



Name: \_\_\_\_\_

Role:  Athlete  Partner

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Mailing address: \_\_\_\_\_

### **Fitness Skills**

#### **Reverse Fly**

*How many can you  
complete in 60  
seconds?*

Score: \_\_\_\_\_

#### **Forward Arm Raise**

*How many can  
you complete in  
60 seconds?*

Score: \_\_\_\_\_

#### **Side to Side Heel Touch**

*How many can you  
complete in 60 seconds?*

Score: \_\_\_\_\_

#### **Tricep Curls**

*How many can you  
complete in 60  
seconds?*

Score: \_\_\_\_\_

#### **Elbow to Knee**

*How many can you complete in 60  
seconds?*

Score: \_\_\_\_\_

**Individual Total Score: \_\_\_\_\_**

*(Add up individual scores from the 5 events to get your total score)*

### **Unified Fitness**

Teammate Name: \_\_\_\_\_

Teammate Role: \_\_\_\_\_

Teammate Email: \_\_\_\_\_

Teammate Address: \_\_\_\_\_

Team Name: \_\_\_\_\_

**Unified Fitness Total Score: \_\_\_\_\_**

*(Combined scores from 1 athlete and 1 partner)*

Please turn in Scorecard by March 22, 2021 deadline to [sports@soor.org](mailto:sports@soor.org)

