

2020 SONM FALL SPORTS VIRTUAL GAMES



Registration and Preliminary Scores Due to Your Coach on September 25, 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 - Preliminary Scores | **Basketball Events - Preliminary Scores**

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 atmpms

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

All Athletes can enter into this event and any type of goal can be used. See the event descriptions for goal types, how and when to submit videos.

Bowling Events - Prelim Score for Under Hand Toss

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

Golf Events - Preliminary Scores

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.