

TEAM ROSTER	
CLUB	
TEAM NAME	



ATHLETE NAME	ATHLETICS			BASKETBALL			MINUTE TO WIN IT		
	10m Shuttle Run	Standing Long Jump	Unified Relay	Unified Speed Dribble	Free Throw Shooting	Target Passing	Ball Drop	Cookie Unicorn	Marshmallow Toss

ATHLETE NAME	CHAMPS TOTAL
0	0.00
0	0.00
0	0.00
0	0.00
0	0.00
0	0.00
0	0.00

TEAM CHAMPS TOTAL	0.00
TEAM 4 WEEK TOTAL	0.00
FINAL TOTAL	0

*\*All point breakdowns for each Champs Challenge is in the Athlete Guide and available online under Coach Resource on the Fall Fit 5 Page [www.sonl.ca](http://www.sonl.ca)*

**FALL FIT 5 CHALLENGE**