HOW TO REGISTER FOR THE SOWI FITNESS COMPETITION

GENERAL SETUP

- 1. Open the excel document, SOWI Fitness Competition Registration Score Sheet.
- 2. Save the file to your computer. You will use this document for initial registration and pre-season scores, mid-season scores, and end of season scores. Make sure to save it appropriately somewhere you will be able to access again.
 - a. Click FILE

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b. Click SAVE AS



STEP BY STEP REGISTRATION INSTRUCTIONS

- 1. Complete the top of the page with agency information. All fields are mandatory besides the *Additional Email* row.
- 2. Each fitness level is broken out into different tabs at the bottom of the document. Click on each tab to register athletes in that level of competition. If you don't have any participants in one of the levels, you can ignore that tab.

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- 3. For each athlete/unified partner that is participating in the fitness competition, complete his or her information and scores within the respective tab.
- 4. Be sure to include the participant's name, gender, and partner/team name. If the person is competing only as an individual, just leave the partner/team name blank.
- 5. Fill in only the GREEN fields in column B (Participant info) and Column D (Pre-season scores). Other fields are formulas that will auto-populate based on the raw scores entered. Make sure you are entering each athlete in the appropriate Level tab for their participation.
 - a. The green columns F (Mid-season scores) and I (End of Season Scores) will be completed later in the season and sent into your Regional Athletic Director.

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	1 A	В	L	FITNE	SS COMPETITION L	F EVEL 1 PARTICIPA	G NTS	н	I	J			
	2 Parti	icipant Name	Fitness Test	Pre-Season Score	Pre-Season Points	Mid-Season Score	Mid-Season Points	% of Improvement	t End of Season Scor	End of Season Points	% of Improvement		
	3 FIRST NAME	Brittany	One Leg Stance eyes ope	20	3								
	4 LAST NAME	Hoegh	Curl Up	8	2								
Athlete	5 GENDER	Female	Sit to Stand	16	4								
(individual)	6 ATHLETES OR PARTNER	Athlete	Roman Holds	34	6								
(individual)	7 TEAM/PARTNER NAME	n/a	Total		15		0	0.0%		0	0.0%		
	8												
	9 Parti	icipant Name	Fitness Test	Pre-Season Score	Pre-Season Points	Mid-Season Score	Mid-Season Points	s % of Improvement	End of Season Score	End of Season Points	% of Improvement		
	10 FIRST NAME	Jason	One Leg Stance eyes ope	12	2								
Athlete	11 LAST NAME	Blank	Curl Up	18	4								
(12 GENDER	Male	Sit to Stand	9	2								
(doubles)	13 ATHLETES OR PARTNER	Athlete	Roman Holds	14	2								
	14 TEAM/PARTNER NAME	Don Wigington	Total		10		0	0.0%		0	0.0%		
	15												
	16 Parti	icipant Name	Fitness Test	Pre-Season Score	Pre-Season Points	Mid-Season Score	Mid-Season Points	% of Improvement	End of Season Score	End of Season Points	% of Improvement		
	17 FIRST NAME	Don	One Leg Stance eves one	29	5								
Partner		Wigington	Curl Lin	11	3								
artifici	19 GENDER	Male	Sit to Stand	0	2								
(doubles)	20 ATHLETES OR BARTNER	Partner	Pompo Holds	21	4								
	21 TEAM/DARTNER NAME	lacon Blank	Total	21			0	0.0%		0	0.0%		
	22	303011 510116	Total		17		v	0.070		v	0.070		
	22		Elenana Tant	Des Cassas Cassa	Des Casses Dalats	Mid Course Course	Mid Course Dates	0/ -61	Feed - 6 Canada - Canada	Fad of Course Datate	0/ -61		
	25 Parti	cipant Name	Fitness Test	Pre-Season Score	Pre-Season Points	wid-Season Score	Wild-Season Points	s % of improvement	End of Season Score	End of Season Points	% of improvement		
Adulada	24 FIRST NAME	Hailey	One Leg Stance eyes ope	31	6								
Athlete	25 LAST NAME	Fischer	Curl Up	4	1								
(team)	26 GENDER	Female	Sit to Stand	12	3								
(icuili)	27 ATHLETES OR PARTNER	Athlete	Roman Holds	27	5			0.001		-	0.001		
	28 TEAM/PARTNER NAME	Team AD	lotal		15		0	0.0%		0	0.0%		
	29												
	30 Parti	icipant Name	Fitness Test	Pre-Season Score	Pre-Season Points	Mid-Season Score	Mid-Season Points	s % of Improvement	End of Season Score	End of Season Points	% of Improvement		
Addate -	31 FIRST NAME	Michaela	One Leg Stance eyes ope	22	4								
Athlete	32 LAST NAME	Harrison	Curl Up	12	3								
(team)	33 GENDER	Female	Sit to Stand	6	2								
(ically	34 ATHLETES OR PARTNER	Athlete	Roman Holds	44	8								
	35 TEAM/PARTNER NAME	Team AD	Total		17		0	0.0%		0	0.0%		
	36												
	37 Participant Name		Fitness Test	Pre-Season Score	Pre-Season Points	Mid-Season Score	Mid-Season Points	% of Improvement	End of Season Score	End of Season Point	% of Improvement		
	38 FIRST NAME	Amber	One Leg Stance eyes ope	39	7								
Athlete	39 LAST NAME	Weinfuter	Curl Up	5	1								
	40 GENDER	Femail	it to Stand	9	2								
(team)	41 ATHLETES OR PARTNER Athlete		Roman Holds	26	5								
	42 TEAM/PARTNER NAME	Team AD	otal		15		0	0.0%		0	0.0%		
	43												
	44 Parti	icipant Name	Fitness Test	Pre-Season Score	Pre-Season Points	Mid-Season Score	Mid-Season Points	% of Improvement	End of Season Score	End of Season Points	% of Improvement		
	45 FIRST NAME		One Leg Stance eyes one	n									
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6. Email this document to your Regional Athletic Director with all athlete registration information and pre-season scores by midnight of Sunday, February 7th.