



St. Helens Super Star
Training Camp
June 23, 2017





Field Day Information

Each student will have an activity card. Their goal is to visit each station. When students finish participating at a station, they will get a check mark on the football for that station. Primary students can have them pinned to their shirts. I have class sets of safety pins. Most students do fine just carrying their cards.

Please have your students wear their favorite team's jersey or colors (blue and green 😊). I am hoping the Limo of Boom will come and teachers can take a class picture by it.

Each class will have a meeting place under the covered area where students can leave their things and then meet up when they have finished.

When it is time for your class to go, I will make an announcement for students to go back to their class meeting spot. We will have class sets of popsicles in the freezer. Please send one student to the LEAP room to collect your class's

popsicle bag and enjoy them together back in your room. Students may take their cards home.

Please remind your class to dress for the weather! In case of a rain cancelation, please have a backup classroom activity.

We have used this format successfully for the past two years. Please enjoy walking around and encouraging your students. You do not need to do anything more than that. Students do not have to go to every station. They can even repeat a station, if they want. They love playing with siblings and friends from other classes! We will also have a dancing and cheering spot by the music station. That was a hit last year.

We will have first aid available and supervision for the gym water fountains and bathrooms.

Thank you for your support!

Darcy



Jermaine Kearse

St. Helens Elementary SUPERSTAR Training Camp
June 23, 2017 K-2 9-10:15 3-5 10:30-11:45

Station #	Station	Volunteer
1	Bennett Battle	Darcella
2	Sherman Sprint	Karen
3	Break the Kearsse Course	Joel
4	Do the Dougie	Chrystal T
5	Earl Twirl	Wendy
6	Cliff Carry	Deb
7	Wright Review	Jessica
8	Rawls Rolls	Barb
9	Jon Jug Kickoff	Teisha
10	Lockett Launch	Addy
11	Chancellor Chop Challenge	Kelley
12	Luke Your Marbles	Katy
13	Jimmy Shimmy	Chrystal A
14	Bobby Battleship	Dina
	Bathroom, water, music, & first aid	Julia & Chrystal H

1. Bennett Battle: Tug O War

Equipment	Rules	K-2	3-5
Tug o war rope Spray paint Flag	Start with flag on center line, rope on the ground. On the whistle students pick up rope and try to pull the flag to their paint line.	Lighter rope	Heavier rope

2. Sherman Sprint: sprint

Equipment	Rules	K-2	3-5
Paint line Cones	Students race each other from start, around cone, and back. Can time singles	20 yards	40 yards

3. Break the Kearse Course: Obstacle course

Equipment	Rules	K-2	3-5
Hurdles Hopper balls Agility ladders Mat wall	On go, students race through the course.	Lower hurdles (cone) Lower wall	Higher hurdles (cones) Higher wall

4. Do the Dougie: Snorkel gear relay

Equipment	Rules	K-2	3-5
Snorkel masks Snorkel flippers	Students race from start to cones and back wearing fins and a snorkel mask	5 yards	10 yards

5. Earl Twirl: Inflatable ring fling

Equipment	Rules	K-2	3-5
6 rings 2 pools	Throw 3 rings into the pool. If a miss, students can run and retrieve the rings. Can race another student.	5 yards	10 yards

6. Cliff Carry: Coconut carry between partner foreheads

Equipment	Rules	K-2	3-5
Paint line Cones Coconuts	Students must wedge a coconut between their foreheads and travel to a cone and back	5 yards	10 yards

7. Wright Review: Change clothes

Equipment	Rules	K-2	3-5
Booth Shoes-2 Ref Jersey-2	Students race each other to the booth. First student gets to enter and put on jersey and shoes and run back. Second student's turn starts after first one leaves the booth	5 yards	10 yards

8. Rawls Rolls: tire roll or tire flip

Equipment	Rules	K-2	3-5
Large tire Small tire	Students roll or flip tire to	5 yards Small tire	10 yards Large tire

	cone and back	roll	Flip
--	------------------	------	------

9. Jon Ryan Kickoff: Kick the jug

Equipment	Rules	K-2	3-5
Paint line Milk jugs	Kick jug from the lane as far as possible, can mark farthest kick	Jug	Jug or football

10. Lockett Launch: Water balloon target toss

Equipment	Rules	K-2	3-5
Water balloons Target-Blitz	One water balloon per student, stay behind line and throw trying to hit target	5 yards	10 yards

11. Chancellor Chop Challenge: rubber squeaky animals

Equipment	Rules	K-2	3-5
Chopsticks Squeaky animals Baskets	Race another student to move the animals from one bucket to another using only chopsticks	5 yards	10 yards

