



NIKE TEAM
SPARQ CHALLENGE



Do you have what it takes? CIF, NIKE and SPARQ are conducting a **FREE** SPARQ Challenge for high school age football players to determine your individual ratings during the CIF State Football Championship Bowl Games on December 16, 2006 (Division-III 11am, Division-II 3pm, Division-I 7pm), at the Home Depot Center 18400 Avalon Blvd., Carson, CA 90746! All individuals that compete will receive a SPARQ Rating based on their performance. Each qualifying team (*minimum of 20 participants per team*) will be sent a SPARQ Training Development Kit (*containing parachute, ladder, cones, hurdles, power ball, resistance band, and training DVD*) to add to its training arsenal.

The SPARQ Rating will consist of components measuring **Speed, Power, Agility, Reaction and Quickness**.

* The Football SPARQ Testing will consist of:

- 40 Yard Dash (bring cleats)
- 185 lb Bench Press
- Vertical Jump
- Shuttle

* The Individual SPARQ Ratings will be updated weekly on SPARQTRAINING.com



* Every athlete tested will receive a limited edition bag tag, a SPARQ sports bag, and have access to set up a customized SPARQ Athlete page AND the first 300 athletes to sign up will receive a FREE ticket into the CIF State Football Championship Bowl Games.*

*Must have a completed waiver form during check-in to receive a ticket.

* SPARQ Testing, December 16, 2006 at Home Depot Center, 9AM – 3PM, Soccer Field #5

CIF, NIKE and SPARQ are committed to rewarding hard work, so get prepared for the **NIKE SPARQ CHALLENGE 2006!** Sign up online through the CIF State Office: SPARQreg@cifstate.org



HOW DO YOU RATE?