

Gym Blast Tips

- *welcome everyone
- *give points for coming in
- *Introduce leaders, demo team, point collectors, music men, etc.

-To start: quietest team in gets most points

Rules: - fair play -fun-be safe
-ask teacher to use washroom/drink

*It's not about winning - it's about school/team spirit and everyone having fun!

- *handing out points for:
 - teams quiet
 - teams ready or sitting
 - teams cheering
 - teams being good sports
 - cheer contests
 - winning games
 - best dancers

Whenever you hear --- GO TIGERS - that means an automatic QUIET - points will be given

BEGIN WITH A PRAYER

To end:

- thank you to certain teachers and students
- thank everyone that participated
- collect bibs
- tally & tell points

- dismiss by house teams

Grade eights help with clean up.