12. Luke Your Marbles: Long Tongs & marbles

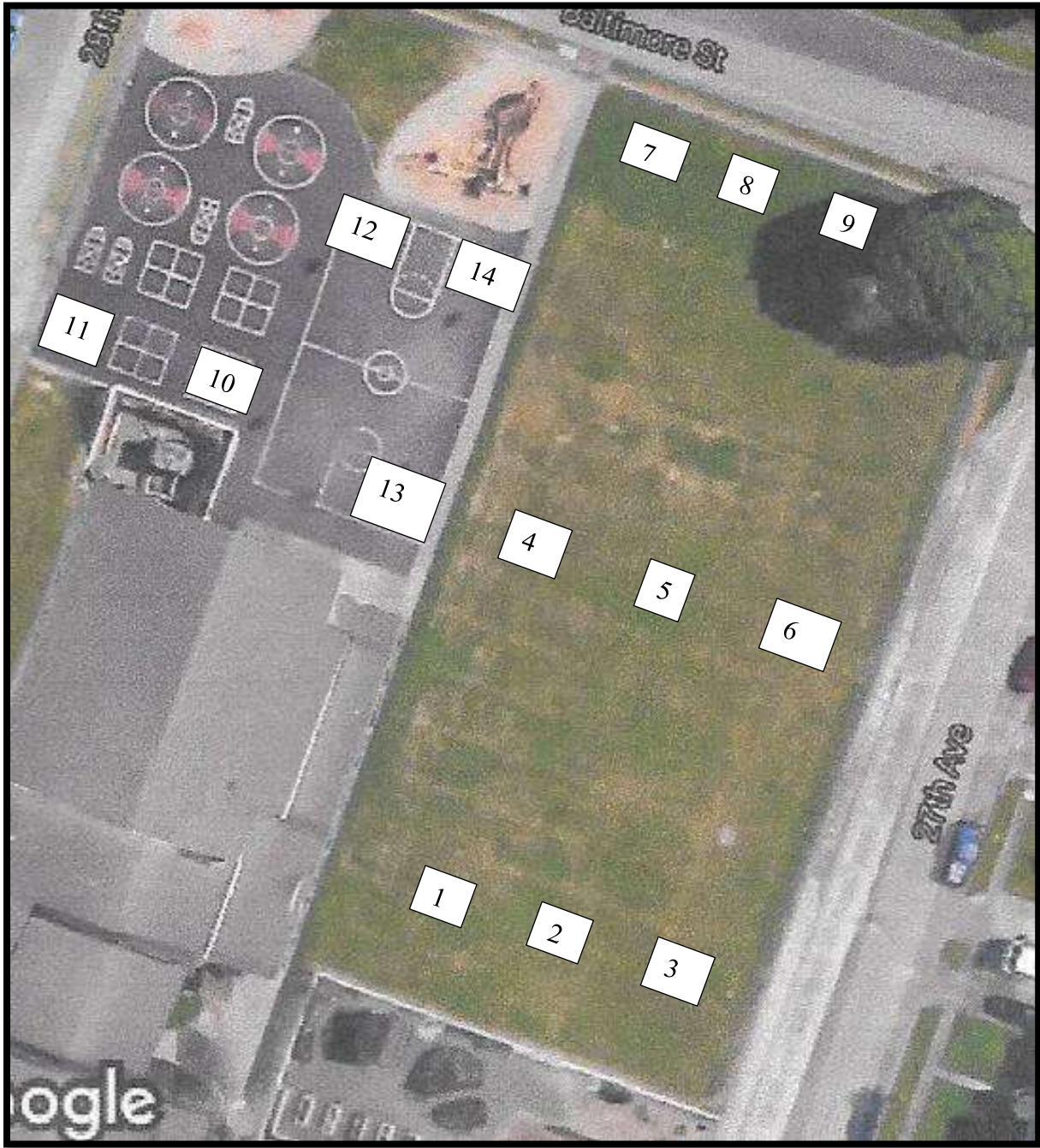
Equipment	Rules	K-2	3-5
Tongs-2 Marbles Jars- 4	Students race the clock (and a friend) to transfer as many marbles as possible from one bucket to another using only tongs	5 yards	10 yards

