



THE LXXXVIII OLYMPICS

Coaches: Lisa and Daria

- Will provide a weekly Coach's meeting with a mostly enjoyable selection of workout materials, written detailed workout instructions, training materials, incentives, encouragement, performance opportunities and targeted work on problem areas.
- Will provide moral support to Personal Trainers

Personal Trainers: Parents of the Olympians

- Will assist the Olympian with setting weekly workout goals prior to each Coach's meeting as well as setting times and durations of workouts.
- Will encourage the Olympian to meet or exceed the goal while using the Coach's workout plan.
- Will initial each week's workout record.

Team Olympians: Students who commit to setting a goal of at least 4 workouts per week. (All other students may participate in the Individual Events).

- Will attend weekly Coach's meeting well-prepared and with all materials.
- Will cheerfully work with Personal Trainer to set goals (minimum 4, maximum 7) then try the hardest to meet those goals and record workouts during the week.

Opening Ceremony: Saturday, September 5th at 10:00-10:45 am (location TBD)

Come learn all about The LXXXVII Olympics and, if you have signed up to be on a team, meet your team members! Olympians should attend with at least one Personal Trainer.

Closing Ceremony: Friday, May 20 at 7 pm

Presentation of All-Around and Team medals.

Recognition of individual medals.

Performances of the Olympians.

All-Around Individual Gold Medals

First to earn all gold medals

First to complete 100 workouts

Team Medals (Gold, Silver, Bronze)

Average number of gold medals won by team +

Average number of workouts by team

INDIVIDUAL EVENTS:

1. Gold Medals will be earned and awarded during lessons throughout the year.
2. Gold Medalists will also be recognized during the Closing Ceremonies.
3. Levels will be assigned individually by your Coach.
4. Coaches will ensure the Olympians have the proper workouts available to earn all individual event gold medals but success will depend on the consistency and frequency of workouts at home.

Workout Marathon:

Complete 100 Workouts

Repertoire Race:

Learn 3 Coach-selected pieces by the Team Composer

Terms & Symbols Match:

Know all Level 1, 2 or 3 flashcard terms and symbols

Note Knowledge Dash:

Level 1 – Name and play all anchor notes

Level 2 – Name and play all staff notes (low G to high F)

Level 3 – Name and play all staff and ledger notes (low-low C to high-high C)

Scales and Their Keys Contest:

Level 1 – Recognize and play C, plus keys with 1 sharp or flat

Level 2 – Recognize and play Level 1, plus keys with 2 sharps or flats

Level 3 – Recognize and play Level 2, plus keys with 3-4 sharps or flats

Chord and Interval Challenge:

Level 1 – Recognize & Play Level 1 scale chords (I,IV,V7) plus recognize intervals 2nd-5th

Level 2 – Recognize & Play Level 2 scale chords (I,IV,V7) plus recognize intervals 2nd-8th

Level 3 – Recognize & Play Level 3 scale chords (I,IV,V7) plus recognize all intervals

Bass-a-thon:

Level 1 – Play 2 songs each with solid and broken basses

Level 2 – Play 4 songs each with solid, broken, lullaby and Alberti basses

Level 3 – Play 4 songs each with Level 2 basses plus 5 additional basses