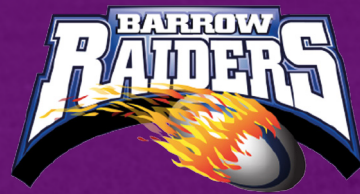


# ADVANTAGE!

BARROW RAIDERS COMMUNITY FOUNDATION



## CHALLENGE CARD 1

**DEMONSTRATION VIDEOS:** [WWW.BARROWRLFC.COM/ADVANTAGE-CHALLENGE-CARD-1-DEMONSTRATION-VIDEOS](http://WWW.BARROWRLFC.COM/ADVANTAGE-CHALLENGE-CARD-1-DEMONSTRATION-VIDEOS)

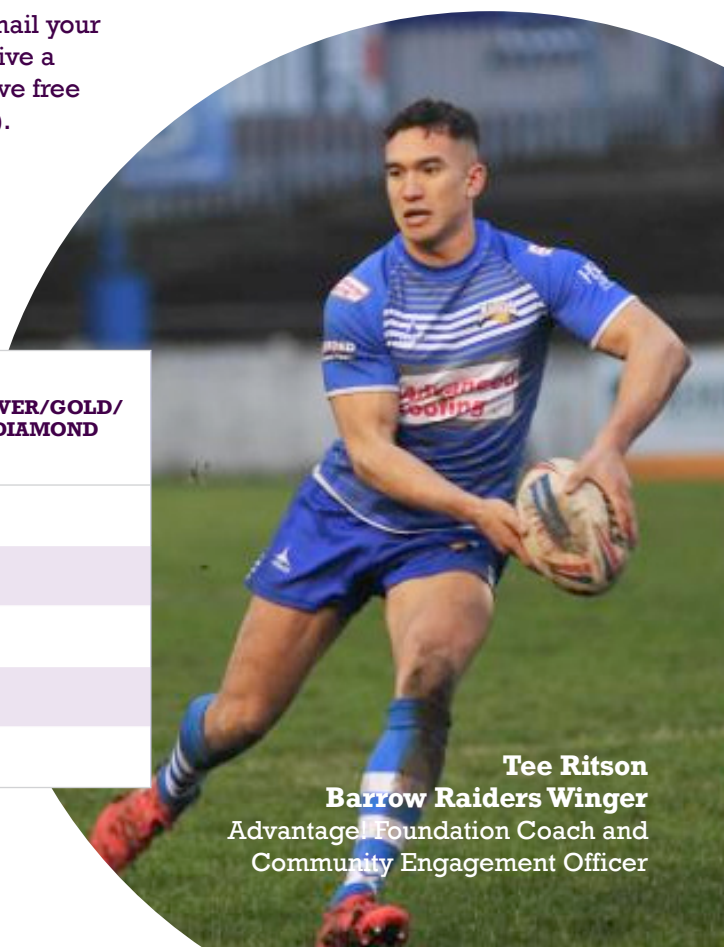
NUMBER	NAME	INSTRUCTIONS	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
1	Catching Champ	<b>30 second timer</b> • Throw ball up and catch with 2 hands • How many can you do?	10	15	20	30	40
2	Agility Ace	<b>30 second timer</b> • Ski slide side to side holding the ball • How many can you achieve?	10	15	20	25	35
3	Core Strength Superstar	<b>30 second timer</b> • Sit-up holding a ball • Throw the ball against wall and catch (or tap wall/settee) and repeat • How many can you do?	5	10	15	25	30
4	Try Scoring Specialist	<b>60 second timer</b> • Mark a point 3-4 big strides away • Run, score a try, run back to the start, run again, score a try and return to the start etc • How many tries can you score in the time?	2	5	7	10	15
5 – Partner challenge	Goal Keeping Guru	<b>60 second timer</b> • Set out a target goal, up against a settee, about 2 metres wide. • Get in a seated position • A partner rolls a ball (any size ball) towards the goal and goal keeper has to stop the ball hitting the settee or going into the goal, but has to remain seated and shift their body from side to side. • How many saves can you make?	3	5	7	10	15

Record your scores in the table below and tell your teacher or email your results directly to Barrow Raiders Community Foundation to receive a certificate. If you complete all six Challenge cards, you will receive free tickets to home games for two family members (children go free).

Contact the Community Manager Siona Hartley at:  
[sionahartley@outlook.com](mailto:sionahartley@outlook.com)

## CHALLENGE CARD 1 - RESULTS

NAME:		RESULTS (HOW MANY?)	BRONZE/SILVER/GOLD/ PLATINUM/DIAMOND
SCHOOL:			
AGE:			
Challenge No. 1	Catching Champ		
Challenge No. 2	Agility Ace		
Challenge No. 3	Core Strength Superstar		
Challenge No. 4	Try Scoring Specialist		
Challenge No. 5	Goal Keeping Guru		



**Tee Ritson**

**Barrow Raiders Winger**

Advantage! Foundation Coach and  
Community Engagement Officer