13. Jimmy Shimmy: Potato roll with hockey stick

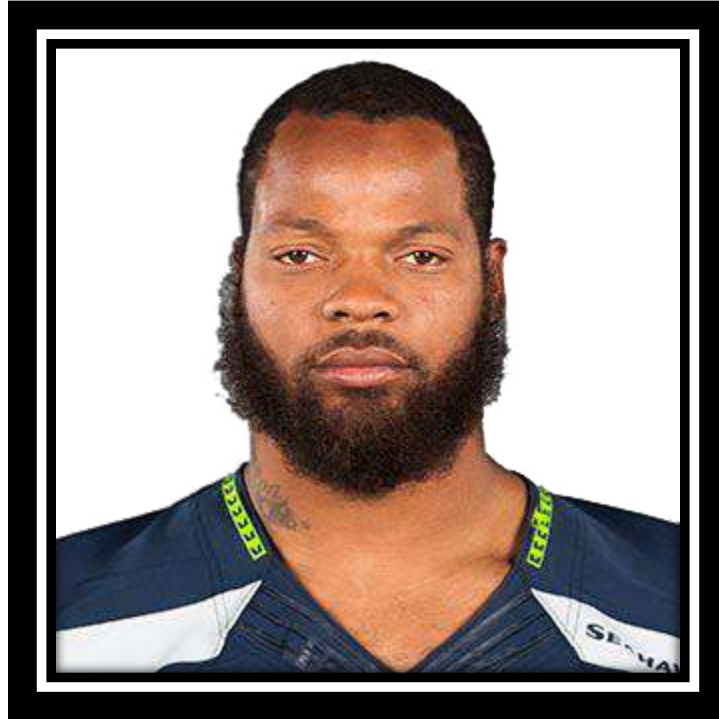
Equipment	Rules	K-2	3-5
Baker potatoes Hockey sticks- 2 each size	On go, race another student to roll a potato the distance	5 yards Short stick	10 yards Long stick

14. Bobby Battleship: scooter & mat on blacktop or in gym

Equipment	Rules	K-2	3-5
Mats Large scooters	2 students (one captain and one engine) race to cone and back, can race against another battleship	5 yards	10 yards



1. BENNETT BATTLE: Tug O War



Michael Bennett

72 DE

Height 6-4 Weight: 274 Age 31

Texas A&M

9 Years Pro

HOW ACQUIRED: Signed by the Seahawks as an unrestricted free agent on March 15, 2013, and re-signed a multi-year contract March 10, 2014.

2. SHERMAN SPRINT: 40 yards



Richard Sherman

25 CB

Height: 6-3 Weight: 195 Age 29

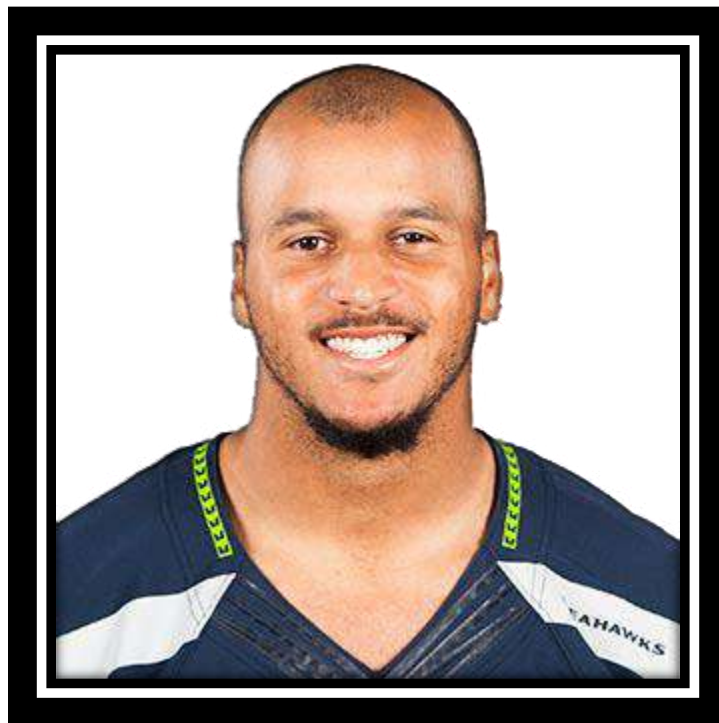
Stanford

7 Years Pro

HOW ACQUIRED: Drafted with the 23rd pick in the fifth-round of the 2011 NFL Draft (154th overall).

Signed a multi-year extension on May 7, 2014.

