

CAPTAIN'S CORNER

Welcome to the Captain's Challenge program. In the next few weeks, you will learn all about what it means to be a captain like all the great Anaheim Ducks' captains that have come before me. The tools I acquired during the eleven seasons as captain of the Anaheim Ducks will continue to serve me in every day life beyond my professional hockey career. Captains are not just for hockey teams or for hockey players. You can be one wherever you go and in whatever you do – whether it's in the classroom, on the playground, or at home each night. Being a captain is about finding a way to make a positive contribution in all these places and more.

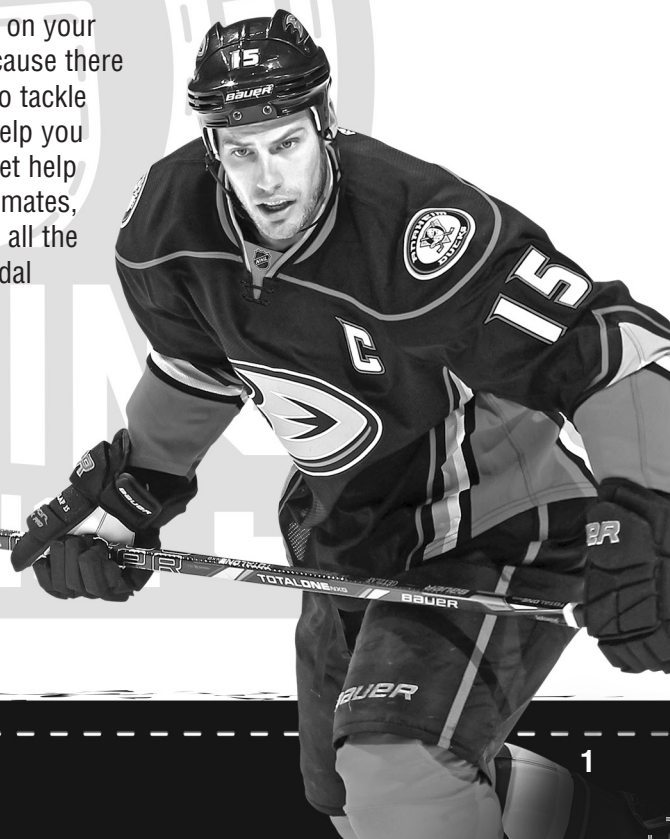
The captain on a National Hockey League team, like the Anaheim Ducks, is the most honored position in all of sports. You might think the player chosen has the most goals or has been on the team the longest. While those might be true of the captain, the main thing a team looks for is a person that leads others, shows perseverance, has integrity, displays courage, and is accountable for their actions. These qualities are all part of what coaches and players call "heart". It's no coincidence that the "C" on a captain's jersey is sewn near the heart!

Are you ready to bring out the captain in you and wear the "C" proudly on your shirt? The reason this journey is called the "Captain's Challenge" is because there IS a big challenge in front of you. You and your classmates are about to tackle many fun activities that will teach you about the captaincy, as well as help you become more healthy and fit. Don't worry, you won't be alone! You'll get help from Ducks' captains, past and present, your teacher, your fellow classmates, and my good friend C.C. If you work hard to complete this journey and all the activities in this workbook, you'll get an official Captain's Challenge medal from me! Now, wear that "C" with pride and let's get started.

Your fellow captain,



Ryan Getzlaf,
Former Anaheim Ducks Captain



Hi! I'm Captain Challenge,
but my friends call me C.C.
As a good friend of Ryan Getzlaf and all
Anaheim Ducks players, I know what it takes
to be a captain. I'll be hanging around this
workbook to give you valuable hints,
provide fun facts, and help you take
on the activities and challenges
you encounter.

HOW TO READ THIS BOOK

*To become a captain and finish your
challenges with flying colors, follow
the easy steps below!*

STEP ONE

FIND A CAPTAIN

During the Captain's Challenge, everyone will be a captain. This means you! With your teacher's help, find out who will be today's captain.

STEP TWO

ACKNOWLEDGE THE CAPTAIN

Just like all Ducks captains, your classroom captain will earn their "C" to be a captain for the day.

STEP THREE

KNOW YOUR RESPONSIBILITIES

Although there is one captain on a hockey team, everyone has a responsibility. It's the same with your classroom. Everyone, including the captain, has a job to do.

STEP FOUR

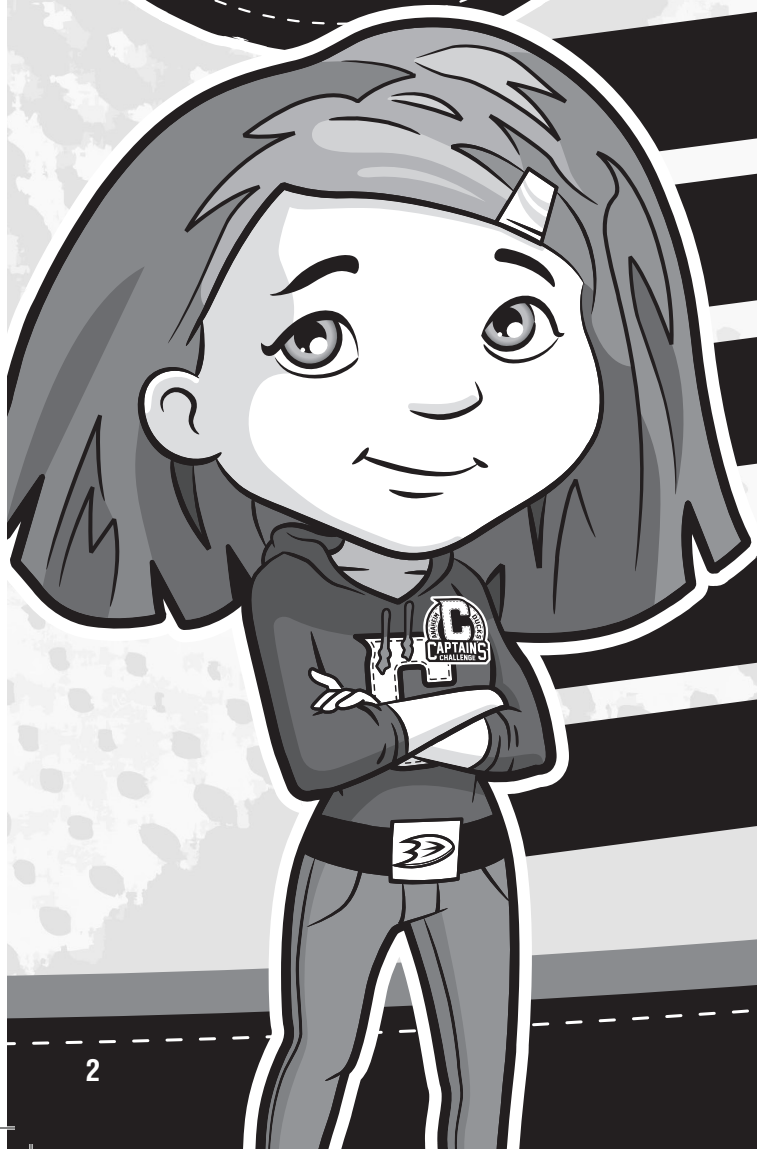
WORK ON THE CHALLENGE... TOGETHER!

It's the captain's job to lead the way, and it's the teammates' job to follow instructions and encourage others.

STEP FIVE

RECORD YOUR SCORES

After each activity you complete, make sure that your participation is recorded. If you miss a day, make it up with a post-game activity.



DISCOVER YOUR "C"

What type of captain are you? Grab a pencil and read about four types of captains. Use the boxes to rank the traits, 1-4, that describe you.

KNOW BEFORE YOU GO!



The BEST captains use all of these qualities to lead!

MOTIVATOR

- Enjoys making new friends
- Understands others' feelings
- Likes praise

MASTERMIND

- Plans for the future
- Solves problems creatively
- Finds the facts

ADVENTURER

- Adjusts to the situation
- Quick thinker
- Trusts their feelings

GUARDIAN

- Protects and shelters
- Collects all the information
- Follows all the rules



Use your top choice on the previous page to learn more about what type of captain you are. Read the helpful tips below to learn how you can become a better captain!



MOTIVATOR – Everyone enjoys your energy. When it's your day as captain, talk loud and clear for everyone to hear.



GUARDIAN – You are responsible both inside and outside the classroom. It will help you to write down a plan before you lead your class.



MASTERMIND – You are always in search of the correct answer. Write down what you've liked from other captains and use these examples when you're captain.



ADVENTURER – You find creative ways to get school work done. When it's your turn to lead, think of a creative space to get the challenge done.

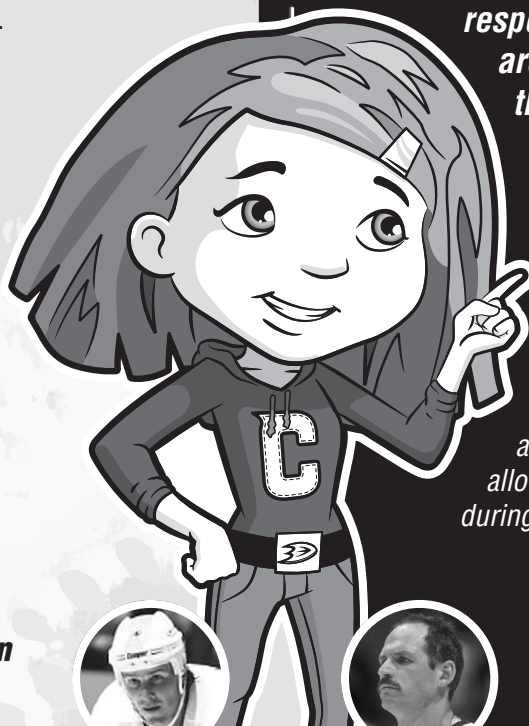
Look for your icon in the "GAME TIME" section to help guide your day as a captain!



KNOW BEFORE YOU GO!

The captain of a hockey team has many special responsibilities that are different from their teammates.

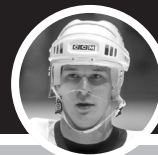
*The captain is the main player that reporters talk to after games, sets up team meetings, and speaks to the coaches on behalf of the team. They are also the **ONLY** player allowed to talk to referees during a game.*



