



SWEATING FOR SCHOLARSHIPS



24 Hour WOD-A-THON

WHAT:

A 24 Hour WOD-A-THON to help raise money for the Grove City Youth Sports Scholarship Program. A WOD is the CrossFit term used for "Workout of the Day." Athletes will complete one workout every hour on the hour for 24 hours. Workouts will be a variety of movements, skills and drills, including weightlifting, gymnastics, and metabolic conditioning. All workouts will be to CrossFit standards. Workouts will be of varying lengths. Some could be five minutes, others 20. No one will be expected to workout for the entire hour.

WHY:

The Grove City Parks and Recreation Department believes all children should have access to sports regardless of their financial situation. This program sponsors youth 18 years and younger from financially-limited families in youth sports programs by offering fee reductions to those meeting the eligibility guidelines (based upon those used by the U.S. Housing and Urban Development). The Youth Sport Scholarships can range from \$35.00-\$50.00 depending on the sport. A \$50.00 donation will provide one scholarship allowing a child to participate in a sport for that year.

Southern Columbus CrossFit's goal is to provide 50 scholarships for the year 2014.

EVENT MISSION:

- Support our local community and youth sports programs.
- Endorse youth fitness and recreational activities.
- Raise community awareness of CrossFit and the way in which CrossFit can support a local community.
- Inspire fitness and healthy living with those around us.

WHEN:

12:00pm Saturday, October 12, 2013 – 12:00pm Sunday, October 13, 2013

All are encouraged to attend. However, some workouts will be limited to just SCCF Members. We will be having designated times in which the general public can participate in the workouts. These workouts will be scalable to any and all athletic abilities.

WHERE:

Southern Columbus CrossFit
3341 Centerpoint Dr, Unit B
Grove City, OH 43123

DONATION/PLEDGE RULES:

All participants are required to collect a minimum of \$50, which is equal to one(1) Youth Scholarship.

Donations must be collected before the event (Make checks payable to Southern Columbus Cross Training, LLC).

Donations can be collected in a lump sum or on a projected workout basis.

EVENT RULES:

Athlete is welcome to complete as many workouts as he or she desires.

Family and friends are welcome at the box, as long as not on the floor during workouts.

Family and friends can participate in workouts during specified times and with a \$10 donation.

Workouts must be completed to CrossFit standards.

Excessive horse play (talking during explanations, offensive language, arguing with coaches or other athletes, complaining, disrespecting equipment) will result in removal from the event.

Athletes are required to clean up after each workout (this includes the equipment and area used).

Only the scheduled workouts can be completed during that hour.

No Alcoholic beverages permitted inside the gym.