3. BREAK THE KEARSE COURSE: Obstacles



Jermaine Kearse

15 WR

Height: 6-1 Weight: 209 Age 27

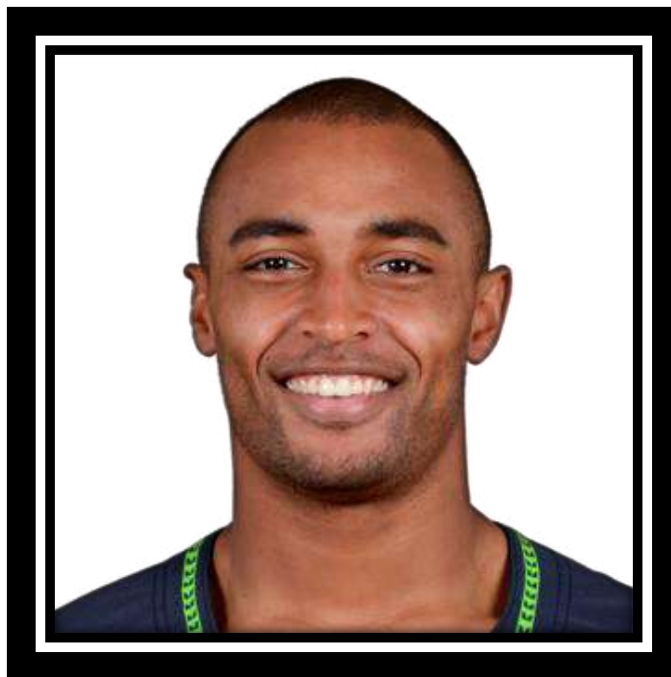
Washington

6 Years Pro

HOW ACQUIRED: Signed by Seattle as a rookie free agent on April 28, 2012.

**4. DO THE
Flippers**

DOUGIE:



Doug Baldwin

89 WR

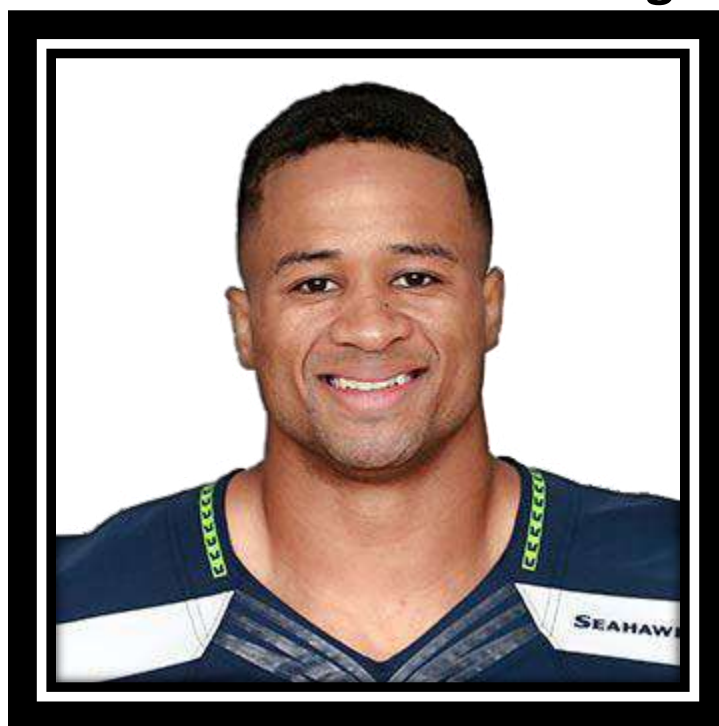
Height: 5-10 Weight: 192 Age 28

Stanford

7 Years Pro

HOW ACQUIRED: Originally signed by Seattle as a rookie free agent on July 26, 2011. Signed a multi-year extension on May 29, 2014.