TROY LONEY
1993 - 1994
Courage



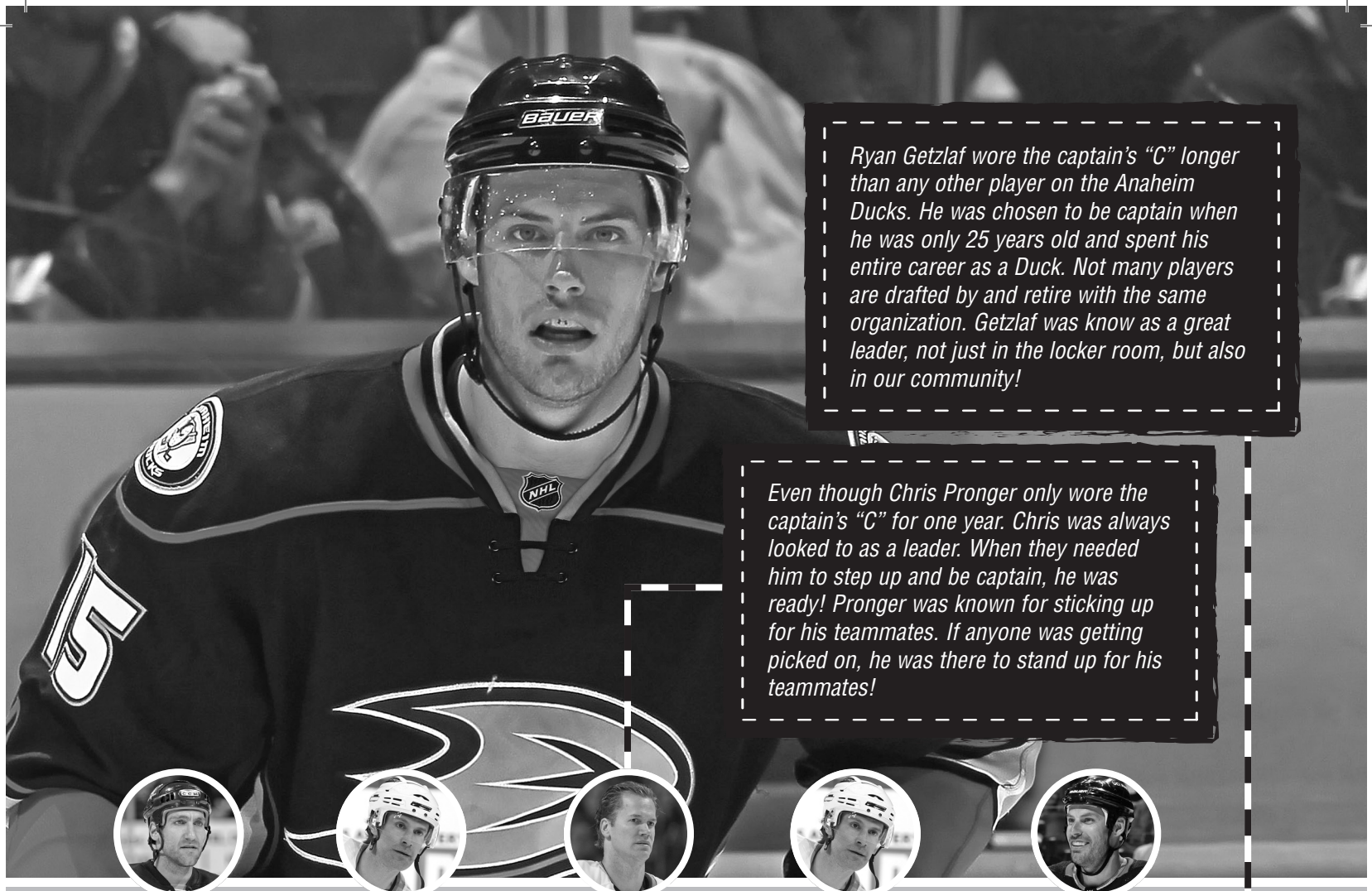
RANDY LADOUCEUR
1994 - 1996
Leadership



PAUL KARIYA
1996 - 2003
Integrity

**GET TO
KNOW THE
DUCKS'
CAPTAINS!**

Troy Loney was named the first captain in the team's history. He had never been an NHL captain and with courage, he faced a tough challenge leading a group of players throughout the Mighty Ducks' first season.



Ryan Getzlaf wore the captain's "C" longer than any other player on the Anaheim Ducks. He was chosen to be captain when he was only 25 years old and spent his entire career as a Duck. Not many players are drafted by and retire with the same organization. Getzlaf was know as a great leader, not just in the locker room, but also in our community!

Even though Chris Pronger only wore the captain's "C" for one year. Chris was always looked to as a leader. When they needed him to step up and be captain, he was ready! Pronger was known for sticking up for his teammates. If anyone was getting picked on, he was there to stand up for his teammates!



STEVE RUCCHIN
2003 - 2004
Accountability



SCOTT NIEDERMAYER
2005 - 2007
Perseverance



CHRIS PRONGER
2007 - 2008
Courage



SCOTT NIEDERMAYER
2008 - 2010
Leadership



RYAN GETZLAF
2010 - 2022
Accountability

On May 20, 2007, Scott Niedermayer scored the tying goal against the Detroit Red Wings with 47.1 seconds left in the game. It wasn't the winning goal. Instead, it was his example of perseverance that encouraged his team not to quit. For the entire game the Ducks were outplayed and outshot. It looked like they were about to lose. Captain Niedermayer's refusal to quit gave the Ducks the confidence to win the game in overtime and helped them win the Stanley Cup Championship!



CHALLENGE #1

A LIMBER LEADER

WARM-UP

What You'll Learn

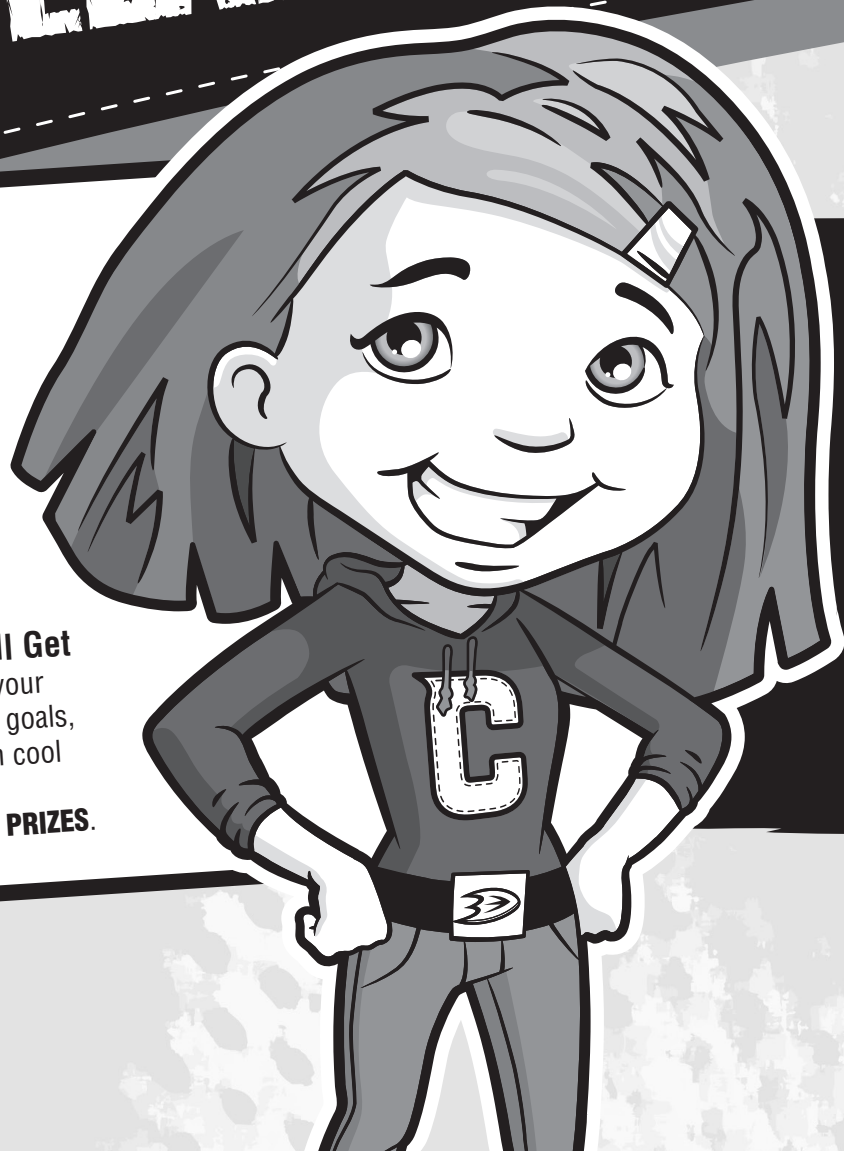
The focus of this challenge will be on **LEADERSHIP**. The captain will lead others by guiding your class into better **FLEXIBILITY**. You will be an enthusiastic participant giving your best and helping when asked on this challenge.

What You'll Do

Your class will increase their flexibility through an activity called **YOGA**. Try your best to bend and stretch for better flexibility.

What You'll Get

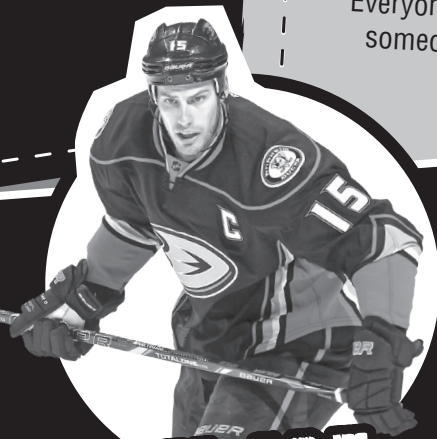
If you meet your participation goals, you will earn cool **CAPTAIN'S CHALLENGE PRIZES**.



MATCH-UPS

Everyone in your class will be a captain. Don't worry, we know someone that can help. Former Ducks' captain Ryan Getzlaf has some good ideas about the qualities and characteristics a captain needs to lead.

Using Getzlaf as an example, help C.C. complete the chart below by filling in some things a student leader might do to show leadership at school.



ON-ICE

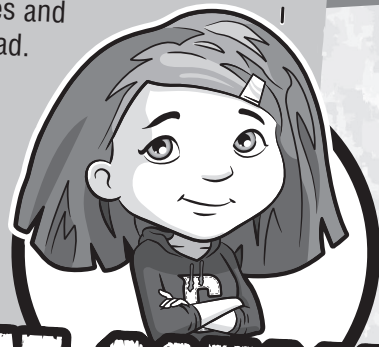
Speaks to referees with respect

Encourages teammates

Plays hard and tries his best at everything he does

Helps keep the team focused on and off the ice

Leads warm-up stretches and drills



AT-SCHOOL

Speaks to teachers with respect

**Those are some
GREAT IDEAS!**

**Now let's see if we can put
those ideas about leadership
into some flexible action!**

GAME TIME

SCHOOL-YARD YOGA

Ready, set, yoga! Whether you're the captain or just part of the class, you have a job to do.

LEARN TO LEAD



Discover your "C", look on Page 4 for more tips!

Captain
Leads class in three yoga postures.
Read "THE PLAN" to learn how.

OR

Class
Follows the captain's instructions and helps when asked. Read "THE PLAN" to learn how.



KNOW BEFORE YOU GO!

From gritty NHL defenseman to Hollywood starlets, one awesome activity provides a fun way to increase your body's flexibility. **YOGA!** This type of exercise stretches your muscles and joints, increasing their range of motion. This means a more flexible you.

THE PLAN

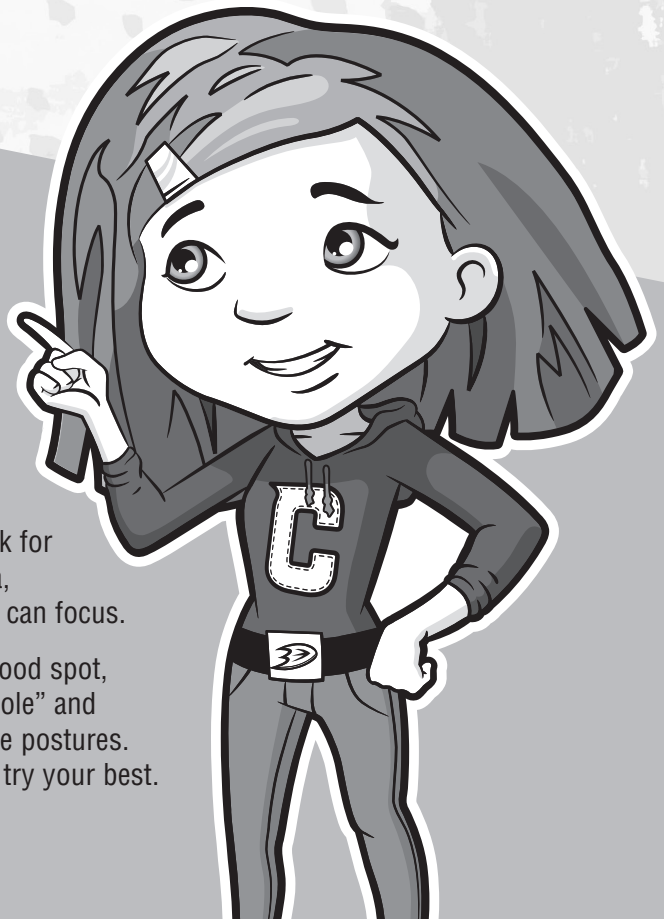
TAKE A LOOK. Before you start, take a look at the pictures and activity instructions.

GET IT TOGETHER.

Bring a stopwatch or use a phone to keep track of the time for stretching.

FIND A GOOD SPOT. Look for a comfortable, quiet area, outside/inside where you can focus.

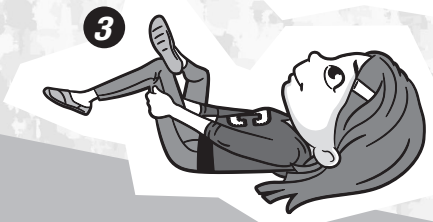
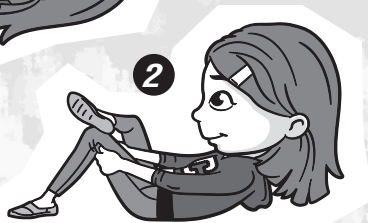
GO! Once you've found a good spot, start with "Thread the Five Hole" and work your way through all three postures. You don't have to be perfect, just try your best.



