



École Madeleine d'Houet Junior High
Regular & Late French Immersion

Catholicity | Community | Academic Success



Friday, May 22, 2015

Thermopylae Obstacle Course Race (OCR):

Congratulations, as part of the Sports Performance training that your student has undergone, your student is representing MDH as part of the 2015 Thermopylae. It is a timed obstacle course race that consists of 15 obstacles, 4 mud pits and a 4.6km course. The course is designed to challenge individuals of all ages and to provide an experience like no other.

The race itself is a timed team event where runners will work as individuals towards a team goal. Each runner will be given a number coinciding with their race time, and this number will track their progress through the event as well as the time accumulated for their team. Although there is a team trophy for the fastest overall team, the spirit of this event is that of friendly competition and mutual support. Everyone will finish this event.

The event will take place at Valley Creek School (10951 Hidden Valley Drive NW) and the surrounding community.

Itinerary

Students will meet in the gym at 4:00 for a course orientation and a brief word from the race coordinator. This will take approx. 20 minutes. During this period, timing will be explained as well as the stations and event penalties. There will also be a brief warm up completed by the Thermopylae team at Valley Creek and a word from our guest speaker. The race will begin at 4:30 pm and will conclude when the last racers cross the finish line. We will tally the times in short order and announce the winner.

Behaviour Expectations

Students will be expected to represent themselves and their schools accordingly. As a member of a school group, students are seen as leaders in the school; consequently, a certain standard of conduct is required. Students are expected to demonstrate responsible behaviour in their words, deeds, and attitudes.

Food and Drink

It is important to stay hydrated by drinking lots of water while waiting for your event to begin or during your session. There will be water stations within the race as well. Students are required to bring their own water bottles and snacks/food for the day. Students should try to eat a high carbohydrate meal on the evening prior to the Thermopylae. ie. pasta, rice, breads.



Gym Strip

Each student must wear their school's gym strip, or agreed upon costume, to participate in the race. Gym strip modification or costumes must still meet dress code standards. Students must also wear appropriate footwear for the events.

Please note that a second set of clothing should also be brought along with a second pair of footwear as participants will get wet and muddy.

You are asked to complete the attached Consent and Acknowledgement of Risk form if you consent to your son/daughter attending this off-site activity.

While some degree of risk is always associated in all school off-site activity, I have outlined specific areas of concern on the Consent and Acknowledgement of Risk form. To prepare your student for these risks we ask that you:

- Discuss with them the risks that are outlined in the Acknowledgement of Risk form.
- Review expected behaviour when representing the school
- Make sure that they have a water bottle

If you have any questions or concerns, please feel free to contact Michael Murray (michael.murray@cssd.ab.ca) at the school.

Thanks,

Michael Murray

Amanda Handlon

MDH Sports Performance

403-500-2008



Obstacles

Army Crawl – army crawl with belly on ground.

Wall Jump Over – 3-4 foot high wall that is 6 feet wide. There are three of them in sequence.

Balance Beam – 4x4 balance beam that zig zags on a 4 inch raised platform.

Hill Run – 20 meter run up a 60 degree incline hill. 10 rounds (5 up and 5 down)

Push Up Parade – series of three push ups. You choose two of the three and complete 15 of each, 30 total.

Air Squats – Full squat, thigh crease in line with knees, back straight. 30 total.

Bench Dips – Full Dip, elbows back, legs straight. 60 total.

Urpees – Cousin of the Burpee, standard burpee with a push up and plank jack at the bottom of motion. 15 total.

Back Crawl – on your back army crawl under descending and narrowing steeples.

Pylon Plyo Jump Over – 16 inch pylon, jump over. Feel need to clear pylon top, not go around. 30 total.

Plank Jacks – Hold a plank position while completing a jumping jack motion with feet (in, out, repeat). 30 total.

Mountain Mountain Climbers – traditional mountain climber exercise but on a 60 degree incline hill. 60 total.

Full Sit Up – traditional full sit up. No arm swing assistance. 30 total.

Skipping – normal skipping rope rotations. 100 rotations total.

Skipping D/U – double unders. 15 total.

Mud Pits

Mud Pit 1 – Low and Slow. Low pit, wide but short.

Mud Pit 2 – Downhill Slide. Downhill, narrow and long.

Mud Pit 3 – Trench. Deep, wide and long.

Mud Pit 4 – Spring Showers bring May Flowers. Long and mostly mud free. Cascade sprinkler over station.

If a competitor cannot complete a station they need to do 20 “War Machines”. A “War Machine” is a plank hold where you push up and spring into a squat position (think triple threat position) and then repeat.