5. EARL TWIRL: Inflatable Ring Toss



Earl Thomas

29 FS

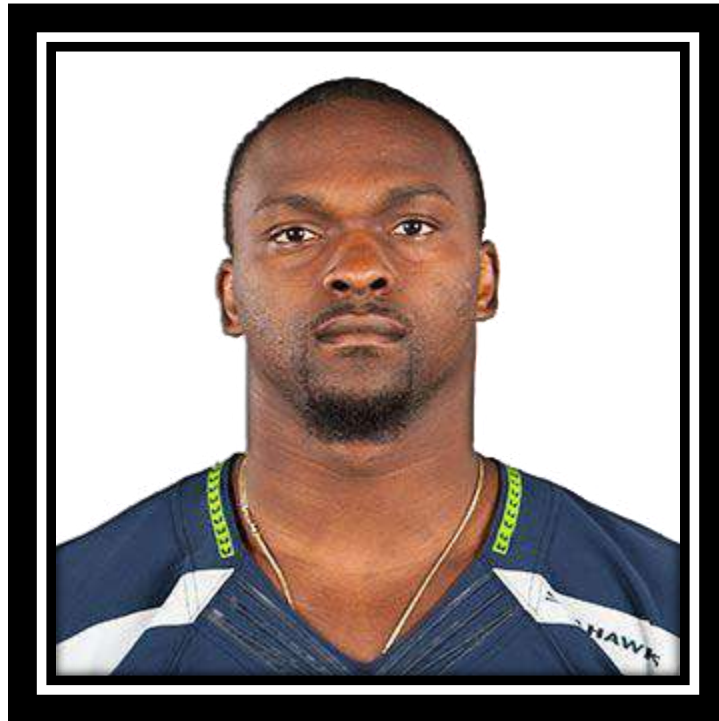
Height: 5-10 Weight: 202 Age 27

Texas

8 Years Pro

HOW ACQUIRED: Drafted with the 14th overall pick in the 2010 NFL Draft. Signed a multi-year extension April 28, 2014.

6. CLIFF CARRY: Coconut Challenge



Cliff Avril

56 DE

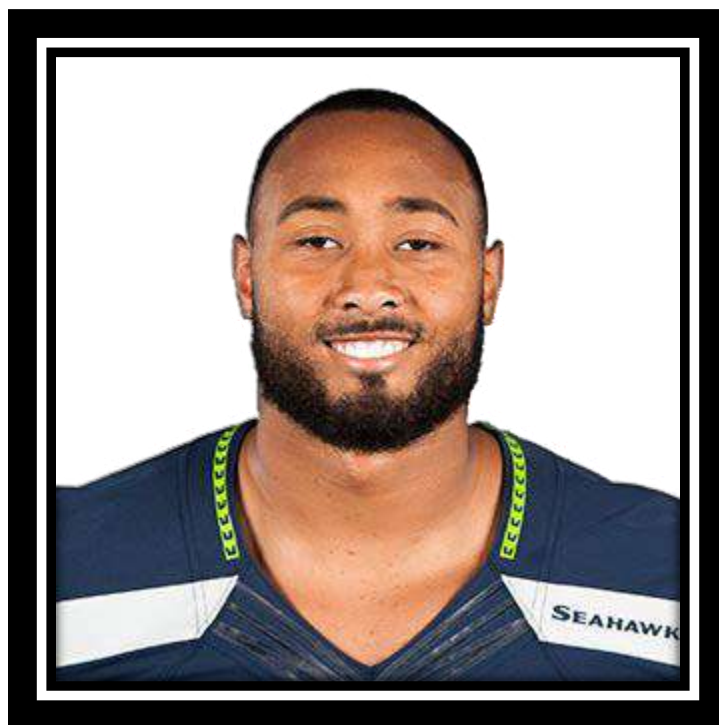
Height: 6-3 Weight: 260 Age 31

Purdue

10 Years Pro

HOW ACQUIRED: Signed with Seattle as an unrestricted free agent March 13, 2013. Signed a multi-year contract extension December 19, 2014.

7. WRIGHT REVIEW: Photo booth relay



K.J. Wright

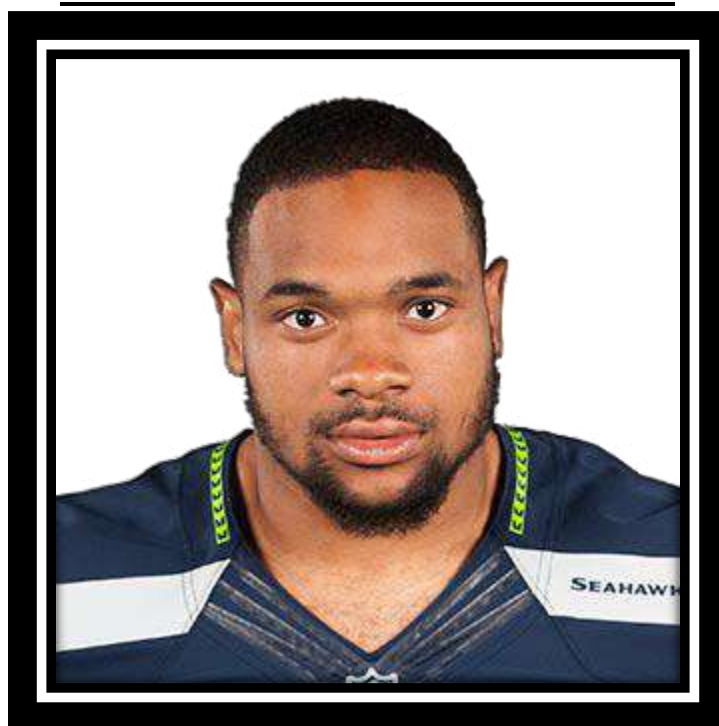
50 LB

Height: 6-4 Weight: 246

Age 27
Mississippi State
7 Years Pro

HOW ACQUIRED: Selected with the second pick in the 4th round (99th overall) of the 2011 NFL Draft.