THE DETAILS

THREAD THE FIVE HOLE

1. Lie on your back with your knees bent.
2. Put your right ankle on top of your left knee.
3. Interlacing your fingers behind your left leg, pull your knee towards your chest.
4. Hold for **one** minute, alternate legs, and repeat.



THE FINISH

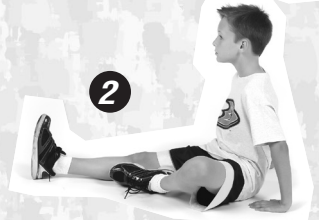
PUT IT BACK. The captain will give the stopwatch back to the teacher and everyone will make sure the workbooks are in a safe place, like a desk or backpack.

RECORD IT. Once you have completed this section, make sure you record your classroom participation with your teacher. It is your job to make sure the teacher marks your participation.

Remember, the more you yoga, the closer your class gets to Captain's Challenge prizes.

KICK SAVE

1. Sit on the ground with legs out-stretched.
2. Pull your left leg in and place the bottom of your foot on the opposite inner thigh.
3. Reach for your right ankle with both hands.
4. Hold for **one** minute, alternate legs, and repeat.



TOUCH THE ICE

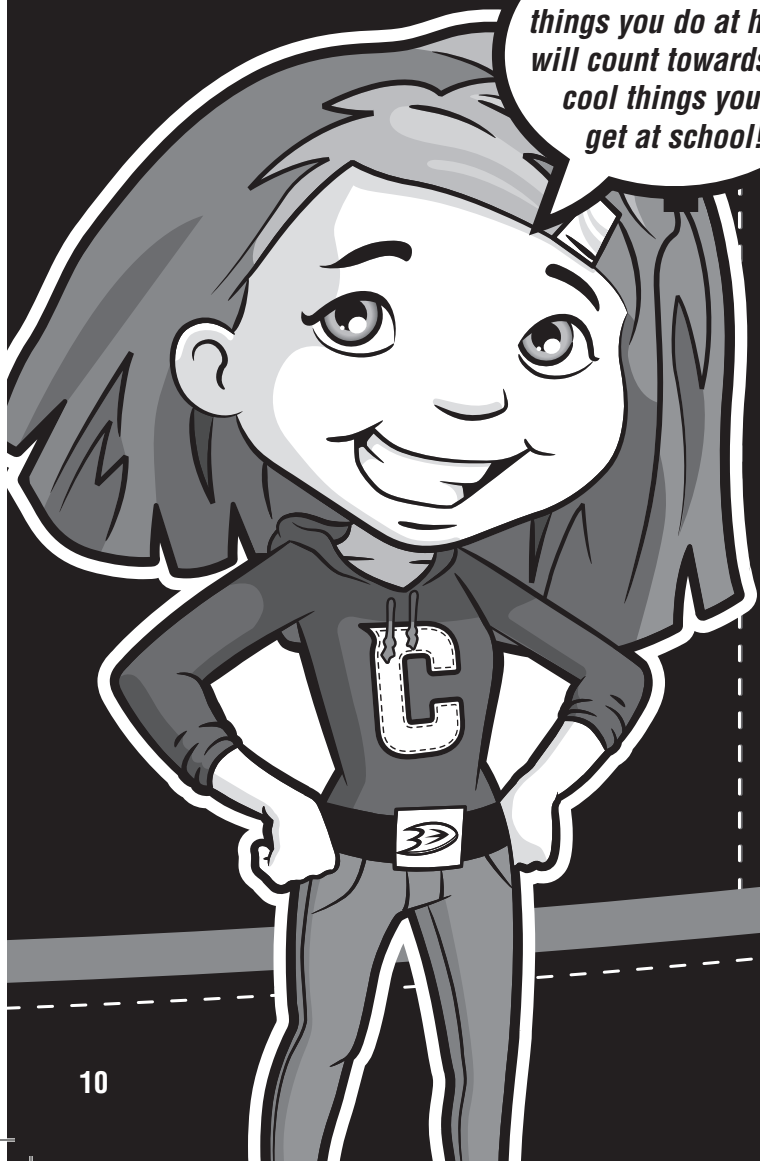
1. Cross the left leg over the right.
2. Bend down to grab calves or touch toes.
3. Hold for **one** minute, alternate legs, and repeat.



POST-GAME

As you already know, learning doesn't stop once the school bell rings. Neither does leadership and flexibility.

Remember, the things you do at home will count towards the cool things you'll get at school!



LEAN FOR YOUR LACES Lead your family and friends in this flexible fun challenge at home.

1

Attempt the following activity once a week at-home, during the Captain's Challenge program.

► **WHERE?** Find some comfortable ground next to a wall, like a carpeted bedroom.

► **HOW?**

A. Place the ruler guide next to your left leg with the 12" mark even with the bottom of your feet. The rest of the workbook should extend past your feet.



B. Bend your left knee so that the bottom of your foot is even with your right knee. Keep the right leg straight.



C. With one hand on top of the other lean forward, not bending your right knee, as far as you can go. Take note on the ruler guide next to you of how far you stretched, then switch legs.

Challenge your friends and family to see how far they can lean!

2 Each time you stretch, record your participation for Lean For Your Laces by having your parents initial in the box.



Lean For Your Laces

✓	

3 At the end of the Captain's Challenge program, total the number of days you "leaned for your laces".

4 Thirsty? Try the nutrition activity below!

WATER FOR LIFE

Leadership means trying your best. And, one of the best things you can do to increase your body's flexibility is to hydrate. Water carries vital nutrients that your muscles and joints need. Drinking plenty of water helps to combat muscle fatigue and keeps joint inflammation down. You'll feel better and who knows, your example may make your whole family healthier!



In the space below, mark the meal or meals you plan to replace sugary drinks with water by placing an X in the box. If you do it, place a circle around the X.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	⊗						
Lunch	X						
Dinner							

X PLAN TO DRINK WATER

⊗ DRANK WATER

Still thirsty? Try it for a week!



CHALLENGE #2 DON'T STOP THE BEAT

WARM-UP

What You'll Learn

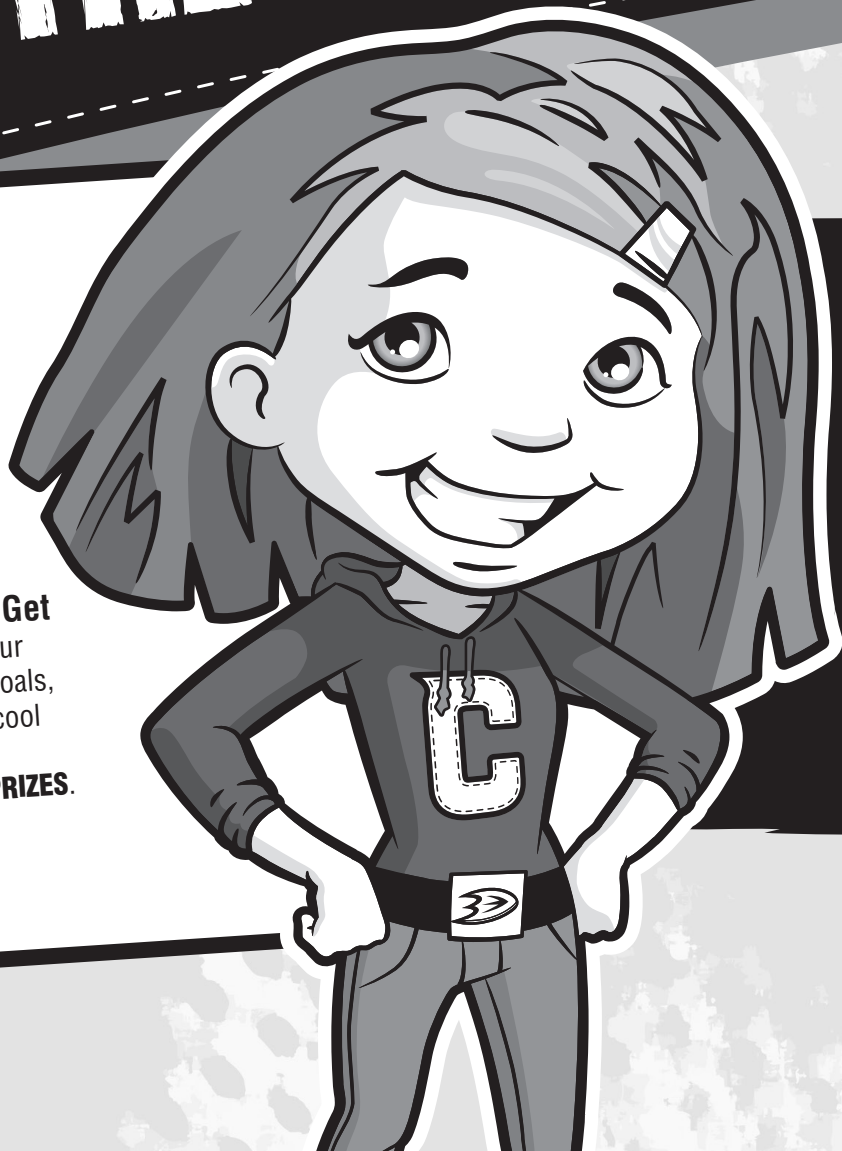
By the end of this challenge you will know what it means to persevere. **PERSEVERANCE** is not quitting when things get tough and the captain will help show you how as your class works to increase their **AEROBIC CAPACITY**.

What You'll Do

Your fitness activity will only last four minutes. However, you will **MOVE** faster and work harder than you might have ever before! Sounds tough, but we have a plan that will help you do it.

What You'll Get

If you meet your participation goals, you will earn cool **CAPTAIN'S CHALLENGE PRIZES**.

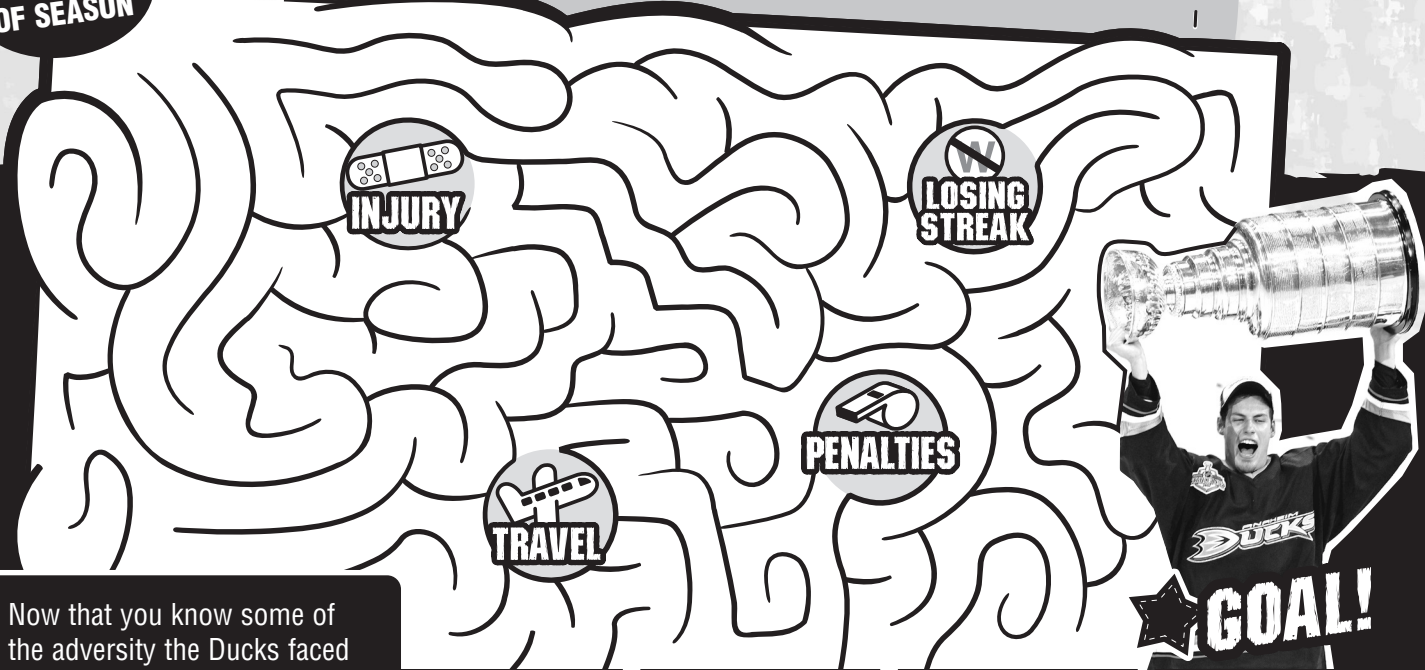


A WAYS TO GO

Adversity is the tough things we face that make us want to quit sometimes. It takes perseverance to battle through adversity and move closer to our goals.

