



April Team Challenge

S	W	A	T	- O
<p>Spend 5 minutes visualizing your PERFECT RACE! What is it? How does it feel? Where is it? Who is with you? ETC.</p>	<p>SPRINTS: 12x :30 second SPRINT (run or bike) + ~ :60 seconds rest between.</p>	<p>60 Minute Hike/Walk outside with a family member!</p>	<p>Complete 3 extra chores around the house!</p>	<p>Complete you Push-ups! Sr 1 / P = 100 Sr 2 / Jr = 75 NV = 50 Mini's = 25</p> <p>(take breaks as needed!)</p>
<p>Wall Sit Challenge – Make sure legs are at 90 degrees – no ARMS on legs!!</p> <p>Record your time here</p> <p>_____</p>	<p>Cook Dinner for Mom and/or Dad</p> <p>*Mini's – you can HELP Mom and Dad!</p>	<p>Share your favorite song with 2 friends, and find out their favorite songs. Write down the songs</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>10 Minutes practice Head Stand or Hand Stands!!!!</p>	<p>Get outside and spend at least 45 mins helping with yard work!</p>
<p>30 Minute Bike Ride!</p>	<p>Write down 3 Things you are most grateful for:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Help with Spring Cleaning</p>	<p>Do your choice of core exercises</p> <p>Sr 1 / P = 400 reps Sr 2 / Jr = 300 reps NV = 200 reps Mini's = 100 reps</p>	<p>Draw a picture of what YOUR version of the best swimmer looks like – show and exaggerate these traits in your picture and what this looks like to YOU!!!</p> <p>**Include your picture!!!</p>
<p>Try something you've NEVER done before!! (new food / activity / etc)</p> <p>What was it?</p> <p>_____</p> <p>_____</p>	<p>PLANK Challenge – how long can you plank??</p> <p>Record your time here</p> <p>_____</p>	<p>Create the BEST EVER Smoothie. What ingredients?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Spend 5 minutes practicing Meditation. (Practice Box Breathing, or visualization, or just being still!)</p>	<p>Spend 3 days in a row reading a book for at least 30 minutes per day!</p>
<p>Do the laundry or fold the laundry</p> <p>*Mini's you can Help Mom and/or Dad!</p>	<p>Write down your DREAM Goal and 3 small steps of how you will get there:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>100 Jumping Jacks AS FAST AS POSSIBLE!!!!</p>	<p>30 Minute Run outside</p>	<p>Play a board game with your family!</p>

Bingo Guidelines

Each group should aim to complete:

Sr P & 1 = entire card, Sr 2 & Jr = 3 SWAT-O rows, NV = 2 SWAT-O rows, Mini's = 1 SWAT-O row!

Make sure to include your answers with your submission when you're done!

Mini's can complete 1 square per day, all other groups can complete UP to 2 squares per day ☺

Send in a picture (zcmiles1@gmail.com) of your completed SWAT-O card when you're done! All swimmers who complete this challenge will get a shout out in the Mav Newsletter, a crisp hi-5 once social isolation is over, and entered into a draw to win a new SWAT cap!