



Performance Station

Where: Kasch Park

When: August 19, 9:00am – 4:00pm

Performance Stations are events held near the field of play at tournaments or Games that prepare athletes to compete to their personal best and make the connection between fitness and athletic performance. Athletes complete a competition readiness assessment and are provided items and guidance for optimal sport performance. Given the importance of fitness and social support, everyone connected to the athlete can participate in the station to improve their performance, fitness and ability to be active and healthy.

Competition Readiness Station – Volunteers assist athletes to ensure that they are ready to compete in their event

Nutrition Station – Participants will build their own healthy snack as they learn about healthy choices and correct portion sizes.

Hydration Station – Participants will learn about the importance of drinking water as they build their own infused water

Physical Activity Station – Participants learn about the importance of exercising by learning three exercises that they can do at home or at practice to improve their sport. Participants test themselves in these exercises and learn how they can improve as they practice on their own.

Pledge Wall – Now that participants have learned the importance of fitness to performance, they are ready to commit to a fitness goal. The pledge wall is a place for them to develop a goal, post it for everyone to see, and take a picture to celebrate.

Local Opportunities Station – Participants will receive a tote bag, Fit 5 guide, SO FIT! information, and flyers and event information for local opportunities