

TEAM REGISTRATION

Registration Opens: October 12th, 2021

Registration Closes: October 19th, 2021

Each team must register via the Excel Spreadsheet and payment link sent out to all team captains.

CHALLENGE WEIGHTINGS

Athletics Challenge	33%
Spirit Challenge	33%
Academic Challenge	34%
Total	100%

ATHLETICS CHALLENGE

WORK-OUT CLASSES RUBRIC

Each participant will be judged based on the criteria in the below rubric.

	Advanced 10	Proficient 8	Developing 6	Emerging 4	Non-Serious 0
Participation (10)	25% of team members present with all having cameras on throughout	25% of team members present with all minus 1 having cameras on throughout	25% of team members present with all minus 2 having cameras on throughout	25% of team members present with all minus 3 having cameras on throughout	25% of team members present with no one/only one having camera on
Enthusiasm (10)	Full-out performance with excellent energy	Performed clearly with just enough energy	Performance with low energy	No energy & missed moves that the instructor was doing	Idle & not interested in participating
Engagement (5)	Responds every time to instructors questions through chat or speaking up	Mostly responds to instructors questions through chat or speaking up	Sometimes responds to instructors questions through chat or speaking up	Responded only once to instructors questions through chat or speaking up	No engagement
Timing (10)	Movements well-coordinated with instructor and/or music	Most moves are coordinated with instructor and/or music	Generally moves are on beat with many mistakes	Movements don't fit with instructor and/or music	Zero timing

TOTAL : / 35

ATHLETICS CHALLENGE

ATHLETIC CHALLENGE WEIGHTINGS

Each athletic challenge will be weighted according to the table below.

CHALLENGE	TOTAL MARKS	PERCENTAGE
Strava Challenge	17	50%
TBCO Class	35	20%
RTF Class	35	20%
Wildcard Challenge	17	10%
Total		100%