



OFSSAA Stick Challenge

What you are doing:

1. Your goal is to obtain the highest amount of bounces using any type of stick and ball.
2. Pick an area where it is safe, take three (3) attempts at bouncing any type of ball (i.e. golf ball, field hockey ball, floor hockey ball) on any type of stick (i.e. golf club, hockey stick, field hockey stick). Record the number of times you can bounce the ball on the stick without the ball hitting the ground.
3. From the three attempts submit the highest number of bounces.
4. Make sure your student-leader or teacher-supervisor verifies your score.

Where should you do it?

Find a location that is safe and has a sufficient amount of space. Make sure your space is away from congested areas where you could hit someone with the stick.

What you need:

- Any type of ball and any type of stick.
- Large area free of obstructions and has an ample amount of space.

Note for Student-Leaders and Teacher-Supervisors: Feel free to modify the challenge in order to provide opportunity to any students who would like to participate.

That's all there is to it!

Remember to stay safe, social distance, have proper supervision and the more students that participate the more points are earned for you and your school.

You have been challenged!