

REGIONAL CHALLENGE RESULTS CARD

We have set some Go Spike volleyball challenges that anyone can do, no matter what your volleyball playing experience. The challenges will test your skills, fitness and accuracy levels! Check the Go Spike website (www.gospike.net) for the description on how to complete each one and watch the video demonstrations of each challenge with GB beach players Jake Sheaf & Chris Gregory.

Use the reverse of this card to record the results you get for each challenge that you try. Don't worry if you can't do them all, pick which ones you can.

Space is available to allow you to record three attempts of each challenge and fill in which result is your best out of the three.

Let us know how you get on!

You can do this via any of the following means:

- Tweet your results to @Go_Spike make sure you include the challenge number, result and which region you are from. If you take a photo we will retweet it!
- Add a message or photo to the Go Spike Facebook page (Search for 'Go Spike – Get in to Volleyball')

Want to be added to the national leaderboard to see how your results compare across the country in your age, gender and region?

In order for this to happen you will need to fill in the details below and do one of the following:

1. Print out a results card and post it to: Go Spike Regional Challenge, Volleyball England, SportPark, 3 Oakwood Drive, Loughborough, LE11 3QF
2. Download a results card, fill it in and email it to info@gospike.net

Go Spike Challenger Details:

There are prizes up for grabs for the leaders at the end of each month in each category!

(Please complete your details below in block capitals)

First Name.....
Surname.....
Region.....
Postcode.....
Date of Birth.....

How often do you play volleyball?

(Tick one box)

- I have never played before
- I used to play at school but not anymore
- I only play when I am holiday
- A couple of times a year
- At least once a month
- Once a week
- I belong to a Club and play regularly



REGIONAL CHALLENGE

RESULTS CARD

Go Spike Challenge 1: Timed Volley - How many consecutive volleys can you complete in 60 seconds?

Attempt 1	volleys	Attempt 2	volleys	Attempt 3	volleys	Best Attempt:	volleys
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Go Spike Challenge 2: Sitting Volley – How many volleys can you do in 60 seconds sitting on the floor?

Attempt 1	volleys	Attempt 2	volleys	Attempt 3	volleys	Best Attempt:	volleys
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Go Spike Challenge 3: Can U Dig It? - How long does it take to complete 20 digs?

Attempt 1	seconds	Attempt 2	seconds	Attempt 3	seconds	Best Attempt:	seconds
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Go Spike Challenge 4: The Distance Serve - What is the longest distance you can serve a ball ?

Attempt 1	metres	Attempt 2	metres	Attempt 3	metres	Best Attempt:	metres
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Go Spike Challenge 5: Spike Town - How many attempts does it take you to hit 3 targets by spiking a ball?

Attempt 1	times	Attempt 2	times	Attempt 3	times	Best Attempt:	times
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Go Spike Challenge 6: Vertical Jump - How high can you jump?

Attempt 1	metres	Attempt 2	metres	Attempt 3	metres	Best Attempt:	metres
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Go Spike Challenge 7: Shuttle Run - How fast can you do a shuttle?

Attempt 1	seconds	Attempt 2	seconds	Attempt 3	seconds	Best Attempt:	seconds
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Go Spike Challenge 8: Keepy Uppy - how many keepy ups can you do with your hands?

Attempt 1	keepy ups	Attempt 2	keepy ups	Attempt 3	keepy ups	Best Attempt:	keepy ups
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Go Spike Challenge 9: Knee Catch Game - How many times does it take you to catch the ball between your knees?

Attempt 1	times	Attempt 2	times	Attempt 3	times	Best Attempt:	times
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Go Spike Challenge 10: Dig And Catch behind Your Back - How many times does it take you to dig to yourself then catch it behind your back?

Attempt 1	times	Attempt 2	times	Attempt 3	times	Best Attempt:	times
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Go Spike Challenge 11: Volley Burpees - How many advanced volleys can you do?

Attempt 1	burpees	Attempt 2	burpees	Attempt 3	burpees	Best Attempt:	burpees
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Go Spike Challenge 12: How Strong Is Your Core? - How many volleyball sit ups can you do?

Attempt 1	sit-ups	Attempt 2	sit-ups	Attempt 3	sit-ups	Best Attempt:	sit-ups
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