



## DADDY / DAUGHTER WALL BALL CHALLENGE

Dads and Daughters will team up for their chance be crowned Wall Ball Champions!!

### CONTEST PROCEDURES

1. Dad will get 1 minute on the wall to see how many reps he can complete. Drop the ball and count starts over.
2. Daughter will get 1 minute on the wall to see how many reps she can complete. Drop the ball and count starts over.
3. Dad & Daughter will work together with alternating throw & catch against wall to see how many reps they can complete. Drop the ball and count starts over.

Dad's Count + Daughter's Count + Team's Count = TOTAL SCORE