



Mission #1 Find a small stick. Put it in your bag.



Mission#2 Jog one lap around the school. Make sure to grab a sticker from a coach after your lap!



Mission #3 Find one girl on the team you don't know very well and have her sign the back of your paper.



Mission #4 Do 10 push ups!



Mission #5 Find a lego from a coach. Put the lego in your bag.



Mission #6 Get a jump rope and jump for 25 jumps without messing up.



Mission #7 Jog one lap around the school giving words of encouragement to your teammates as you pass. Don't forget that sticker!



Mission #8 Find something white. Write what it is and the location on the back of this paper.



Mission #9 Do 25 jumping jacks.



Mission #10 Jog one last lap while singing one of your favorite songs. Sing it loud and proud!