



In Partnership with



Boys and Girls compete in four different challenges to become the Prince and Princess of the court for Hampton Roads.



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Facebook/Virginia.Athletic.Council

- * **Saturday, August 25, 2018**
- * **Where: Virginia Wesleyan University**
- * **Time: 11am - 4pm**
- * **Ages: 5 -17**
- * **Cost: \$10**

For more information or to register visit www.VAC365.org or text VAC to 80077



The proceeds

- Proceeds from the event go to refurbishing Outdoor Basketball Courts.
- **To date, six courts have been refurbished in the Hampton Roads area – (pictures are included). The cities of Norfolk, Portsmouth and Virginia Beach have had properties receive these updates.**
- Children need adequate places to exercise. Included in these improvements are new basketball nets, rims, painting of the playing surface and painting backboards to make the area more appealing to kids.

Refurbished outdoor playing facilities to encourage physical activity.



BEFORE



AFTER



Why is this Program needed?

- This event is much more than just playing basketball. At this event, the Hampton Roads community will be educated, motivated and entertained.
- Our young people are facing life-threatening health conditions and a lessened quality of life. If current trends continue, today's kids could be the first generation to live shorter lives than their parents.
- High blood pressure among children is a serious and emerging public health issue and is strongly correlated with being overweight.
- About one in three children and teens in the U.S. is overweight or obese, nearly triple the rate in 1963.
- In Virginia, 61.2% of adults are either overweight or obese.
- Inactive children are likely to become inactive adults.
- Physical Activity helps with...
 - Controlling weight
 - Reducing blood pressure
 - Raising good cholesterol
 - Improved psychological well-being including gaining more self-confidence and higher self-esteem





About the Challenges

A winners will be recognized for each age group, boys and girls divisions.

Three Point Shootout

- Make as many shots as you can before time runs out. Distance of shot varies with age group.

Shooting Competition

- Make as many shots from selected spots around the court to receive points. The most points wins.

Agility Drill

- Put your speed and quickness to the test in this timed exercise. Simulating in-game basketball scenarios, the players that complete these drills the fastest win.

Ball Handling Obstacle Course

- Each player will navigate through unique obstacles to improve, test and showcase their Ball Handling skills. Participants will be timed. The fastest time wins.



REGISTRATION FORM

****Must submit before August 20th.****



Participant Name: _____

Male: ____ **Female:** ____ **Age:** ____ **Shirt Size:** ____

Parent or Guardian Name: _____

E-mail: _____ **Phone:** _____

Address: _____

City: _____ **State:** _____ **Zip Code:** _____

*** Royal Court Basketball Skills Challenge at \$10.00 _____**

- Time 9:00 am -12:30 pm

TOTAL ENCLOSED:\$ _____

*** Make Checks Payable to the Virginia Athletic Council**

Complete form and mail or scan:

**Virginia Athletic Council 2476 Nimmo Parkway • Suite 115,
#159 • Virginia Beach • VA • 23456**

Contact (757) 354-2441 or RoyalCourt@VAC365.org