HCV Booster Club
Summer 5000 Challenge

Players are made in the off-season. Teams are made during the season. Summer is here so it is time to make some players! By spending as little as 15 minutes a day working hard, you can greatly improve your skills and really help your team next season. The added benefit is some exercise and staying in shape!

Challenge : 5000 Club

Complete the attached form by filling in based on the criteria. For example, planks are tracked by the minutes spent planking. Pushups are tracked based on the quantity of push up completed. Total the amounts to the right and have your parents initial next to each entry. Please note that minutes and quantity are treated the same when totaling each day and columns. Subtotal columns on each page. At the end of the summer, enter the subtotals on page 4 and add together to get a Grand Total. Turn in completed forms to your school office.

Who: Who can participate? This 5000 Challenge is open to any Hillsboro-Central Valley students going into 1st grade – 12th grade.

Parent involvement:

1. Please encourage your child to work hard and keep it fun!
2. You must initial each day next to your child's minutes and activity. We want the players to earn this challenge.

Why: What's in it for me?

1. **SKILLS!** To improve your skills, strength, endurance and speed
2. **T-SHIRT!** Receive an HCV "5000 Club" T-shirt for completing the 5000 Club Challenge

Where: Where can I complete the Challenge? At home, in your driveway, fitness center, in your basement, in your garage, open gyms, sport camps, etc.

When: Start: Saturday, May 26th **Finish: Sunday, August 19th**

HCV Booster Club Summer 5000 Challenge

Name: _____

	Planks	Wall Sits	Situps / Ab work	Push ups	Squats/ Burpees	Running Sprints/ Miles	Dribbling	Basketball Shots	Volleyball Passes/Sets/ Spikes	Weight Lifting/Ropes/ Bands	Sport Camps/ Open Gym		Parent Initials
	Minutes	Minutes	Quantity	Quantity	Quantity	Minutes	Minutes	Quantity	Quantity	Minutes	Minutes	Total	
Sat, May 26													
Sun, May 27													
Mon, May 28													
Tues, May 29													
Wed, May 30													
Thurs, May 31													
Fri, Jun 1													
Sat, Jun 2													
Sun, Jun 3													
Mon, Jun 4													
Tues, Jun 5													
Wed, Jun 6													
Thurs, Jun 7													
Fri, Jun 8													
Sat, Jun 9													
Sun, Jun 10													
Mon, Jun 11													
Tues, Jun 12													
Wed, Jun 13													
Thurs, Jun 14													
Fri, Jun 15													
Sat, Jun 16													
Sun, Jun 17													
Mon, Jun 18													
Tues, Jun 19													
Wed, Jun 20													
Subtotal													

	Planks	Wall Sits	Situps / Ab work	Push ups	Squats/ Burpees	Running Sprints/ Miles	Dribbling	Basketball Shots	Volleyball Passes/Sets/Spikes	Weight Lifting/Ropes/ Bands	Sport Camps/ Open Gym		Parent Initials
	Minutes	Minutes	Quantity	Quantity	Quantity	Minutes	Minutes	Quantity	Quantity	Minutes	Minutes	Total	
Thus, Jun 21													
Fri, Jun 22													
Sat, Jun 23													
Sun, Jun 24													
Mon, Jun 25													
Tues, Jun 26													
Wed, Jun 27													
Thurs, Jun 28													
Fri, Jun 29													
Sat, Jun 30													
Sun, Jul 1													
Mon, Jul 2													
Tues, Jul 3													
Wed, Jul 4													
Thurs, Jul 5													
Fri, Jul 6													
Sat, Jul 7													
Sun, Jul 8													
Mon, Jul 9													
Tues, Jul 10													
Wed, Jul 11													
Thurs, Jul 12													
Fri, Jul 13													
Sat, Jul 14													
Sun, Jul 15													
Mon, Jul 16													
Tues, Jul 17													
Wed, Jul 18													
Subtotal													

	Planks	Wall Sits	Situps / Ab work	Push ups	Squats/ Burpees	Running Sprints/ Miles	Dribbling	Basketball Shots	Volleyball Passes/Sets/Spikes	Weight Lifting/Ropes/ Bands	Sport Camps/ Open Gym		Parent Initials
	Minutes	Minutes	Quantity	Quantity	Quantity	Minutes	Minutes	Quantity	Quantity	Minutes	Minutes	Total	
Thurs, Jul 19													
Fri, Jul 20													
Sat, Jul 21													
Sun, Jul 22													
Mon, Jul 23													
Tues, Jul 24													
Wed, Jul 25													
Thurs, Jul 26													
Fri, Jul 27													
Sat, Jul 28													
Sun, Jul 29													
Mon, Jul 30													
Tues, July 31													
Wed, Aug 1													
Thurs, Aug 2													
Fri, Aug 3													
Sat, Aug 4													
Sun, Aug 5													
Mon, Aug 6													
Tues, Aug 7													
Wed, Aug 8													
Thurs, Aug 9													
Fri, Aug 10													
Sat, Aug 11													
Sun, Aug 12													
Mon, Aug 13													
Tues, Aug 14													
Wed, Aug 15													
Thurs, Aug 16													
Subtotal													

	Planks	Wall Sits	Situps / Ab work	Push ups	Squats/ Burpees	Running Sprints/ Miles	Dribbling	Basketball Shots	Volleyball Passes/Sets/Spikes	Weight Lifting/Ropes/ Bands	Sport Camps/ Open Gym		Parent Initials
	Minutes	Minutes	Quantity	Quantity	Quantity	Minutes	Minutes	Quantity	Quantity	Minutes	Minutes	Total	
Fri, Aug 17													
Sat, Aug 18													
Sun, Aug 19													
Subtotal													
Subtotal pg 1													
Subtotal pg 2													
Subtotal pg 3													
Grand Total													

Turn into your school office by Friday, August 24th

Name: _____

Phone: _____

School: _____

Grade: _____

T-shirt Size: _____

Youth: Small, Medium, Large

Adult: Small, Medium, Large, XL, 2XL