

2010 NORTH COUNTRY COMMUNITY CUP PARTICIPATION AWARD ACTIVITY LOG

NAME: _____

TEAM: _____

Total of 5 Point Events: _____ Total of 1 Point Workouts: _____ Total Points: _____

5 POINT EVENTS (Must be signed on the day of the event or no credit!)

DATE	EVENT	SITE	SIGNATURE
March - May	Blood Pressure Screening, (one screening only)	Kinney Drugs	
March 5	Children's Miracle Network Dance Marathon	Case Middle School	
March 6	Snowflake Rally	Dry Hill Ski Area	
March 13	Shamrock Run	State Office Building	
March 13	WCSD Relay for Life Volleyball Tournament	WHS/Case Middle School	
March 20	Booster Club Volleyball Tournament	WHS/Case Middle School	
March 21	Mission Steps Walk (to benefit Multiple Sclerosis)	Salmon Run Mall	
Mar 27, Apr 24, Apr 25	Big Brothers Big Sisters Bowl for Kids Sake	Various Locations	
April 10	Ardison/Farney Run	Beaver Falls United Methodist Church	
Apr 19 – Apr 29	Orientation at YMCA (Requirement for free YMCA Membership)	Fairgrounds or Downtown YMCA	
Apr 19 – May 28	Workout at the YMCA a total of 10 times (Sheet must be stamped below)	Fairgrounds or Downtown YMCA	
Apr 21	Volleyball Clinic	Fairgrounds YMCA	
April 24	North Country (Start!) Heart Walk	Fairgrounds Arena, Watertown	
April 28	All Event Training #1	Fairgrounds YMCA	
April 28, May 5, May 12	YMCA Healthy Heart Test	Fairgrounds YMCA	
May 1	Steeple Chase Race	Lake Ontario Playhouse, Sackets Harbor	
May 5	All Event Training #2	Fairgrounds YMCA	
May 6	YMCA Wellness Run/Walk #1	Black River Trail	
May 8	Lucy's Run (Memorial Run for Lucy Colello)	Sherman Street School	
May 12	All Event Training #3	Fairgrounds YMCA	
May 13	YMCA Wellness Run/Walk #2	Thompson Park	
May 16	Run for Alex	Copenhagen Central School	
May 20	YMCA Wellness Run/Walk #3	Fairgrounds YMCA	
May 22	Miracle House Fundraiser in Memory of John Gregory Greene	Pillar Point Fire Hall	
May 30	Le Race de Chaumont	Copley House, Chaumont	

1 POINT DAILY WORKOUTS (Must be signed by team captain or YMCA staff or no credit will be given)

3/13	3/24	4/4	4/15	4/26	5/7	5/18
3/14	3/25	4/5	4/16	4/27	5/8	5/19
3/15	3/26	4/6	4/17	4/28	5/9	5/20
3/16	3/27	4/7	4/18	4/29	5/10	5/21
3/17	3/28	4/8	4/19	4/30	5/11	5/22
3/18	3/29	4/9	4/20	5/1	5/12	5/23
3/19	3/30	4/10	4/21	5/2	5/13	5/24
3/20	3/31	4/11	4/22	5/3	5/14	5/25
3/21	4/1	4/12	4/23	5/4	5/15	5/26
3/22	4/2	4/13	4/24	5/5	5/16	5/27
3/23	4/3	4/14	4/25	5/6	5/17	5/28