

2020 SONM FALL SPORTS VIRTUAL GAMES



Final Score Submission Due to Your Coach on October 28, 2020

Athlete Information

Form must be completed in its entirety - All FIELDS ARE REQUIRED

Delegation:							
First Name:				Last Name:			
Date of Birth:				Gender (male/Female):			
Email:				Phone:			
Street Address:							
City:				State: New Mexico		Postal Code:	
Tee Shirt Size: <small>place an X on your size</small>	Small	Medium	Large	X-Large	XX-Large	XXX-Large	(Adult Sizes Only)

Official Events

Please review "The Event Descriptions" For details about recording, set-up and proper form

Fitness Events	Basketball Events
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Strength Sequence #1
Time how long you can perform each exercise?

Wall Sit	Minutes	:	Seconds	:	
Plank	Minutes	:	Seconds	:	
Superman	Minutes	:	Seconds	:	
Mountain Climbers	Minutes	:	Seconds	:	
<i>Add all 4 times for the Final Score</i>					

Strength Sequence #2
How many reps can you do in 2 minutes (120 seconds)?

Sit Ups	
Push Ups	
Air Squats	
Lunges	
<i>Add all 4 scores for the Final Score</i>	

Balance Sequence #3
Time how long you can hold each pose?

Pose #1	Minutes	:	Seconds	:	
Pose #2	Minutes	:	Seconds	:	
Pose #3	Minutes	:	Seconds	:	
Pose #4	Minutes	:	Seconds	:	
<i>Add all 4 times for the Final Score</i>					

Indicate Your Goal Height by Circling the Closets Height

	8'-0"	8'-6"	9'-0"	9'-6"	10'-0"
<input type="checkbox"/> Speed Dribble					
					# of bounces in 60 seconds
<input type="checkbox"/> Layups					
					# of Layups made out of 20 attempts
<input type="checkbox"/> Free Throws					
					# of FTs made out of 20 attempts
<input type="checkbox"/> Three Pointers					
					# of 3's made out of 20 attempts
<input type="checkbox"/> Spot Shot					
					See event description for scoring
<input type="checkbox"/> 10 Meter Dribble					
					See event description for scoring
<input type="checkbox"/> Target Pass					
					# of hit targets made out of 20 atmps

Show Us Your Best Dunk/Trick Shot (Video Submission)

Check this box if your video clip has been submitted. Please list the email address used to submit the video.
Email address: _____

Bowling Events

<input type="checkbox"/> Bowling Test		Score your knowledge of Bowling
<input type="checkbox"/> Under Hand Toss		See event description for scoring

Golf Events

Putting Sequence #1

Short Putt		# of made putts out of 10 attempts
Long Putt		# of made putts out of 10 attempts
<i>Add both scores for the Final Score</i>		

Traditional Level 2 Golf
This is the traditional Level 2 - 9 Holes, Alternates Shot. Submit 3 score cards with your entry. All Protocols must be observed.