



Health & Fitness Opportunities



Performance Station

Friday, August 16th

4:30pm – 7:00pm

Everett Community College

Kick off Opening Ceremonies on a healthy note! Performance Stations prepare athletes to compete to their personal best and make the connection between fitness and athletic performance. Stations include: Competition Readiness, Physical Activity, Hydration, Nutrition & a Pledge Wall!

Wellness Stations & Sun Safety

Saturday, August 17th

8:00am – 3:00pm

Kasch Park, Boeing Fields, Battle Creek Golf Course

Wellness Stations will be available to SOWA athletes at each venue to encourage healthy habits throughout competition. Volunteers will distribute sunscreen, water refills and healthy snacks. Sun Safety tents provide athletes with sunscreen, education, and additional resources and tools to protect their skin and health while competing over the weekend. Stop by to learn more about the importance of hydration, nutrition & how to stay safe in the sun!



Sports Bra Distribution

Saturday, August 17th

5:00pm – 9:00pm

Everett Community College



CONTACT:

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