



**Challenge Dates:** March 2<sup>nd</sup> - April 3<sup>rd</sup>

**Challenge:** Each player must complete a minimum of a 20 minute workout in the IDS Fitness Center or run/walk outside/skyways to shoot their two baskets, with a **maximum of one workout per day**. More workouts mean more shots and more points for your team! Cumulative team points will be added up after the first two weeks.

The first two weeks will be your chance to rack up team points. The last three weeks is tournament play. We will seed teams based on total team points based on the first two weeks. Unsupervised practice may take place **February 24<sup>th</sup> - 28<sup>th</sup>**.

**Teams:** Teams will consist of four members. If you would like to be a free agent and be put on a team, we can do that as well. Team and individual registration will open on **Monday, February 10<sup>th</sup>** at [www.idsfitnesscenter.com/current-programs](http://www.idsfitnesscenter.com/current-programs).

**Register:** Sign up opens **Monday, February 10<sup>th</sup>** at 6am and ends on **Friday, March 6<sup>th</sup>** at 6pm.

Stop by the Fitness Center front desk or visit [www.idsfitnesscenter.com/current-programs](http://www.idsfitnesscenter.com/current-programs) to register.

