



Jr. OLYMPIC SKILLS COMPETITION

Saturday, May 3, 2008

Howell High School Field House and Stadium

Registration Begins - 8 a.m., Opening Ceremonies - 9 a.m.

Presentation of Awards will take place at the end of the event when all scores have been tabulated

Local youngsters between the ages of 5-13 have the opportunity to participate in the Jr. Olympics Skills Competition. This grassroots youth participation program is **FREE** and allows boys and girls, competing separately, the opportunity to showcase their athletic abilities in four athletic events - basketball, tennis, soccer, and track and field. The program is designed to encourage youth participation in sports while promoting sportsmanship. Winners in each age category (8-13) will advance to a regional competition to be held in Toledo, Ohio.

Basketball: to challenge participants to score as many points as possible by making baskets from six designated shooting areas on the court in 45 seconds. After the 45 seconds are completed, each participant will shoot two free throws, worth 3 points each.

Soccer: to challenge participants to dribble and shoot accurately in the fastest time possible. Each participant must dribble the ball with each foot prior to each shot on goal. They will have 3 shots, each shot must be from anywhere within the penalty box (18 yd. mark). They will be timed to the nearest one hundredth of a second.

Tennis: To challenge participants to serve a low compression tennis ball and to continue to hit the ball against a wall and above the Net Line as many times as possible in a 30 second time frame.

Track and Field: To challenge participants in two fundamental skills events. The 50 meter dash and the standing broad jump. Participants must compete in both events. The 50 meter dash will be run with one competitor at a time and will be timed to the nearest one hundredth of a second. The standing broad jump will allow participants to jump from a standing position twice with the best jump recorded. Both events will have separate scoring and then be added together for the overall total.



This Event is Jointly Hosted by the Howell Area Parks & Recreation Authority and SELCRA

Junior Olympic Skills Competition 2008 Registration Form

All participants must pre-register, one registrant per form - THERE IS NO COST TO PARTICIPATE

Name of Participant _____

Birthdate ____/____/____ Age ____ (as of 8/31/2008) Male Female

Address _____

City/State/Zip _____

City of Howell Oceola Township Genoa Township Marion Township Other _____

Home Phone (____) _____ Cell Phone (____) _____

E-mail _____

Please check the events that you would like to participate in (you may do one, two, three, or all four events)

- Tennis
- Basketball
- Soccer
- Track and Field (50 yard dash and long jump)

Liability Waiver

I hereby waive any or all rights, claims for damage arising from injury recieved while l/or my child is playing, walking or being transported to games or other activities. I also hold harmless the Howell Area Parks & Recreation Authoirty, its directors, organizers, coaches, sponsors, managers, or any other supervisor appointed for any injury incidental to the activities or transportation to and from these activities.

Send your pre-registration form to: Howell Area Parks & Recreation Authority, 925 W. Grand River Ave., Howell, MI 48843 or fax to: 517/546-6018

Signature of Parent/Guardian _____
Date _____