

Saturday October 24, 2009

The 2009 Zippy Sink or Swim

Aquatic Challenge

Event List

“It’s all about how you paddle”

Event 1: Inner Tube Relay– Participants: The Whole team

Description: Participants start at the wall seated in an inner-tube with a paddle.

•Row yourself over to the next wall where you will switch with a teammate that paddles back. Each Teammate paddles one length of the pool.

“Think you’re the fastest swimmer at Akron?”

Event 2: 50 Freestyle– Participants: 2 team members

Description: Participants start at the wall and swim a front crawl or freestyle stroke to the wall and back

“Yes, I can do that stroke!!!!!!”

Event 3: 50 Breast Stroke– Participants: 2 team members

Description: Participants start at the wall and swim a breaststroke or the “frog-kick stroke” to the wall and back.

“Spare change anyone?”

Event 4: The Penny Dive– Participants: 2 team members

Description: Participants start off standing in the water with pennies scattered across the shallow end floor. You will be given a certain amount of time to pick up as much pennies as possible. At the end, we will count each team’s penny bag to distribute points and find a winner. Goggles are allowed and encouraged!

“O.k. which member on your team is the next Michael Phelps?”

Event 5: The 100 IM– Participants: 2 team members

Description: Participants start at the wall and swim 4 lengths or 100 yards

25 yards-Butterfly, 25 yards- Backstroke, 25 yards- Breast-stroke, and 25 yards- Freestyle

You will not be ruled out based on form.

“Which members on your team can swim on their backs without inhaling the pool water?”

Event 6: 50 Backstroke– Participants: 2 team members

Description: Participants start at the wall and swim a “back crawl” or backstroke to one side and back.

“Cannonball Anyone?”

Event 7: The Big Splash Contest– Participants: 2 team members

Description: There will be 2 chances to create the biggest & smallest splash. You may use cannonball, jack knife or any other jump technique to enhance your splash.

“Ever get pushed in the pool with all of your clothes on?”

Event 8: The No Shirt, No Shoes, No Relay– Participants: The Whole Team

Description: During this relay each member of the team will be fully clothed while swimming

•Participant 1 swims 25 yards to the wall where participant 2 takes over and swims back to the starting line, participant 3 takes off and the race continues until the last team mate is back at the start.