

# ASD-N VIRTUAL OLYMPICS DAY 1

## EVENT #1

**SOCK-IT BALL** - PLACE 5 MARKERS EQUAL DISTANCE FROM A CLOTHES HAMPER SPANNING 180 DEGREES. YOU WILL NEED 5 PAIRS OF BALLED UP SOCKS (ONE PAIR A DIFFERENT COLOUR, THE MONEY BALL). SHOOT THE FIVE SOCKS FROM ALL 5 POSITIONS OR AS MANY AS YOU CAN GET IN 1 MINUTE. EACH SOCK IS WORTH 1 POINT EXCEPT THE MONEY BALL SOCK IS WORTH 2. YOU HAVE 1 MINUTE FOR THIS CHALLENGE. RECORD YOUR SCORE OUT OF A POSSIBLE 30.

LEVEL 1 - 5 FT LEVEL 2 - 10 FT LEVEL 3 - 15 FT

## EVENT #2

**SELF-PASSING CHALLENGE**  
- COMPLETE AS MANY SELF-PASSES IN 1 MINUTE AS POSSIBLE. IF THE BALL TOUCHES THE FLOOR RESTART YOUR COUNT. RECORD YOUR HIGHEST SCORE. YOU HAVE 1 MINUTE TO COMPLETE THIS CHALLENGE.

LEVEL 1 - BOTH HANDS  
LEVEL 2 - STRONG HAND ONLY  
LEVEL 3 - WEAK HAND ONLY

## EVENT #3

**TOWEL FLIP CHALLENGE** -  
SPREAD OUT A NORMAL SIZED BEACH TOWEL ON THE FLOOR. YOUR CHALLENGE IS TO FLIP THE TOWEL OVER SO THAT IT IS LAYING SPREAD OUT FLAT ON THE OTHER SIDE. YOU MUST REMAIN ON THE TOWEL FOR THE ENTIRE CHALLENGE AND YOUR TWO FEET MUST BE FIRMLY IN PLACE ANYTIME THAT YOU MOVE THE TOWEL. RECORD THE TIME THAT IT TAKES TO COMPLETE THIS CHALLENGE.