



THINK YOU CAN PLAY?

Grab your card.

Hit the challenges.

Claim your prize.

MUDSOCK FREE PLAY CHALLENGE

Complete 5-8 activities and win a prize! Bring your completed card to the Mudsock Youth Athletics office at 12690 Promise Road in Billerica Park (open Mon-Thurs, 9 a.m.-3 p.m.) to claim your reward. Complete all 8 challenges to be entered into a grand prize drawing!



Complete a 20-minute workout or physical activity with a family member. This could be a walk, bike ride, game of tag, or dance party.



Invent a new backyard or indoor game using things around your house (e.g., balloon, volleyball, towel tug-of-war). Write the rules.



Do a 10-minute stretch session (with a video or family member), then write down 2 ways being active makes you feel better.



Do something active to help someone like walking a neighbor's dog or carrying groceries.



Record (or take a picture of) yourself making a fun trick shot (e.g., basketball into laundry basket, paper football through two chairs, etc.).



Hold a plank, wall sit, or single-leg balance for as long as you can. Record your best time and have a family member sign off on it.



Set up an obstacle course in your living room, yard, or driveway using cones, pillows, jump ropes, or sidewalk chalk. Run through it 3 times.



Use sidewalk chalk to draw a hopscotch, agility course, or a race track for toy cars/bikes. Invite a sibling or neighbor to try it.

Child's First Name _____

Adult's Name _____

Phone Number _____

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