St. Alban Town Educational Center**
c/o Rose Bedard
169 So. Main St.
St. Albans VT 05478
mrbedard@satecvt.org