



AIKEN COUNTY PUBLIC SCHOOLS – FITNESS BOWL 2019

WHEN: South Aiken High School on March 23, 2019, starting at 9:00 a.m.

PURPOSE: Showcase & Promote healthy lifestyle choices among students/families.

VENDORS: The district is seeking local vendors who may want to bring a display table. Vendors must promote healthy food, health enhancing activities, or healthy lifestyle choices or products in support of such. No monies are to be collected for vendors to display or for attendees to exchange for goods and services at this event.

Please complete the following link if you or your business would like to support our students.

VENDOR LINK: <https://www.surveymonkey.com/r/P6L9P9X>

FITNESS BOWL EVENTS: Standing Broad Jump (lower body strength, balance and coordination); Curl ups (abdominal strength and endurance); Push-ups (upper body strength and endurance); Shuttle Run (speed and agility); Wall sit (isotonic lower body strength); Vertical Jump – (lower body strength and coordination); Plank (core strength and endurance); and PACER (cardiovascular endurance). District teachers will serve as judges and scorers.

AWARDS: One trophy will be awarded for the top male and female finisher for both elementary and middle schools; one team trophy will be awarded per school team as top finishing team for each level, with one certificate awarded to the top scorer in each Fitness Bowl event.

ADDITIONAL INFORMATION: Lori Secrist, (803) 641-2428 (ext. 12741) or LSecrist@acpsd.net