8. RAWLS ROLLS: Tire roll



Thomas Rawls

34 RB

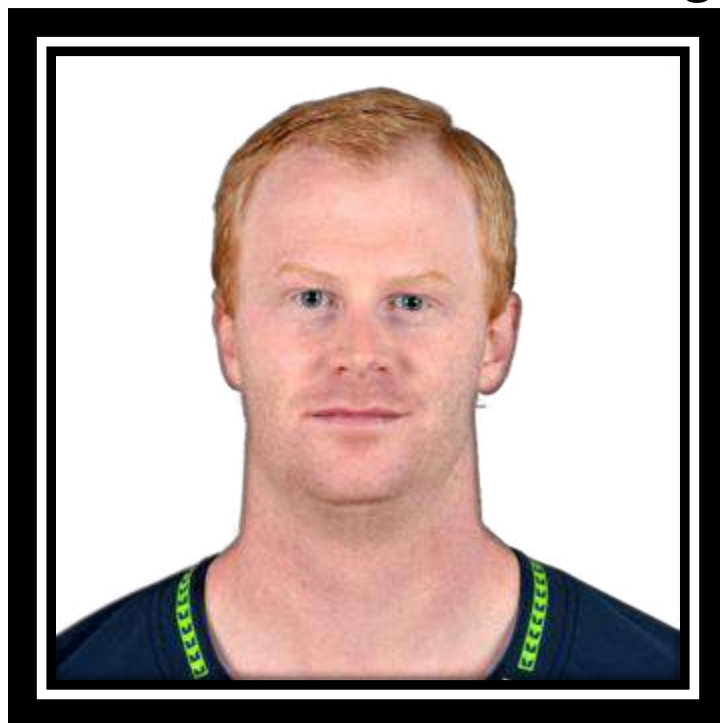
Height: 5-9 Weight: 215 Age 23

Central Michigan

3 Years Pro

HOW ACQUIRED: Signed by Seattle as an undrafted rookie free agent on May 8, 2015.

9. JON JUG KICKOFF: Milk Jugs



Jon Ryan

9 P

Height: 6-0 Weight: 217 Age 35

Regina (Canada)

12 Years Pro

HOW ACQUIRED: Signed by Seattle as a free agent on September 9, 2008.

10. LOCKETT LAUNCH: Water Balloon



Tyler Lockett

16 WR

Height: 5-10 Weight: 182 Age 24

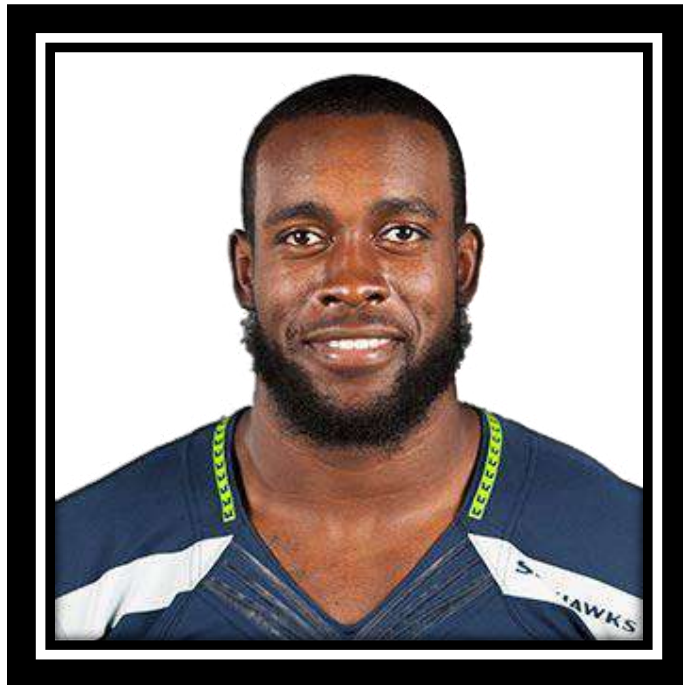
Kansas State

3 Years Pro

HOW ACQUIRED: Drafted with the fifth pick in the third round (69th overall) of the 2015 NFL Draft. Seattle traded its third-round (#95), fourth-round (#112), fifth-round

(#167) and sixth-round (#181) picks to Washington to move up in the third round to select Lockett. Second-highest player drafted out of Kansas St. and only the fourth player drafted out of Kansas St. in club history (Last: Chris Harper, 2013).

