

# HOLIDAY HUSTLE



Introducing the BCSS Holiday Hustle, from December 7 - December 18, any grade 8-12 student from our member schools can participate in this social media challenge.

## INSTRUCTIONS

Each day will have a different challenge, students must post a video of them completing the challenge on social media (either story or post) and **MUST tag BCSS**.

Each challenge completed = 1 entry to a maximum of 12 entries per student. You can only complete the specific challenge on the given day.

In each post they must include their first and last name, school name AND tag BCSS @bcschoolsports.

## PRIZES

- 1st place - Air Pods
- 2nd place - \$50 amazon gift card
- 3rd place - \$50 amazon gift card

The draw will take place in the new year!

## CHALLENGES

- DAY 1** Dec 7 - **Push up Challenge** - Do 10 pushups
- DAY 2** Dec 8 - **Plank Challenge** - Hold a 1 minute plank
- DAY 3** Dec 9 - **3km Challenge** - Run/walk 3km
- DAY 4** Dec 10 - **2020 Mountain Climbers Challenge** - Complete 20 left/ 20 right
- DAY 6** Dec 11 - **Wall Jump Challenge** - Complete 25 wall jumps
- DAY 6** Dec 12 - **Game Face Challenge** - Post a picture of your best game face
- DAY 7** Dec 13 - **Holiday Mascot Challenge** - Dress up in your most festive attire and go for a walk around your block
- DAY 8** Dec 14 - **Pet Challenge** - Do something active with your pet
- DAY 9** Dec 15 - **Wall Sit Challenge** - Post a video talking about your favourite school sport memory while holding a wall sit
- DAY 10** Dec 16 - **Sport Specific Trick Challenge** - Post a video performing a skill/trick specific to your sport
- DAY 11** Dec 17 - **School Spirit Sprint** - Complete 4 high intensity sprints wearing school colours
- DAY 12** Dec 18 - **Squat challenge** - Complete 20 squats

For each post, students should also nominate someone to complete the challenge and make sure to tag BCSS @bcschoolsports.