In the maze below, help get the Ducks to their ultimate goal, the Stanley Cup. When you run into adversity, start over or retrace your steps to find a new route.

FIRST DAY OF SEASON



Now that you know some of the adversity the Ducks faced on the way to their goal, list some tough things you have faced during the school year that took perseverance to overcome.

Example:
Bad test grade

--	--	--	--

A-MAZE-ING!

Until you're able to lift the Stanley Cup for yourself, we have an activity in mind that's going to take perseverance to succeed. Let's find out what it is.

GAME TIME

FOUR MINUTE FINISHERS

Here's the challenge, move for four minutes. The intensity you'll do the following exercises with will be great. Don't let them fool you, these will take a "never quit" attitude to finish.

LEARN TO LEAD



Discover your "C", look on Page 4 for more tips!

Captain

Starts and stops the activity session, encouraging class not to quit. Read "THE PLAN" to learn how.

OR

Class

Follows the captain's instructions and encourages others. Read "THE PLAN" to learn how.



KNOW BEFORE YOU GO!

Move! It's the best way to increase your body's aerobic capacity. That's the term we use to describe the unique ability for your heart and lungs to work together to pump oxygen rich blood throughout your body before, during, and after physical activity.

THE PLAN

TAKE A LOOK. Before you start, take a look at the pictures and activity instructions.

GET IT TOGETHER.

Bring a stopwatch or use a phone to keep track of the **four** minutes.

FIND A GOOD SPOT.

A peaceful spot with plenty of space is ideal for this activity.

GO! Once you've decided where you're going to move, start the time and go!



THE DETAILS

1. Try as hard as you can to complete as many repetitions of the following exercises. Use a stopwatch or phone to keep track of time.
2. Do “Skater Jumps” for **30** seconds, then rest for **10** seconds.
3. Switch to “Seal Jacks” and do them for **30** seconds, then rest for **10** seconds.
4. Complete **four** more rounds, switching between exercises, resting for **10** seconds in between.

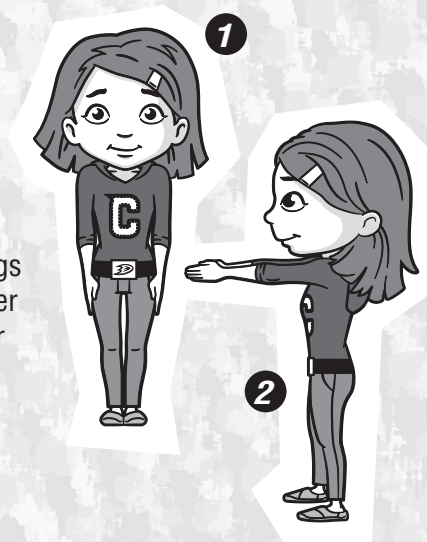
SKATER JUMPS

1. Stand on your right leg with your left leg crossed behind it.
2. In one motion, hop to your left leg, with your right leg swinging to cross behind it. Make sure to bend your knees and keep your arms out to remain balanced.
3. Repeat the motion by moving back and forth from side to side for **30** seconds.



SEAL JACKS

1. Using a traditional jumping-jack position, start with your arms at your side and your legs together.
2. When ready, spread your legs and bring your arms together in front you rather than over your head.
3. Return your arms and legs to their original position and then repeat the motion for **30** seconds.



THE FINISH

PUT IT BACK. The captain will give the stopwatch back to the teacher and everyone will make sure the workbooks are in a safe place, like a desk or backpack.

RECORD IT. Once you have completed this section, make sure you record your classroom participation with your teacher. It is your job to make sure the teacher marks your participation.

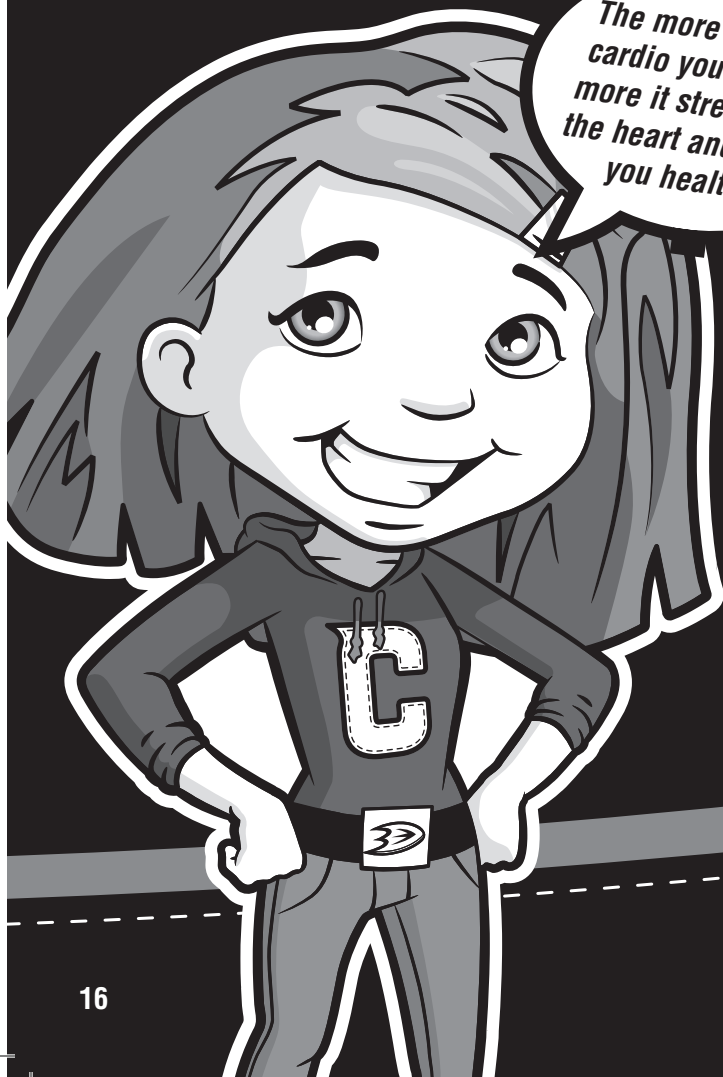
Remember, the more you move, the closer your class gets to Captain's Challenge prizes.



POST-GAME

We have some more fun activities for you to do at home. It will take perseverance, but if you work hard and try your best you, your friends, and family might notice a big difference in your aerobic capacity.

The more aerobic cardio you do, the more it strengthens the heart and makes you healthier



“GETZ” GOING Running. It's one of the best ways to increase your body's aerobic capacity. It can be made a whole lot more fun by setting simple goals to motivate you to do it.

1 Did you know you can run for days? Well, not all at once of course! With small goals and perseverance, you can accomplish big things.

► **ON YOUR MARK.** You'll complete this challenge by running **10** minutes at a time. The more you run, the greater the amount your total time will be. For example, if you ran for **10** minutes six times, you'll have run for an hour. Cool, huh?

$$\begin{array}{ccc} \boxed{10} & \boxed{10} & \boxed{10} \\ \text{Min.} & \text{Min.} & \text{Min.} \end{array} = \boxed{1} \\ \begin{array}{ccc} \boxed{10} & \boxed{10} & \boxed{10} \\ \text{Min.} & \text{Min.} & \text{Min.} \end{array} \text{ Hour}$$

- **GET SET.** A basketball court or school track is a good place to run. If these are not available, you can run in place wherever you are. No excuses!
- **GO!** Look at your clock or watch and start to run or jog for **10** minutes.
- **FINISH.** Stop when the clock or watch reaches **10** minutes. You can use some of the stretches you learned in the yoga activity to help your muscles recover after running.

WHY NOT!

If you meet this challenge, set another goal for yourself and keep on running!

2 Each time you run, record your participation for “Getz” Going by having your parents initial in the box.



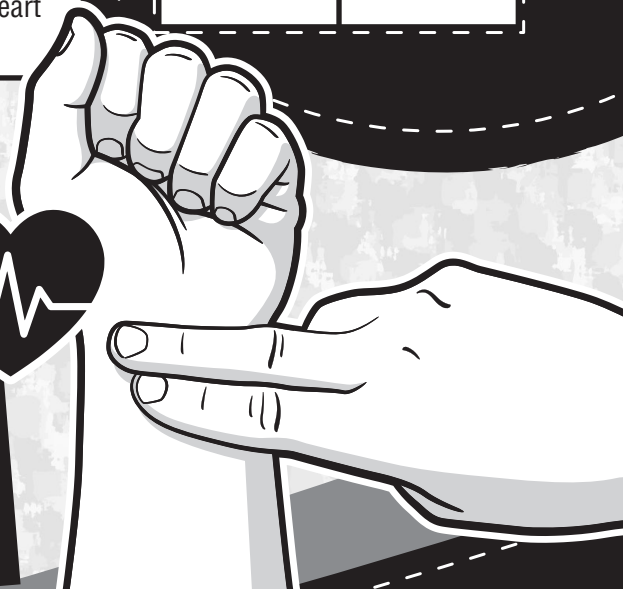
“Getz” Going

3 At the end of the Captain’s Challenge program, total the number of days you ran.

4 Exhausted? Let’s check your heart rate below.

HEALTHY HEART

You’ve trained to build your aerobic capacity, now let’s learn how to measure it. Your heart rate is the amount of times your heart beats in a minute. This number can give us an idea of how hard our heart is working.



*In the space below, measure your heart rate by turning one hand so the palm is facing up. On your other hand, bring your pointer and middle finger together and place them on your wrist to feel for your pulse. Count how many beats (pulses) you feel for 15-seconds and multiply that number by 4. **That number is your heart rate, or how many times your heart beats per minute!***

	Day 1	Day 2	Day 3
Sitting Down			
5 Minute Walk			
10 Minute Run			

Did you know?

During exercise, your heart rate can go as high as 215 bpm.

Did you notice a difference in your heart rate when you were sitting down and after you did a 10 minute run?



CHALLENGE #3

CONSTRUCTING CHARACTER

WARM-UP

What You'll Learn

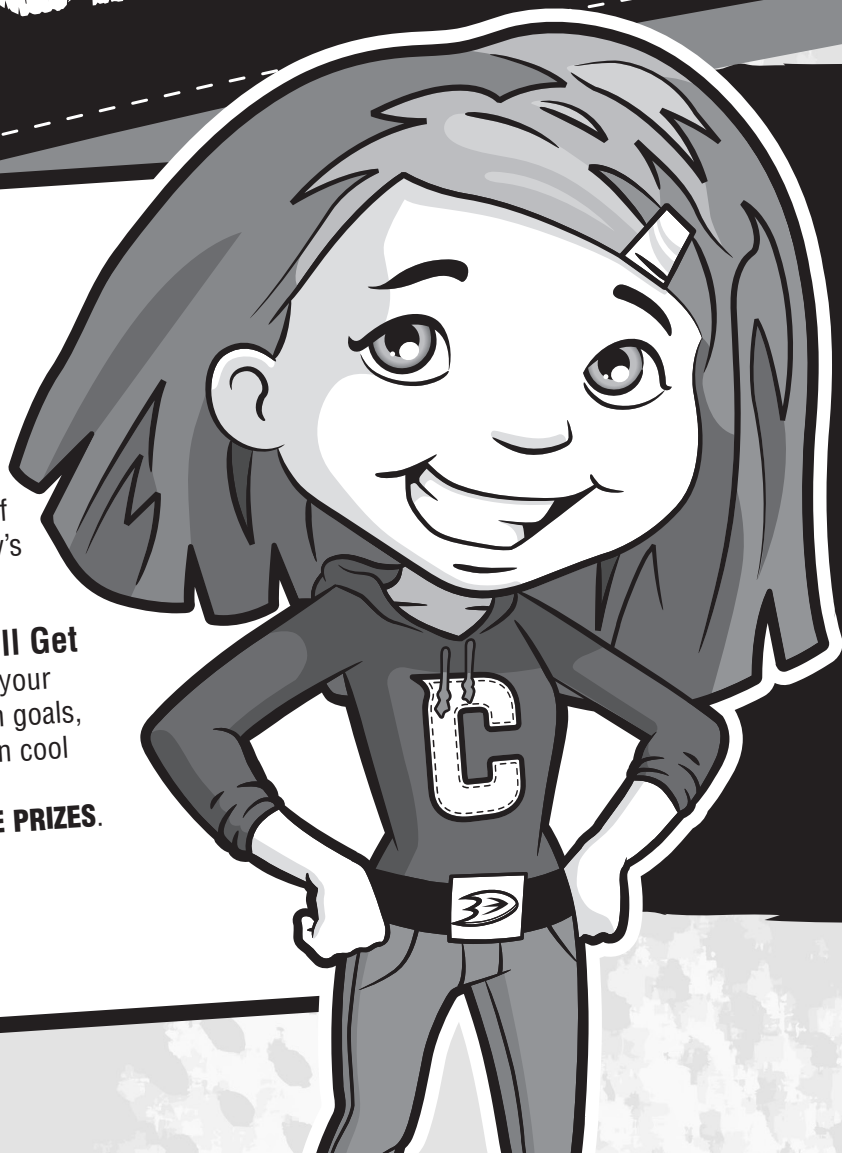
The challenge you are about to tackle will take both strength of mind and body to complete. **INTEGRITY** means doing the right thing when no one else is watching. You'll need that type of resolve when you work hard to build your body's **MUSCULAR STRENGTH AND ENDURANCE**.