11. CHANCELLOR CHOP CHALLENGE: Chopsticks



Kam Chancellor

31 SS

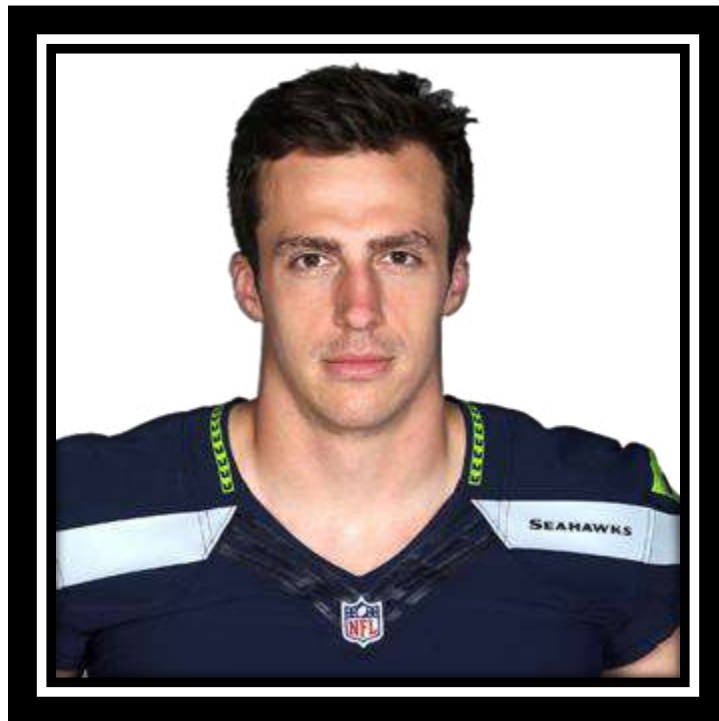
Height: 6-3 Weight: 225 Age 29

Virginia Tech

8 Years Pro

HOW ACQUIRED: Selected with the second pick (133 overall) in the fifth round of the 2010 NFL Draft. Second safety drafted in that draft (Earl Thomas - 14th overall).

12. LUKE YOUR MARBLES: Tongs



Luke Willson

82 TE

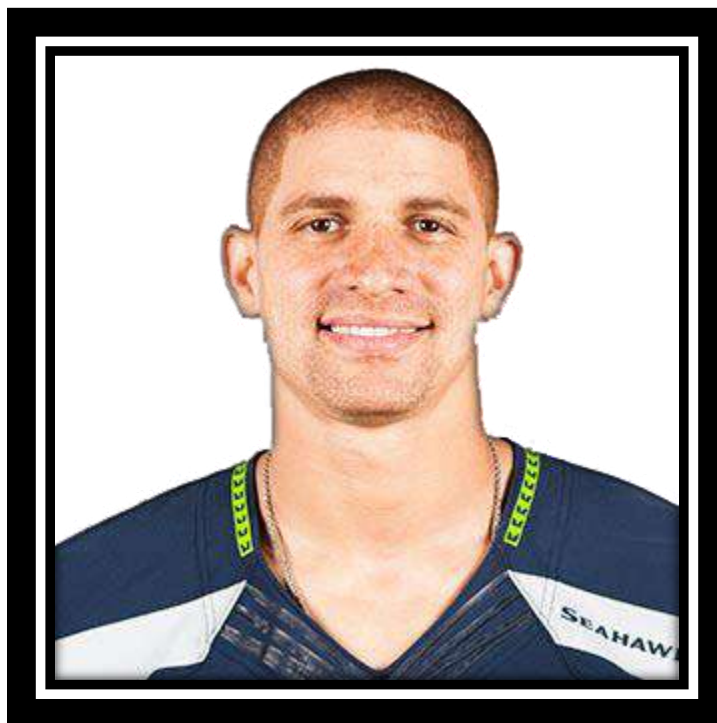
Height: 6-5 Weight: 252 Age: 27

Rice

5 Years Pro

HOW ACQUIRED: Selected with the third of three fifth-round choice (158th overall) in the 2013 NFL Draft. First player from Rice to ever be drafted by Seattle.

