



CAPTAIN'S SQUAD ROSTER

TEAM NAME & CAPTAIN _____

Beach Volleyball

Teams play 3 games, three females and three males in each (Subs must be of the same sex they replace)

Starting Time + Squad Leader _____

Female 1 _____	Male 4 _____
Female 2 _____	Male 5 _____
Female 3 _____	Male 6 _____
Sub 1 _____	Sub 4 _____
Sub 2 _____	Sub 5 _____
Sub 3 _____	Sub 6 _____

Squads will compete until they are either eliminated during their assigned sessions or qualify for the [Championship Playoffs](#) that begin at 2:00 PM. Event times will be posted ten days prior to event at [SportsFest.com](#)

Team Members may participate in multiple events

Regarding [Volleyball](#): Your team will be scheduled to compete in three matches against three different opponents between 9:30 and 1:30. You can have a core group of six members (three men/three women) play all three matches or have different members assigned to each match to involve as many members as possible. You may also substitute during each match. Be aware that one or more of your volleyball matches will likely conflict with your [TUG](#), [Dodgeball](#) or [Corn-Toss](#) match times, especially if those squads continue winning.

Beach Dodgeball

Three females and three males play five-minute games Win by eliminating the other team or by player advantage

Starting Time + Squad Leader _____

Female 1 _____	Male 4 _____
Female 2 _____	Male 5 _____
Female 3 _____	Male 6 _____
Sub 1 _____	Sub 3 _____
Sub 2 _____	Sub 4 _____

BOTE Beach Challenge

Three females and four males race for best time in 8 team heats Heat winner moves on to afternoon championships

Starting Time + Squad Leader _____

Female 1 Tube-rider and Izzy Dizzy _____	Male 4 Tube Racer _____
Female 2 Tube-rider and Izzy Dizzy _____	Male 5 Tube Racer _____
Female 3 Tube-rider and Kayak Paddler _____	Male 6 Tube Racer _____
Sub 1 _____	Male 7 Tube Racer and Kayak Paddler _____
Sub 2 _____	_____
Sub 3 _____	Sub 4 _____

Have a Squad Leader for Each Event:

Delegate squad recruitment, squad preparation and day-of squad coordination. They are essential to helping you coordinate a smooth and successful day. You deserve to experience a "Wonderful" day at SportsFest.

Important to note that veteran teams average 20-Plus coed Team Members.

Tug-of-War

Two females and three males tug for 45 seconds Win outright or by center mark advantage after 45 seconds

Starting Time- Squad Leader _____

Female 1 _____	Male 3 _____	Sub 1 _____
Female 2 _____	Male 4 _____	Sub 2 _____
	Male 5 _____	Sub 3 _____
		Sub 4 _____

Corn Toss

Two squads of two players each play in separate sessions Top 8 teams of each session advance to the finals

Squad 1 _____ | _____ *Squad Leader* _____

Match time _____

Squad 2 _____ | _____

Match Time _____