

# **SOCCER ACCURACY KICK Stay at Home Challenge**



**New Mexico Senior Olympics, Inc.**



You are invited to participate in a free virtual event to encourage seniors to be active during the Covid-19 Stay at Home Health Order. NMSO offers fourteen (14) individual sport activities, all modified to participate from home. Participants must complete and agree to the Liability WAIVER prior to getting started. Stay at Home Challenge participants will submit results monthly and be entered in a drawing for \$100 Gift Card. Consult a physician before starting any physical fitness exercise.

## **SOCCER ACCURACY KICK Monthly Challenge Instructions**

Soccer Accuracy Kick Challenge is four months, August – November

Each month do as much as you can and record results

First, before kicking, it is highly recommended that you do 5 minutes of stretching for your legs.

We recommend you use two (homemade) markers to create a 5-foot-wide goal. Now, you are ready to kick a sports ball toward the goal (choose your own distance between the ball and the goal). If your ball goes thru both goal markers, that will count as 1 GOAL.

Enter score in the time field.

First Month Attempt up to 60 kicks

Second Month Attempt up to 80 kicks

Third Month Attempt up to 100 kicks

Fourth Month Attempt up to 120 kicks

## **HOW to get Started and Report RESULTS**

- ❖ Sign up and agree to the Liability Waiver at [www.nmseniorolympics.org](http://www.nmseniorolympics.org)
- ❖ Participate and log your scores or times for one full month
- ❖ Each month submit challenge results virtually at [www.nmseniorolympics.org](http://www.nmseniorolympics.org)
- ❖ **OR** submit results via email, fax, phone, or text - deadline is the 5th of each month by noon.
- ❖ Results must include name, sport, gender, age, county, month, times and/or scores
- ❖ All challenges are based on the honor system
- ❖ Check NMSO website monthly for results and Gift Card Winner Announcement
- ❖ Repeat the following month

**Remember to have fun, be safe, stay hydrated,  
and wear proper attire!**