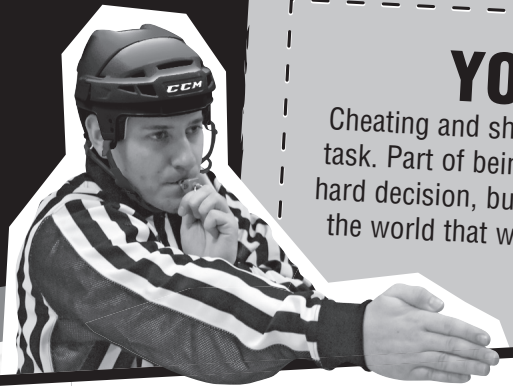
What You'll Do

You're going to **BUILD** strong arms and core through a series of exercises designed to test the muscles in your upper body. Meet these challenges with the resolve to do them right and with the help of your captain there isn't anything you can't achieve.

What You'll Get

If you meet your participation goals, you will earn cool **CAPTAIN'S CHALLENGE PRIZES**.





YOU MAKE THE CALL

Cheating and shortcuts are all very tempting when we face a difficult task. Part of being captain, or leader, is having integrity. It might be a hard decision, but when we show the integrity of our character, we tell the world that we are willing to stand up for what is right, especially when no one is looking.

SITUATION #1

A player from the visiting team has just knocked down Ducks goalie John Gibson, an illegal play that the referee misses. This infuriates Ducks defenseman Cam Fowler, who wants to protect his goaltender. On his next shift Fowler has the chance to give that player an elbow when the ref isn't looking.

Should Cam Fowler elbow the player to get revenge for his goalie? Why or why not?

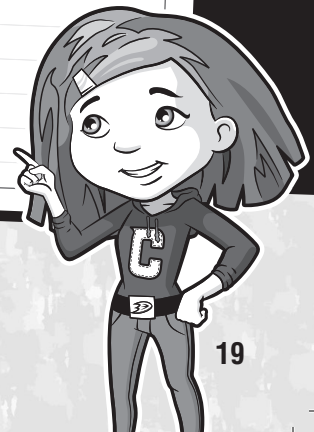
SITUATION #2

After school yesterday, you went straight to hockey practice. When you got home, your mom asked you to take out the trash and clean your room. Finishing dinner, you were so tired you went right to bed. And now, as your teacher asks you to clear your desks for the spelling test you realize what you forgot to do last night... study! However, you notice this week's spelling list falling out of your neighbor's backpack, with all of the words perfectly visible.

What should you do?

GREAT CALL!

Now let's use that inner strength to build strong muscles.



GAME TIME

THE RIGHT MIGHT

Do the following challenge with integrity by correctly completing and counting each repetition. When it gets tough, you might be tempted to cheat, but with the character of a captain we know you'll do what's right to build your muscular might.

LEARN TO LEAD



Discover your "C", look on Page 4 for more tips!

Captain

Starts and stops the activity session, encouraging the class to do each required repetition correctly. Read "THE PLAN" to learn how.

OR

Class

Follows the captain's instructions and doesn't cut corners. Read "THE PLAN" to learn how.



KNOW BEFORE YOU GO!

Muscular strength and endurance is the measure of your body's ability to sustain and complete fast-paced activity that often leaves your arms feeling like noodles and the rest of your body sore. Good news, this is your body's way of applauding your efforts and telling you that you're getting stronger. Keep on **building** that muscle!

THE PLAN

TAKE A LOOK. Before you start, take a look at the pictures and activity instructions.

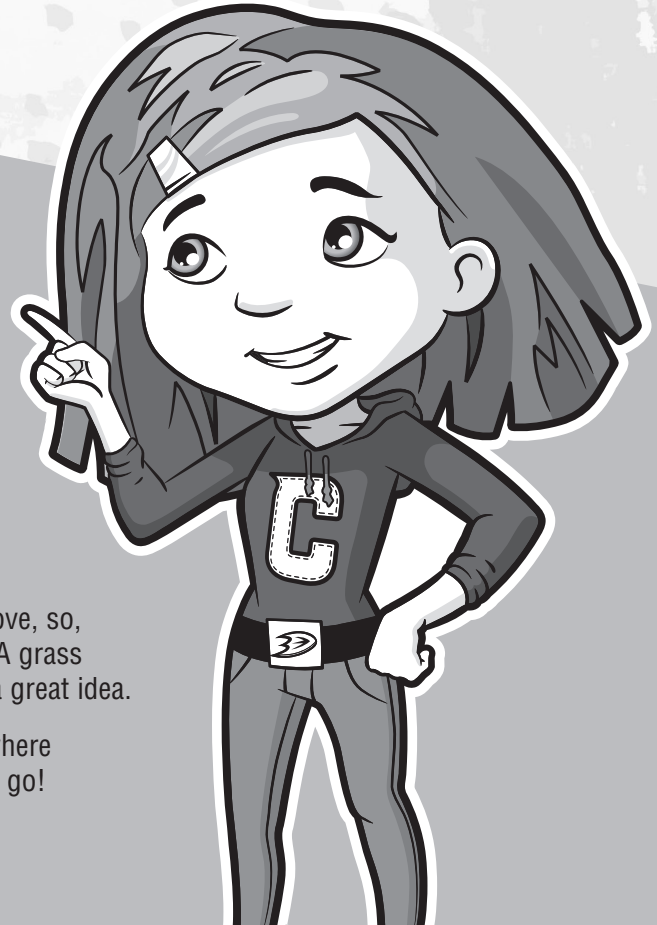
GET IT TOGETHER.

If you need to, look back at the exercises while you rest to remember them.

FIND A GOOD SPOT.

You'll need room to move, so, find some open space. A grass field or a playground is a great idea.

GO! Once you've decided where you're going to build muscle, go!



THE DETAILS

1. Work to complete **five** repetitions of each exercise. Take as long as you need to complete all **five**.
2. Rest **20** seconds between exercises.
3. Complete **three** rounds where **one** round consists of **five** repetitions of each exercise. Once you've finished the third round, you're done.

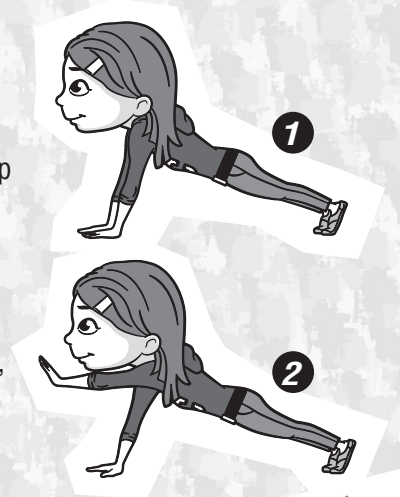
FORE-CHECKS

1. Start in push-up position, arms extended below your chest, shoulder length apart.
2. Move the weight of your body to your fore-arms by placing the right, then left, on the ground at a 90-degree position, while keeping your back and legs straight.
3. Move back into the beginning push-up position.



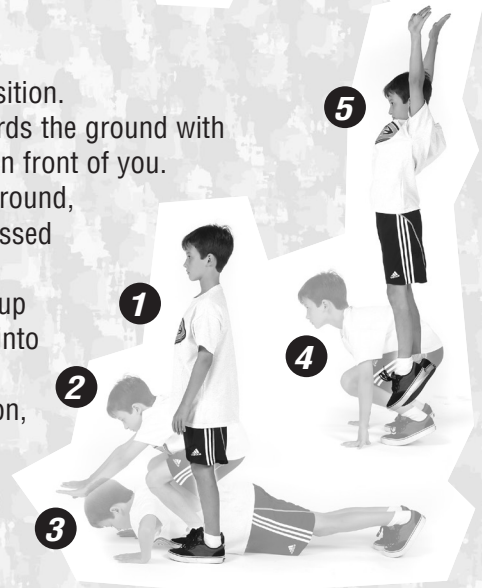
HAND PASSES

1. Facing a wall, start in push-up position, arms extended below your chest, shoulder length apart.
2. Keeping the right hand on the ground, reach up with your left hand and “high-five” the wall. Repeat the motion with your right hand.



DIVERS

1. Start in a standing position.
2. Move your body towards the ground with your hands extended in front of you.
3. When you reach the ground, move into the compressed push-up position.
4. Push your body back up and position yourself into a squatting position.
5. From the squat position, jump up, with your hands raised over your head, coming to rest in the standing position.



THE FINISH

PUT IT BACK. Everyone will make sure the workbooks are in a safe place, like a desk or backpack.

RECORD IT. Once you have completed this section, make sure you record your classroom participation with your teacher. It is your job to make sure the teacher marks your participation.

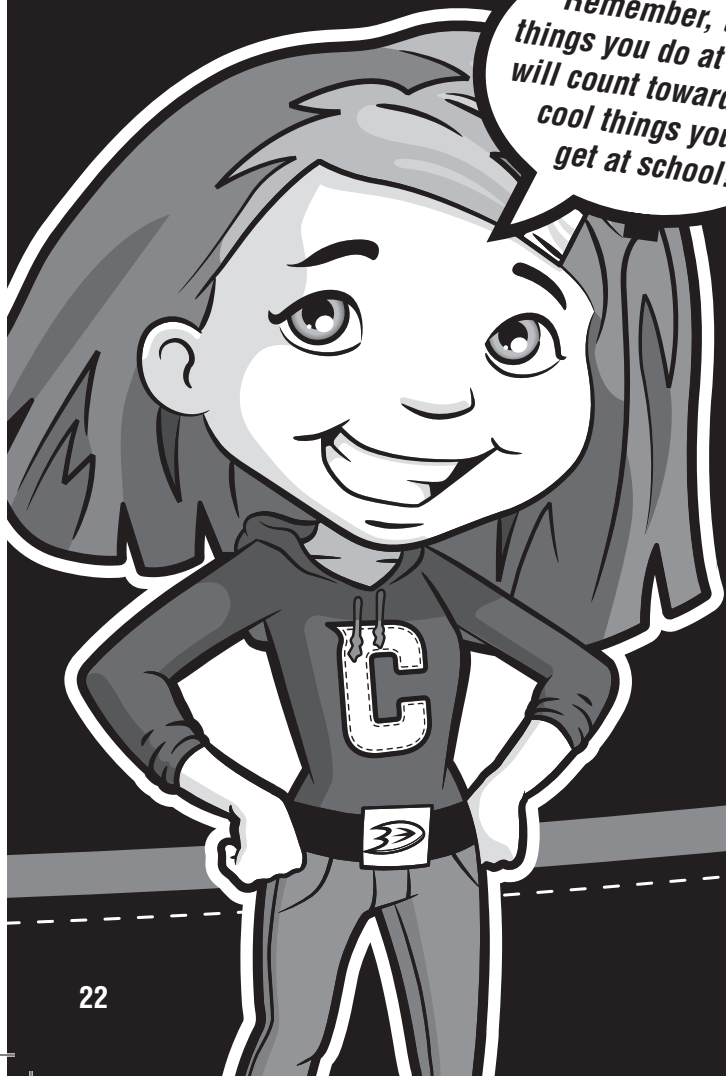
Remember, the more muscle you build, the closer your class gets to Captain's Challenge prizes.



