



## **GET UP AND PLAY CHALLENGE – Jan 18 to March 31**

A major consequence of this pandemic has been kids secluded in their homes and a major reduction in play, outside activities and in our lacrosse world, a lack of playing opportunities for the average lacrosse player.

While some have found ways to be outside or playing club lacrosse, too many have been stuck inside on the couch with their video games and may not have picked up their lacrosse stick since last March.

If this is your child...this contest is for you! This contest is FREE, its simple and meant to provide inspiration for you to encourage your child to “get off the couch”, goals and motivation for your child to look for ways to get outside and get their stick in their hand over the coming weeks!

Starting Monday, January 18 your child can earn up to 2 points per day for simply getting outside to play, and doing any type of lacrosse activity! From January 18-March 31, track their points using the calendars below. For each “YES” they get 1 point. If they earn 70 points over the 73 days, you will submit calendars to MBYLL and your child will earn 1 raffle ticket to win prizes from MBYLL! For each additional 5 points over 70, they earn an additional raffle ticket!

This is an honor system contest, you don’t need to track specific minutes or activity description.

Throughout the contest MBYLL will be hosting live online “practice sessions” where kids can participate in activities from home with MBYLL coaches and trainers. These activities will range from calisthenics, stick work (safe for indoors), to backyard skills and drills.

### **HOW TO PARTICIPATE:**

- A) Player MUST be registered on MBYLL.org for 2021 membership by March 31
- B) Download or print the January, February and March calendars by clicking below
  - a. WORD Calendars – [January](#) -- [February](#) -- [March](#)
  - b. PDF Calendars – [January](#) -- [February](#) -- [March](#)
- C) Talk to your child about the contest and ways they can get active each day!
- D) Share the contest rules and prizes (prizes to be announced soon)
- E) Join in on MBYLL online practice sessions (dates and times TBA)
- F) Each day write/type YES if you child gets outdoors for 30+ minutes.
  - a. No rules on what outdoor play is,
- G) Each day write YES if your child does any lacrosse activity for 20+ minutes
  - a. While outdoor is best, indoor stick work, walking around holding the stick counts!
- H) From April 1-5, email your calendars and the following info to [kbarney@mbyll.org](mailto:kbarney@mbyll.org)
  - a. Player Name
  - b. Parent/Guardian Name
  - c. Player’s age and grade level
  - d. Town Program player will play in Spring 2021
  - e. Total Points
- I) Winners will be announced on April 9<sup>th</sup>!

Questions? Email Kevin Barney at [kbarney@mbyll.org](mailto:kbarney@mbyll.org)