



FRISBEE THROW

STAY AT HOME CHALLENGE Season 2

New Mexico Senior Olympics, Inc.



Welcome to SEASON 2 of our free virtual event encouraging seniors to be active while staying home. NMSO is once again offering fourteen (14) individual sport activities, all modified to participate from home. If you are already registered, your registration will work for Season 2! If this is your first time to join, remember to complete and agree to the LIABILITY WAIVER prior to getting started. Season 2 will run May – July 2021. Submit your results monthly to be entered into drawing for a \$100 Gift Card. We encourage you to consult a physician before starting any physical fitness exercise.

FRISBEE THROW Monthly Challenge Instructions

Weekly Throw: 3 sets of short & long distances (1 set = 4 short distance & 4 long-distance)

Women set - 4 throws from 12 feet (short-distance), 4 throws from 18 feet (long-distance)

Men set - 4 throws from 18 feet (short-distance), 4 throws from 24 feet (long-distance)

Points - 1 for short distance, 2 for long distance. The object is to make or hit a designated target

First month target - hit a laundry basket

Second month target - make it into a laundry basket

Third month target – hit a gallon Jug

Record the three sets per week and report the total score for the month to NMSO

Challenges

- Improve your distance each week
- Measure distance by taking steps and recording that number as your score
- Opposite Arm (begin the second month) - Add a set to see how you score by throwing with your non-dominant arm, incorporate into the Total Score
- Throw Weekly 1 Set = 3 throws

HOW to get Started and Report RESULTS

- Sign up and agree to the Liability Waiver at www.nmseniorolympics.org
- Participate and log your scores or times for one full month
- Each month submit challenge results virtually via our website at 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
 - *Results are public and will be posted on our website
- All challenges are based on the honor system
- Check NMSO website monthly for results and Gift Card Winner Announcement
- Repeat the following month

Your good health is your greatest wealth. Be safe in everything you do!