13. JIMMY SHIMMY: Hockey potato roll



Jimmy Graham

88 TE

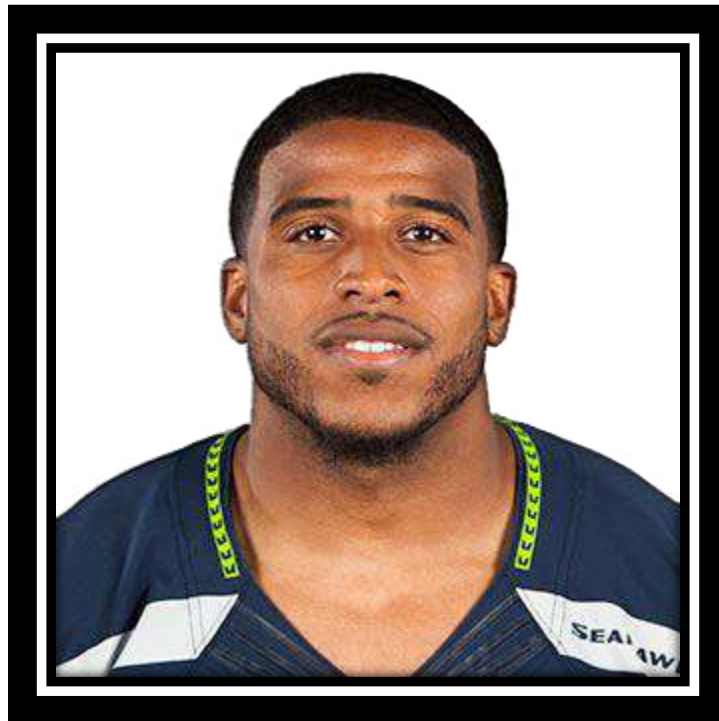
Height: 6-7 Weight: 265 Age 30

Miami (Fla.)

8 Years Pro

HOW ACQUIRED: Acquired via trade with the New Orleans Saints on the first day of free agency, March 10, 2015. Seattle also obtained the Saints 2015 fourth-round draft selection in exchange for the Seahawks 2015 first-round choice and center Max Unger.

14. BOBBY BATTLESHIP: Scooter Mats



Bobby Wagner

54 LB

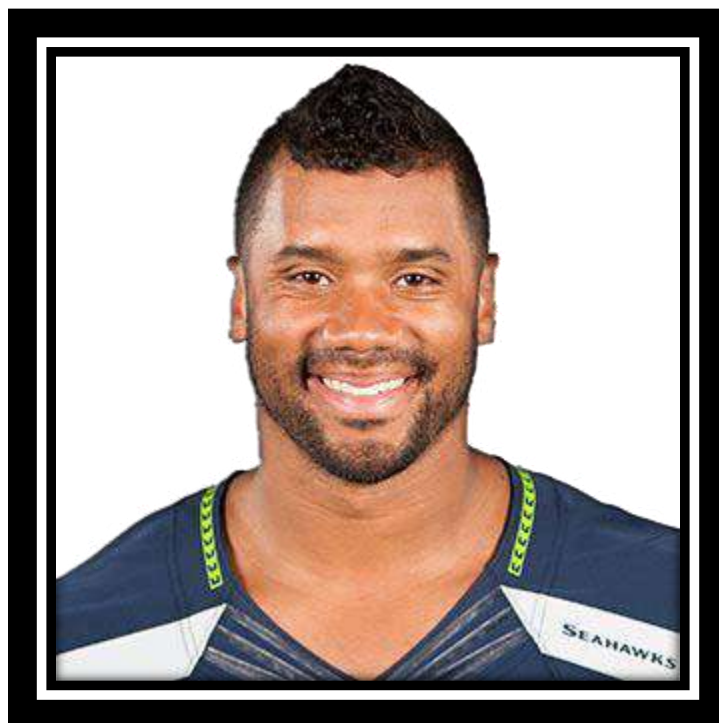
Height: 6-0 Weight: 245 Age 26

Utah State

6 Years Pro

HOW ACQUIRED: Drafted with the 15th pick in the second round (47th overall) of the 2012 NFL Draft. Eleventh linebacker chosen in the second round in club history (Last: Lofa Tatupu, 2005). Second and highest player drafted out of Utah State in club history.

HUSTLE LIKE RUSSELL: Dance Station



Russell Wilson

3 QB

Height: 5-11 Weight: 215 Age 28

Wisconsin

6 Years Pro

HOW ACQUIRED: Drafted with the 12th pick in the third round (75th overall) of the 2012 NFL Draft. The first quarterback drafted under Head Coach Pete Carroll and General Manager John Schneider and the highest quarterback selected by the club since Brock Huard was taken with the 77th overall pick in 1999.

St. Helens Elementary School Field Day

Name:

Teacher:

