

North Hampton School Healthy U Day

9/26/09 2-5 p.m.

PLEASE JOIN US AND SUPPORT THE NHS PE DEPARTMENT

Registration begins at 1:30 p.m.

5K Off-Road Race (age 10-adult) begins at 2:15 (walk through at 2:00) First place prize for boys and girls 10-13 will be a \$25 gift certificate to Olympia Sports, prizes for male and female 14 and up will be a \$50 gift certificate to The Carriage House.

Cost: \$20.00/person

Family activities run from 3-5 p.m. Go to different stations like archery, golf, football toss, running the bases for time, DDR and an obstacle course to earn points for your family!!!!(located on the athletic fields and in the cafeteria) First place prize: GC for a 2 month family membership to Seacoast Family YMCA or children's birthday party at Seacoast Family YMCA.

Cost: \$20.00/family

3v3 Basketball tournament begins at 2 p.m. Create your teams and see how far you can go! Prizes will be gift certificates to The Beach Plum.

Cost: \$10.00/team

6v6 Speedball tournament begins at 3 p.m. create a team and try for a Beach Plum GC.

Cost: \$15.00/team

Name: _____

Activity(s) participating in: 5K Basketball Speedball Family Activities

Basketball Team members: _____

Speedball Team members: _____

Family Activities Team members: _____

Total Amount Due: _____

Make checks payable to: **Action for Healthy Kids**
Please return to North Hampton School
Attention: Pat Yeaton