

SOWI Ten Pin Challenge



Complete activities to enhance your bowling game with the Special Olympics Wisconsin Ten-Pin Challenge!



Whether you are competing from the safety of your home, or hope to improve your bowling skills on the lanes, we hope you participate in the Ten Pin Challenge!

The Ten Pin Challenge is a bowling fitness challenge based on personal improvement. Here's how you can participate:

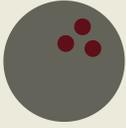
1. Complete all 10 exercises and record your preliminary scores.
2. Spend the next one to six weeks practicing and building strength.
3. Complete the 10 exercises again and record your final scores. Submit your scores online at www.SpecialOlympicsWisconsin.org/sports/bowling. All athletes that complete preliminary and final rounds will receive a participation award.
4. Participate in the Fall Indoor Sports Virtual Celebration on December 13-14 to celebrate your achievements!

Participant Eligibility: All athletes, unified partners, and coaches that complete the SOWI Ten Pin Challenge must submit scores online and agree to the Special Olympics Wisconsin Waiver for Online Activities (built into online results entry webpage).

Visit

www.SpecialOlympicsWisconsin.org/Sports/Bowling
for instructional videos and results entry for the
Special Olympics Wisconsin Ten Pin Challenge!

SOWI Ten Pin Worksheet



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Name: _____

Agency: _____

Date of Preliminary Scores: _____

Date of Final Scores: _____

			PRELIMINARY SCORE	FINAL SCORE	MEASUREMENT
	The Approach	How many alternating lunges can you do? No time limit.			Number
	The Follow-Through	How many bicep curls can you do? No time limit.			Number
	Arm Swing Accuracy	Practice your swing with a water bottle. Measure the distance of the water line from a "pin".			Inches
	Picking Up Your Ball	How many squats can you do with your bowling ball (or other weight)? No time limit.			Number
	The Frankenstein	How long can you hold your arms straight in front of you?			Minutes & Seconds
	The Bowling Pin Single Leg Stand	How long can you balance on one leg? Complete both legs and record your best score.			Minutes & Seconds
	The Wobbly Pin	How many side-to-side ab exercises can you do in 60 seconds?			Number
	Turkey Arm Raises	How many T-Arm Raises can you do in 60 seconds?			Number
	Step Up	How many step up-downs can you do in 60 seconds?			Number
	Celebrate! Arm Punches	How long can you do arm punches?			Minutes & Seconds