



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PLAY HARD
WORK BETTER
LIVE WELL
First Coast Games

OPENING CEREMONY, FIELD DAY EVENTS and TAILGATE KICK-OFF

Date: Saturday, March 2

Schedule:

9am-10am: Check-In, Shirt Distribution and Team Photos

10am-11:30am: Field Day Events

11:30am-12:30pm: Tailgate Kick-off

Location: Fort Family Regional Park (9A Baymeadows Regional Park)

Address: 8000 Baymeadows Road East | Jacksonville, FL 32256

Event Director: Dana Troeger at dtroeger@fcymca.org

Food and Beverage

The YMCA will have a water station set up near the soccer field but teams are welcome to bring coolers if they prefer. All teams are invited to participate in the Tailgate Kick-off the field day games! For more Tailgate info, please contact Dana Troeger at dtroeger@fcymca.org.

Team Roster

There will be no team roster due at this event. We encourage every company to bring as many individuals from their team to this event **and** family members are encouraged to join and show support!

Uniforms

All team participants are required to wear the First Coast Games t-shirt that will be provided. Shirts will be distributed at check-in and all shirts not issued during the Opening Ceremony will return to the company with the main company captain. There is no rule on the color of shorts. Shorts must be an appropriate length and must be worn properly.

Waivers

All participants must sign a First Coast Games waiver to be eligible to play.

Events & Rules

Event #1 Over/Under Relay

Each team will need 12 players. They will line up in a single file line one behind the other. At the front of the line there is a small bucket with holes in it and pass it over their head and then under (between the legs) of the next player and it continues until the bucket gets to the end of the line. The last person then dumps whatever flour is left in the bucket in a large bucket at the other end of the line, and then they take the small bucket with holes to the front of the line and begin the process again. The object of the game is to fill your bucket as quick as possible using the under/over system.

Event #2 Letter Challenge

Each team will need 12 players. There will be one YMCA staff member that calls out a letter. Your team will be asked to make the letter with all 12 players on your team somehow touching each other; the key to this is they must be lying on the ground so the letter can be seen by the judges. The object of the game is to build the letter as quick as possible with all players involved in the letter and somehow touching another player.

Event #3 Chicken Relay

Each team will need 12 players. Each team will have one tennis ball. When the relay begins, the first person on each team puts the tennis ball (chicken egg) between his/her knees and waddles to a box (the nest) that has been set up at the other end. The player must drop the tennis ball in the box and then remove it and run back to the next person in line and they must repeat the process until all 12 players have participated in the relay.

Event #4 Skittle Skurry

Each team will need 12 players. There will be a bowl of skittles at the other end of the line on a chair. Each player will run down, use one of the straws and pick up 3 skittles (one at a time) and place them in another bowl. Once they are done they run down tag the next player and they will run down and do the same thing with a different straw ...do this until all 12 players have completed the task.

Event #5 Hockey Stick Relay

Each team will need 12 players. Each team will have one hockey stick, one wiffle ball, and cones that they will need for the race. Each team will send one player at a time to move the wiffle ball around the cones with the hockey stick to the other end, then pick up the ball and the hockey stick, run it back to the next player and then they will do the same thing until all 12 players have completed the task.