POST-GAME

You can get stronger at home.
The following activity will test the
limits of your strength and endurance.
Remember shortcuts may not be
seen but they will affect your ability.
Try it with integrity.

Remember, the
things you do at home
will count towards the
cool things you'll
get at school!



SLOW-DOWNS The push-up is a great way to keep working on the muscles you have been building on at school. In this activity, you're going to slow it way down to work real hard.

1

You'll complete this challenge by doing **three** push-ups. Easy, right?

► **WHERE?** Anywhere! It helps to find some comfortable ground like carpet or grass.

► **HOW?**

A. Beginning in the push-up position, work your way to the floor.

B. Move toward the floor and hold in a compressed position for **10** seconds.

C. Return to your starting position.

D. Rest for **30** seconds

E. Once again, move into the compressed position and hold for **15** seconds.

F. Return to the starting position and rest for **30** seconds.

G. Finish the activity by moving again into the compressed position and hold for **20** seconds.



GETTING STRONGER?

Challenge yourself to hold the compressed position longer than **20** seconds.

2

Each time you do Slow Downs, record your participation for Slow Downs by having your parents initial in the box.



Slow-Downs

3

At the end of the Captain's Challenge program, total the number of days you exercised.

4

Tired? Try this sleep activity below!

SLEEP STRONG

You've worked hard today. You're probably tired. That's your body's way of telling you it needs to recover. Even though you may lay motionless in bed, your body is still hard at work while you sleep. The muscles you used today are being repaired using the smart food choices you consumed. Muscle fibers are built and oxygen rich blood powers up that tired body.

In the space below, using one of these healthy sleep tips, log what time you went to bed and what time you woke up using the chart below. Then write in how you felt the following morning.



Sleep Tips	Went to bed at:	Woke up at:	Hours slept:	How I feel:
Go to bed at the same time every night.				
Try to sleep at least 9 hours tonight.				
Drink water for dinner and avoid sugary desserts.				
Turn off all the lights in your room.				
Read a chapter in a favorite book.				

Did you feel any different the next day?

Try each of the sleep tips out to see if they make a difference in the way you feel each day.



CHALLENGE #4 IT TAKES GUTS

WARM-UP

What You'll Learn

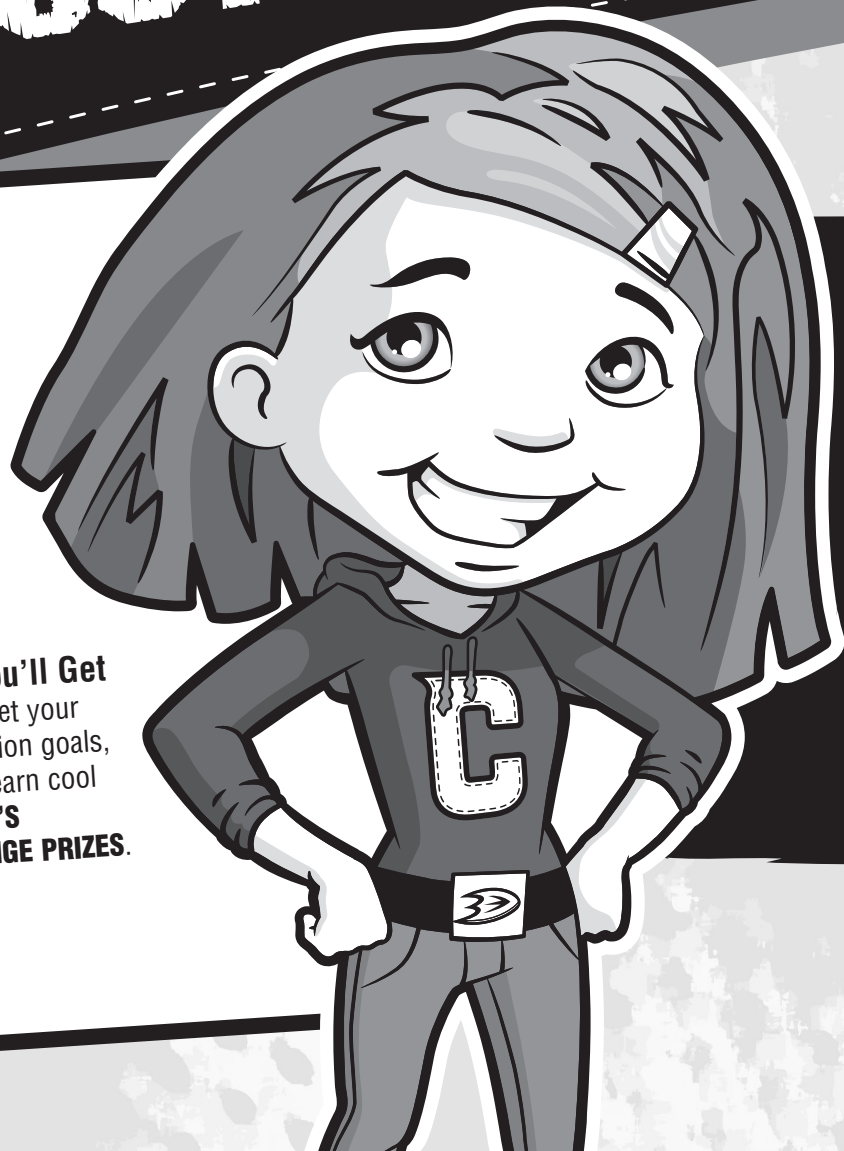
By the end of this next challenge, you'll know what it takes to lead a group through unfamiliar territory. **COURAGE** is the act of meeting a challenge head on when success is difficult or uncertain. What's the challenge? How much **ABDOMINAL STRENGTH AND ENDURANCE** do you have?

What You'll Do

You're going to **CRUNCH AND CURL** to make your abdominal region, or stomach area, strong. A courageous captain will first show, and then lead you in tasks that might take a little bit of "guts" to get through. Can you stomach the idea of not finishing?

What You'll Get

If you meet your participation goals, you will earn cool **CAPTAIN'S CHALLENGE PRIZES**.



FINDING COURAGE

Courage, sometimes it's hard to find. You might not know you have it until you look deep down within you and summon the strength to tackle the challenges you face in life. Once found, it helps give you the will to try even though there is a chance you may fail.

THERE ARE MANY NAMES FOR COURAGE. IN THE WORD-SEARCH BELOW FIND THE WORDS THAT ARE SYNONYMS OF COURAGE.

GUTS
BOLD
BRAVERY
DARING
FEARLESSNESS
GRIT
NERVE
RESOLUTION
SPIRIT
VALOR



TIME
OUTS
LEFT

1

N	B	N	T	Q	G	R	N	C	B	U	E	V	X	Z
B	O	D	S	N	N	U	N	E	K	L	L	A	N	S
R	I	I	I	B	Q	Q	L	B	R	V	T	L	K	L
E	N	R	T	X	Y	Z	M	F	N	V	X	O	V	C
V	A	S	W	U	S	P	I	R	I	T	E	R	R	P
D	G	H	S	W	L	E	H	P	S	H	K	J	L	P
E	W	M	Y	F	B	O	M	G	H	Y	B	W	Q	C
A	E	F	X	D	H	R	S	O	K	O	G	S	S	H
Y	Y	Y	K	E	M	X	X	E	L	A	J	K	M	I
I	C	R	T	I	R	G	Z	D	R	J	Y	J	B	O
S	S	E	N	S	S	E	L	R	A	E	F	E	J	E
H	I	V	H	J	T	R	C	C	V	B	B	E	C	E
F	L	A	B	Z	Z	U	X	W	Q	G	V	V	E	P
Y	T	R	G	Y	J	D	G	L	M	V	U	M	R	M
F	J	B	W	O	N	H	X	L	G	F	D	C	I	W

TIME
OUTS
LEFT

2

WOW! *There's a lot of ways we can show courage. Now it's the captain's turn to show you how to get stronger!*

GAME TIME

GUT BUSTERS

Scared, tired, unsure? It's takes guts to get strong. Crunch and curl courageously to complete these stomach strengthening exercises. You won't know if you can, until you try!

LEARN TO LEAD



Discover your "C", look on Page 4 for more tips!

Captain

Will demonstrate every exercise before the class starts the activity. Not sure if you can do it? Read "THE PLAN" to learn how.

OR

Class

Follows the captain's lead and helps ensure the exercise is done correctly. Read "THE PLAN" to learn how.



KNOW BEFORE YOU GO!

Your stomach, sometimes called "gut", and the muscles that surround it, are crucial to staying active and fit. Muscles are made of fibers that work like rubber bands and with every **crunch, curl, and twist**, they grow in strength and endurance. So, the more you exercise, the more your body will be able to move with ease.

THE PLAN

TAKE A LOOK. Before you start, take a look at the pictures and activity instructions.

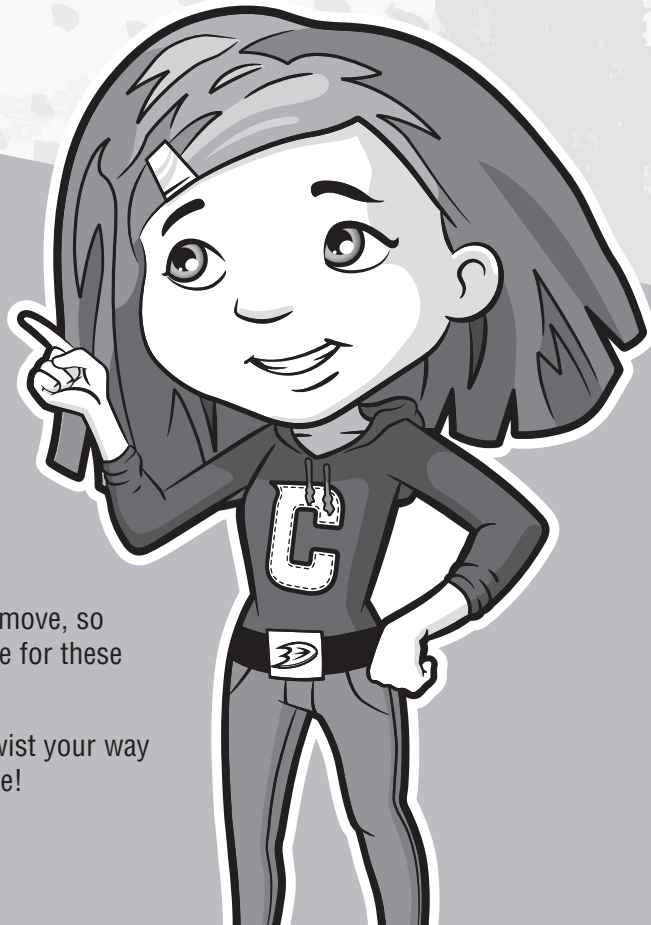
GET IT TOGETHER.

If you need to, look back at the exercises while you rest to remember them.

FIND A GOOD SPOT.

You'll need room to move, so find some open space for these activities.

GO! Crunch, curl, and twist your way to the end of this challenge!

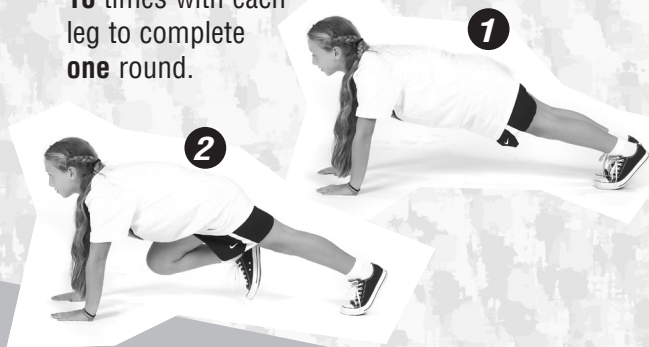


THE DETAILS

1. Complete **three** rounds where **one** round consists of **10** repetitions of each exercise. Once you've finished the third round, you're done.

