

CHALLENGE STARTS: DEC 23  
ENDS: JANUARY 11TH



# WINTER HOME TRAINING CHALLENGE

Complete all 25 Challenges to enter the Legends Raffle at the 2024 Camp Launch Party on Jan 11th!  
1st prize = Custom Glove | 2nd prize = 1 Hr. Private Lesson w/ a Legends coach | 3rd prize = Custom Sports Card

**Step 1:** Complete and cross off all 25 challenges **Step 2:** Have parent sign the bottom  
**Step 3:** Confirm completion and raffle entry by posting a completion picture/video to Instagram and tag @legendssoftballamps OR email a picture to kelly@legendscamps.com

<b>THROW</b> ball off wall for 15 mins & work on ground ball form	<b>RUN</b> 15 minutes	<b>HIT</b> softballs for 20 minutes	<b>DRINK</b> a green smoothie	<b>READ</b> a book for pleasure for 20 minutes
<b>HIT</b> softballs for 20 minutes	<b>DRY HACKS</b> 75 with perfect mechanics and a balanced finish	<b>PUSH UPS</b> 100 in one day	<b>MEDITATE</b> Download Headspace and do a meditation	<b>PLAY CATCH</b> For 15 minutes
<b>RIDE</b> a bike for 30 minutes	<b>PITCH</b> a 30 pitch bullpen	<b>SEARCH</b> "Legends Softball Camps" on Instagram or TikTok and watch at least 10 videos focusing on drills and skills.	<b>PITCH</b> to 5 imaginary hitters. 5 total at bats...	<b>ASK</b> my parents if I can help around the house
<b>WATCH</b> 20 minute of old Softball College World Series game on YouTube	<b>WRITE</b> and send a handwritten thank you note to someone important	<b>PRACTICE</b> pop flies and ground balls for 25 minutes	<b>HIKE</b> for 45 minutes	<b>TAKE</b> 1 full day off with ZERO video games and ZERO screens
<b>MAKE</b> your bed and clean your room spotless!	<b>WATCH</b> slow motion swings on YouTube for 15 minutes	<b>PLAY CATCH</b> for 15 minutes	<b>WORKOUT</b> 30 push ups, 30 sit ups, 30 jump squats, 10 sprints	<b>PRACTICE</b> ground balls for 15 minutes

2023/2024

I certify that my child completed the challenges above which I

have initialed: \_\_\_\_\_  
Parent Signature

