

# CHALLENGE YOU BOXING REFLEX BALL



**25 BOXING REFLEX BALLS  
FREE TO YOUNG PEOPLE WHO ENTER  
OUR  
REFLEX BALL CHALLENGE**

**WIN £25 + £100  
WORTH OF ACTIVITIES FOR YOUR CLUB  
AWARDS FOR WINNER & RUNNERS UP**



## THE COUNTY REFLEX BALL CHALLENGE

How many times can you hit the ball within 2 minutes without stopping?

### RULES

1 Kit per Young Person's application. Open to all ages. This challenge must be done **without** gloves. You have to change direction at least twice (180 degrees) during the challenge.

If you cannot manage 2 minutes, your score will be the most hits without losing control.

Your score needs to be verified by your sports coach or Youth Worker or Club Leader or Parent.

**APPLY FOR YOUR KIT AND GET BOXING**

## THINK YOU HAVE WHAT IT TAKES!

Complete the form overleaf and send to [Challenges@labgc.org.uk](mailto:Challenges@labgc.org.uk) for **1 FREE REFLEX BALL KIT**.

Kits will be posted to your home address.

Your kit will include a Reflex Ball plus rules of the challenge and instructions of how to submit your challenge result.

All results need to be submitted by Sunday 21<sup>st</sup> Feb.

TOP 3 Scores announced the week of 22<sup>nd</sup> Feb

### **TOP 3 Invited to a Play Off**

We only have 25 Kits available, which will be allocated on a first come first serve basis.

# BOXING REFLEX BALL

## CHALLENGE



### SECTION 1 - ENTRY FORM

Complete the section below and send to [Challenges@labgc.org.uk](mailto:Challenges@labgc.org.uk)

YOUR NAME		AGE		GENDER	M <input type="checkbox"/> / F <input type="checkbox"/>
EMAIL		MOB			

DO YOU ATTEND A YOUTH CLUB?			
CLUB NAME		AREA (Town)	
NAME OF COACH, YOUTH WORKER, CLUB LEADER		TEL	
		MOB	
EMAIL			

ADDRESS YOU WANT YOUR REFLEX BALL SENT TO	NAME	
	ADDRESS	
	POST CODE	

### SECTION 2 – RESULTS SUBMISSION

WHEN YOU HAVE COMPLETED THE CHALLENGE

Please complete details below resend the whole form by Sunday 21<sup>st</sup> Feb to [Challenges@labgc.org.uk](mailto:Challenges@labgc.org.uk)

TIME WITHOUT STOPPING		NUMBER OF HITS WITHOUT STOPPING		CHANGE OF DIRECTION X 2	Y <input type="checkbox"/> N <input type="checkbox"/>
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DATE CHALLENGE COMPLETED		EVIDENCE:	PHOTOS <input type="checkbox"/>	VIDEO <input type="checkbox"/>
VERIFIED BY NAME Responsible Adult				
POSITION / RELATIONSHIP				

PLEASE SEND US PHOTO/S OR LINK TO A VIDEO OF YOURSELF ENGAGED IN THE CHALLENGE

PRIZES to be WON:

WINNERS	FOR YOU	FOR YOUR CLUB
1 <sup>st</sup> Place	£25 Voucher + Certificate	£100 of Activities
2 <sup>nd</sup> Place	£15 Voucher + Certificate	£50 of Activities
3 <sup>rd</sup> Place	£10 Voucher + Certificate	£50 of Activities