ICE CLIMBERS

1. Start in push-up position with your arms extended below your chest, shoulder length apart.
2. Begin by moving your right knee in towards your stomach, lifting your foot off the ground and return to your original position.
3. Repeat the motion with your left leg.
4. Repeat this motion **10** times with each leg to complete **one** round.



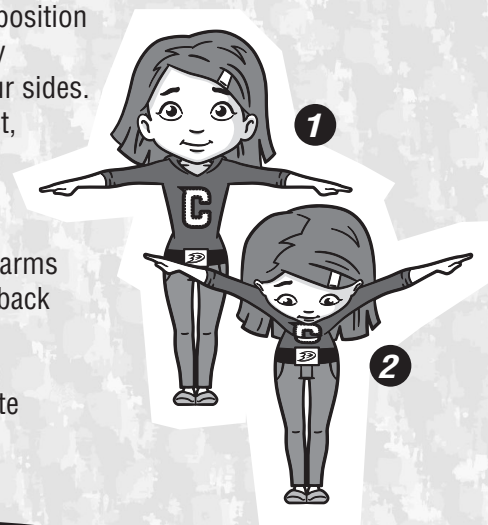
BACK SWINGS

1. Start in a seated position with your knees bent at 45 degrees.
2. Begin by lifting your feet off the ground. With your knees still bent, twist at the waist using your arms to move you from side to side.
3. Complete **one** round by twisting to each side **10** times or by counting to **20**.



PUCK DUCKS

1. Start in a standing position with your arms fully extended out to your sides.
2. Bending at the waist, lean forward until your head is even with your stomach while keeping your arms extended and your back straight.
3. Repeat the motion **10** times to complete **one** round.



THE FINISH

PUT IT BACK. Everyone will make sure the workbooks are in a safe place, like a desk or backpack.

RECORD IT. Once you have completed this section, make sure you record your classroom participation with your teacher. It is your job to make sure the teacher marks your participation.

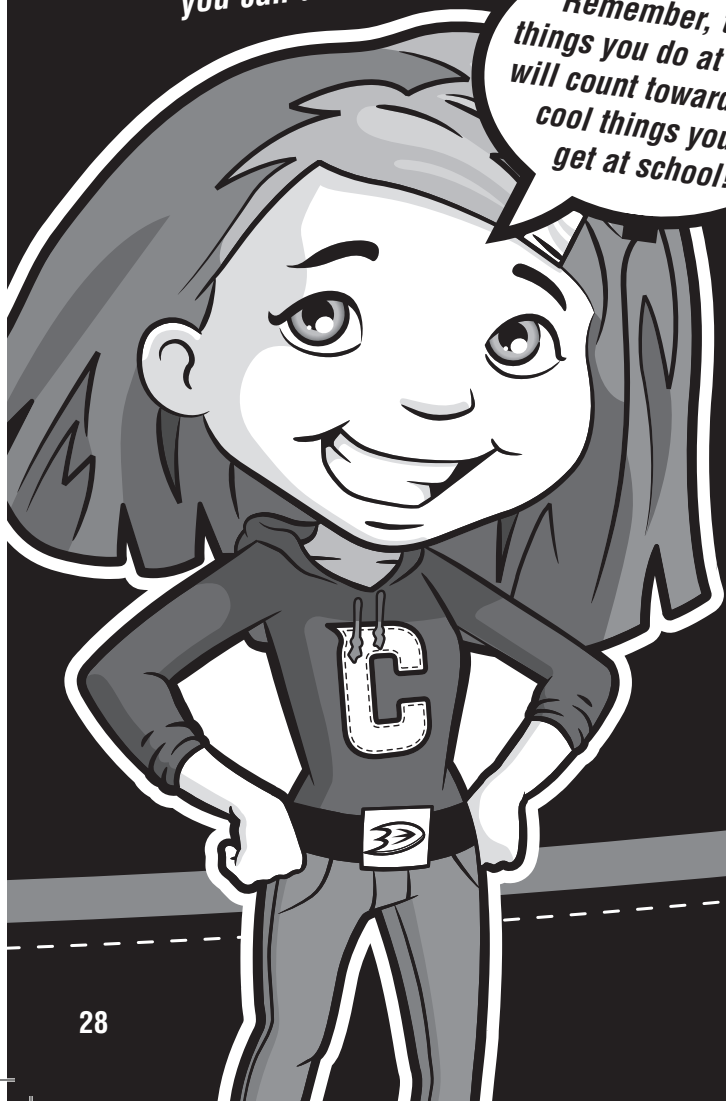
Remember, the more you crunch and curl, the closer your class gets to Captain's Challenge prizes.



POST-GAME

Believe it or not, it takes courage to get fit. It's not an easy thing to do and it takes a lot of hard work and time. Try these at home if you have the guts. Don't worry, we know you can do it!

Remember, the things you do at home will count towards the cool things you'll get at school!



WALLIES You don't need a lot of fancy gym equipment to get fit. If you have a wall and the will, we have an activity that will crunch and curl those abdominal muscles into shape.

1

You will complete 15 Wallies focusing on three different abdominal or stomach muscle regions.

► **WHERE?** Anywhere there is some comfortable ground to sit on next to a wall.

► **HOW?**

A. Place your feet flat on the ground, knees bent with your toes touching the wall.



B. Designate **three** spots on the wall. One directly in front of you, one to the right of center and one to the left of center.



C. Beginning with the spot right of center, curl your body up and to the right touching the spot on the wall with both hands.

D. Return to a resting position and then repeat the motion to touch the center and left spots.

E. Touch all three spots **five** times each for a total of **15** Wallies.

MORE? If 15 isn't challenging enough, set higher goals each time you try this activity. How many can you do?

2

Each time you do Wallies, record your participation for Wallies by having your parents initial in the box.

**3**

At the end of the Captain's Challenge program, total the number of days you exercised.

4

Need Energy? Try the nutrition activity below!

Wallies

CALORIE CUP

A calorie is a term we use to describe the energy we get from the food we consume. Depending on how active you are and your age, we all need different amounts to maintain a healthy body. However, all calories are not created the same. Some contain the vital nutrients your body needs; others are just empty, taking up space in our stomachs and on our bodies.

In the space below, select a healthy mix of the foods listed to fill up your cup without spilling over a 2000 calorie daily recommendation. Limit the amount of shaded foods as they offer little nutritional value.

Chicken Breast - 250	Can of Soda - 180	French Fries - 270	Bowl of Ice Cream - 200
Chocolate Milkshake - 350	Turkey Sandwich - 210	Fruit Salad - 50	Chicken and Rice Dinner - 250
Potato Chips - 150	String Cheese - 70	Cheeseburger - 300	Side of Veggies - 50
Grapes - 60	Peanut Butter and Jelly Sandwich - 420	Carrot Sticks - 35	Yogurt w/ Honey - 200
Sour Chewy Candy - 140	Slice of Pepperoni Pizza - 600	Handful of Almonds - 160	Glass of Milk - 120
Healthy Breakfast Cereal w/ Milk - 200	Sugary Breakfast Cereal w/ Milk - 250	Chocolate Chip Granola Bar - 90	Orange Juice - 110

Breakfast Item 1

Breakfast Item 2

Snack

Snack/Drink

Lunch Item 1

Lunch Item 2

Snack/Drink

Dessert

Dinner Item 1

Dinner Item 2

TOTAL CALORIES

Did you win the cup?
Try doing it again with different foods.



CHALLENGE #5 GOT YOUR BACK

WARM-UP

What You'll Learn

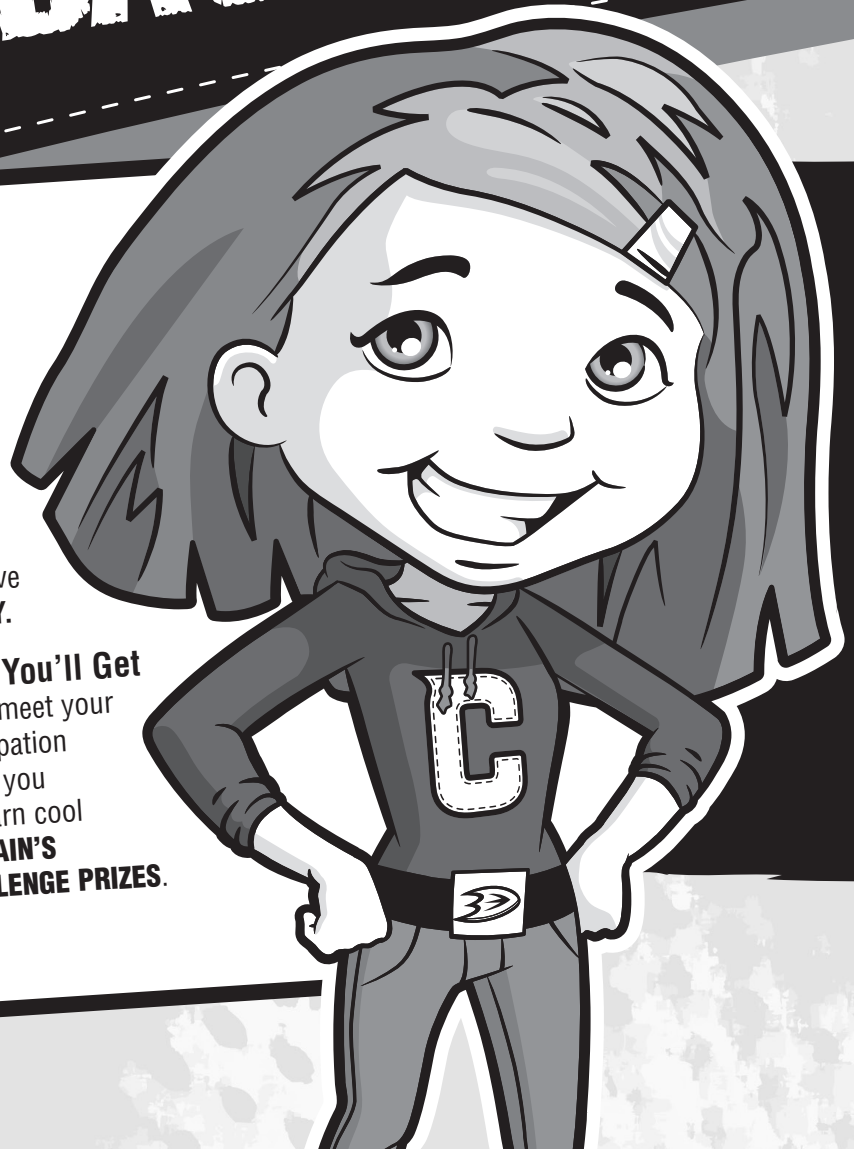
In this challenge you will learn who is responsible for the numbers on the Classroom Participation Chart. You! **ACCOUNTABILITY** is the character trait of taking responsibility for your actions, good or bad. You and your class will be held accountable as you work to improve your **EXTENSOR STRENGTH AND FLEXIBILITY**.

What You'll Do

You can **WORK** on strength and flexibility at the same time. In fact, they go hand in hand, helping your body perform at its highest level. In this challenge you will build strength, flexibility, and character by completing exercises together that you may not be able to do alone.

What You'll Get

If you meet your participation goals, you will earn cool **CAPTAIN'S CHALLENGE PRIZES**.



EXTRA! EXTRA! READ ALL ABOUT IT!

The first person that reporters look to question after a game is the captain. On a good night, the captain will answer questions about their most recent win, talking about the things the team did right. On a bad night, a captain must take the tough questions about a painful loss while shouldering blame and focusing on how to improve.

The following story happened after the Anaheim Ducks defeated the Edmonton Oilers in game 5 of a playoff series. In the post-game interview, former captain Ryan Getzlaf showed the different aspects of accountability. After reading each paragraph, use the hints in each box to place the quotes on the left in their proper place. For Quote 4, assume the role of the captain and write a quote in Box D that describes how you and the Ducks can improve in the next game.

A

“That’s one of the biggest things. You’re talking about scoring three goals with the goalie out. Now we have to go out in their building and get another one. That doesn’t happen very often.”

B

“The message is to keep doing what we’re doing. Our group is resilient, we have to be able to maintain things throughout a game. Tonight we were able to do that.”

C

“Well they put the puck in the net. We made some uncharacteristic mistakes, giving them odd man rushes and those kind of things came back to bite us. Their goaltender made some big saves early.”

D

Anaheim, CA-

In a thrilling playoff game, the Anaheim Ducks trailed the Edmonton Oilers for much of the game. The Ducks proved to be resilient by coming back to win. The Captain talks about what it takes from the team to win.

QUOTE 1:

Team message
about being strong

Each opponent the Ducks face brings a different challenge. The Edmonton Oilers were the dominant team for most of the game. Great captains identify why the other team is successful and how they can overcome that.

QUOTE 2:

Talking about
opponent’s strength

The Ducks were able to score 3 goals in the final 3 minutes to tie the game and win in double-overtime. This victory was one of the most memorable in the Ducks franchise.

QUOTE 3:

Meaning of the win

With this game behind them, the team now looks forward to winning the playoff series in Edmonton. It’s been a long series and the Ducks will need to continue to be strong in order to win.

QUOTE 4:

Your quote: How the
team can win the series

Your Story

Think about a time you made a mistake and what you did to show accountability by working to correct it.

WELL SAID! Now that things are in their right place, let’s take responsibility for our health. Work together to complete the following challenge!

GAME TIME

BACK-UP

Teammates have to be honest with one another to succeed. When we do something right, we all share the credit, and when we struggle, our teammates are there to help us improve and get the job done.

LEARN TO LEAD



Discover your “C”, look on Page 4 for more tips!

Captain

Will be accountable for every exercise the group does. Read “**THE PLAN**” to learn how.

OR

Class

Follows the captain’s lead and helps ensure the exercise is completed. Read “**THE PLAN**” to learn how.



KNOW BEFORE YOU GO!

If you have ever been around adults you have surely heard one or two complain about back pain. This is a common ailment people have as they grow older. It is something that a you can **work** to prevent by improving your trunk extensor strength and flexibility. This is the act of making your lower back stronger so you can remain healthy and active later in life.

THE PLAN

TAKE A LOOK. Before you start, take a look at the pictures and activity instructions.

GET IT TOGETHER.

Bring a stopwatch or use a phone to keep track of the rounds.

FIND A GOOD SPOT.

If you need to, look back at the exercises while you rest to remember them.

GO! Work to build back strength by bending, not breaking.



THE DETAILS

1. Complete **three** rounds where **one** round consists of **30** seconds of each activity with a **30**-second break in between each exercise.
2. After the second round of exercises, the captain asks if anyone needs help completing the third.
3. You or another classmate will help those who need it by “spotting” them as they complete the last round.
4. Spotting may mean holding legs or arms as your group completes the round.

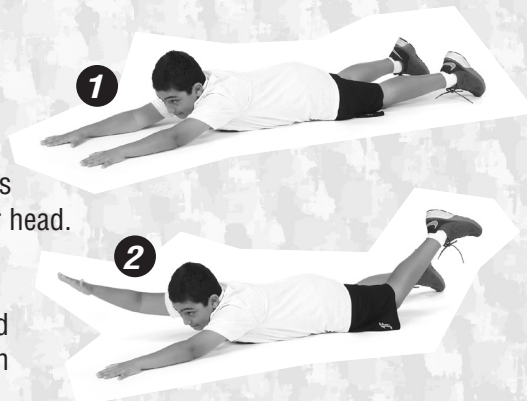
STICK-LIFTS

1. Start by lying on your back with your arms at your side and your legs together.
2. Begin by lifting your legs about one foot off the ground.
3. Hold this position for **30** seconds.



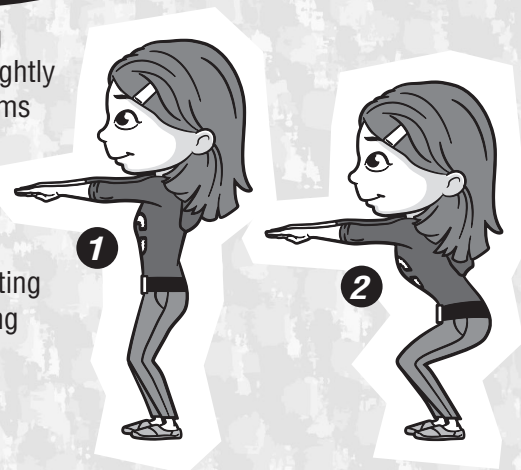
SUPERMANS

1. Start by lying on your stomach, face down, with your arms stretched above your head.
2. Begin by lifting your right arm, chest, and left leg off the ground and hold this position for **30** seconds.
3. Alternate to left arm and right leg, and then hold again for **30** seconds.



BENCH WARMERS

1. Start in a standing position, knees slightly bent, with your arms fully extended in front of you.
2. Keeping your back straight, move into a squatting position by bending your knees.
3. Hold this position for **30** seconds.



THE FINISH

PUT IT BACK. The captain will give the stopwatch back to the teacher and everyone will make sure the workbooks are in a safe place like a desk or backpack.

RECORD IT. Once you have completed this section, make sure you record your classroom participation with your teacher. It is your job to make sure the teacher marks your participation.

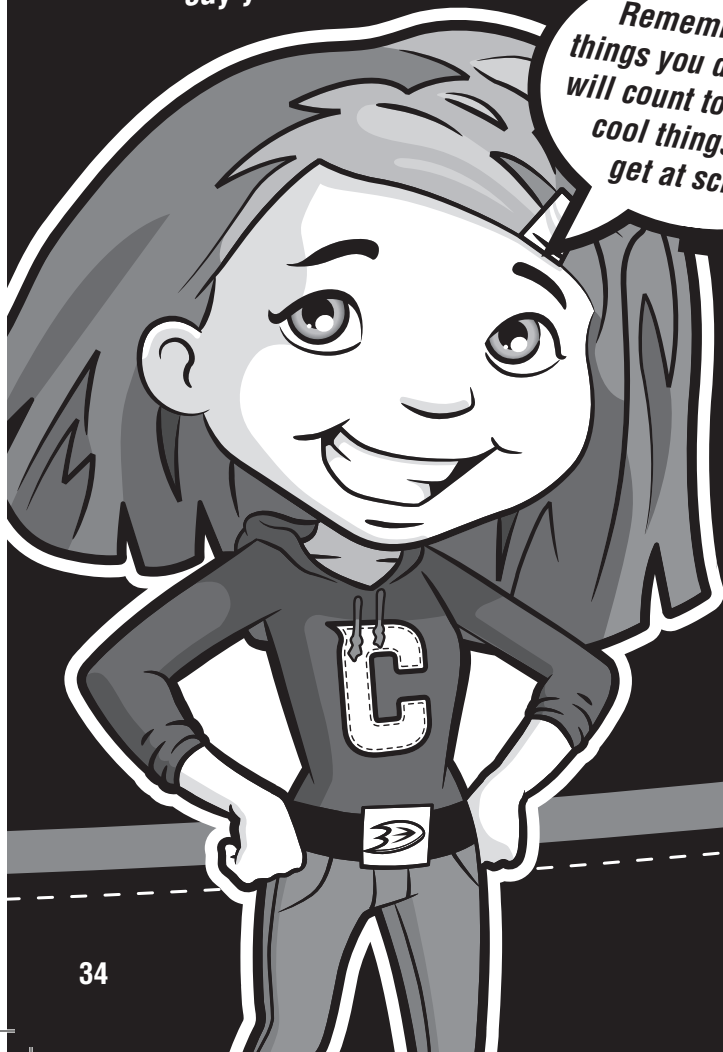
Remember, the harder you work, the closer your class gets to Captain's Challenge prizes.



POST-GAME

You alone are accountable for the work you do to meet your fitness goals. You can meet these goals by keeping up the hard work at home. When you give the extra effort to meet your goals at home, you'll be proud to say you tried your best!

Remember, the things you do at home will count towards the cool things you'll get at school!



HEADS-UP This challenge gives a whole different meaning to the phrase “Keep your head up!” The following activity uses the height you are able to lift your head to strengthen and stretch the muscles in your lower back.

1

You will lift your head **three** times for various lengths of time each repetition.

► **WHERE?** Find some comfortable ground next to a wall, like a carpeted bedroom.

► **HOW?**

A. Turn to the last page of the workbook, fold it in half, and place it against a wall with the numbers ascending from **one** to **eight** inches.



B. Lay on your stomach, with your hands by your side and feet together, with your head **six** inches from the workbook.



C. When you are ready, try and lift your head above the **eight**-inch mark on the workbook page and hold it for **five** seconds by counting out loud, then rest for **20** seconds.

D. Lift your head again and hold the same position for **10** seconds by counting out loud, then rest for **20** seconds.

E. Lift your head again and hold the same position for **15** seconds by counting out loud.

WAS IT DIFFICULT?

Try stretching before this challenge to see if you can keep your head up longer.

2

Each time you do Heads-Up, record your participation for Heads-Up by having your parents initial in the box.



Heads-Up

3

At the end of the Captain's Challenge program, total the number of days you exercised.

4

Bored? Try the activity below!

SCREEN FREE ZONE

Being active is a way of life. But, for too many us, our way of life involves sitting in front of some electronic screen. While technology has made our lives so much easier, it has also made us sedentary, or less mobile. We need to move to keep our hearts strong and our minds sharp. However, that doesn't always mean intense exercise.



In the space below,

plan to replace 30 minutes of screen based entertainment with one of our suggested activities. Don't see anything that interests you? Create your own activity that keeps you screen free and moving for 30 minutes.

SCREENS TO IGNORE:

Computer, T.V., Tablet Computer, Smartphone, MP3 Player, Movie Theatre

ACTIVITIES:

Yard-work / Gardening, Street Hockey, Basketball, Play Catch, Clean your room, Walk your dog, Wash your parent's car, Ride a bike, Build a fort

	Day 1	Day 2	Day 3	Day 4	Day 5
I will replace:					
With this activity:					

Didn't miss your computer?

Try replacing 30 minutes of screen time with an additional activity!



GOALLL! LET'S TAKE ACTION

Congratulations, you're officially a captain! However, your journey as a captain has just begun. You have the tools to make a difference every day. **Write down three GOALS** you have to make a positive impact in school and outside the classroom.

KNOW BEFORE YOU GO!

The best captains write down goals they have for themselves and work to accomplish them.



EXAMPLE: Read 20 minutes each night

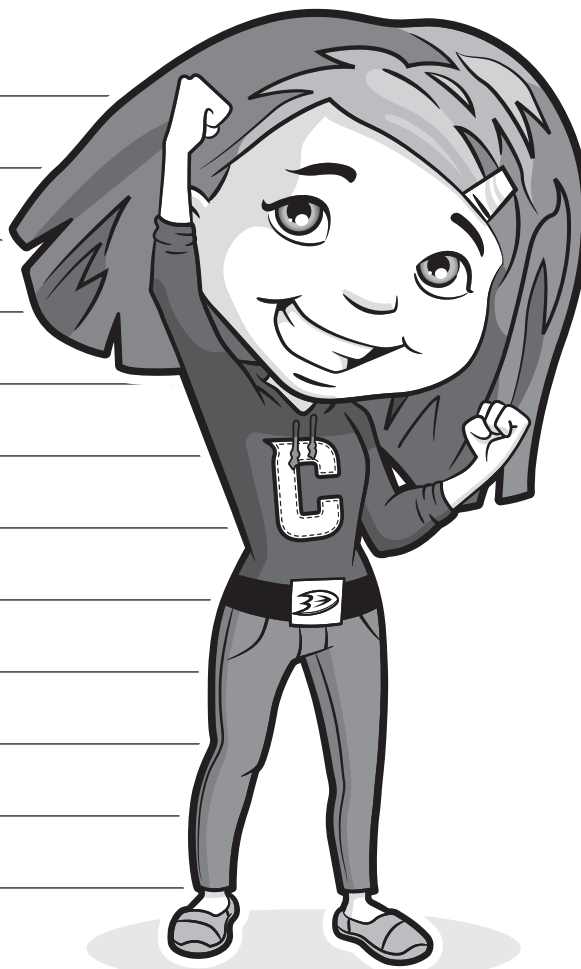
YOUR TURN:

EXAMPLE: Take out the trash 2x this week

YOUR TURN:

EXAMPLE: Start a journal and write in it weekly

YOUR TURN:



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is a big part of
physical fitness!**

Color in CC and her healthy
produce to help bring
them to life!

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