

# Cougar Mountain Stables - GAME DAY



— PHYSICAL STRENGTH —

Student Name:

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Parent Signature:

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## Challenge 1: Physical Health and Strength

To love yourself is to take control of your physical health. The greatest gift you can give your family and the world is a healthy you.

Total Points:

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Total Bonus Points:

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(Your age x 100 = Min. Pts. Required to qualify for CMS Game Day!)

<p><b>Day One:</b> Legs, Stretching and warm-up, 25 Squats, 25 Sumo Squats, Repeat, March in place for 20 seconds. Stretch muscles, Relax</p>
<p><b>Day Two:</b> Abs, Stretching and warm-up, 20 Standing Oblique Twists, 30-second Floor Plank, Repeat above, March in place for 20 seconds, Stretch muscles, Relax</p>
<p><b>Day Three:</b> Arms, Stretching and warm up, 25 push ups, 20 wall tricep pushes, repeat above, March in place for 20 seconds, stretch muscles, relax.</p>
<p><b>Day Four:</b> Cardio, Stretching and warm-up, 50 jumping jacks, 30-seconds sprint in place, repeat above, March in place for 20 seconds, stretch muscles, relax</p>
<p><b>Day Five:</b> Combo, stretching and warm-up, 10 squats &amp; 10 sumo squats, 10 standing push-ups, 25 jumping jacks, march in place for 20 seconds, stretch muscles, relax.</p>

<p><b>Day six:</b> Choose from Day 1 - 4 to work on your chosen area: Legs, Abs, Arms and Cardio</p>
<p><b>Day seven:</b> Rest! Take a break! You deserve it. Repeat the next week</p>

### HOW TO EARN GAME DAY POINTS:

Each checked horse is worth 10 game day points.  
Score 'your age x 100' pts to qualify for CMS Game Day

10 pts if someone has to tell you to do it!  
20 pts if you do it without being told!

100 POINTS	200 POINTS	300 POINTS	400 POINTS	500 POINTS	600 POINTS	700 POINTS	800 POINTS	900 POINTS	1000 POINTS	1100 POINTS	1200 POINTS
10 horses	20 horses	30 horses	40 horses	50 horses	60 horses	70 horses	80 horses	90 horses	100 horses	110 horses	120 horses



## HOW IT WORKS

### CMS Horsemanship Game Day!

Every two months, we host an ultra-fun party called CMS Game Day to reward the kids who've shown significant progress in developing the featured character trait. If your child meets the Minimum Point Requirement (MPR = Student's age multiplied by 100), and attends CMS Game Day, they will qualify to receive a special patch signifying their successful completion of the Horsemanship Chapter.

### Parent Point Tracking

Track your child's points on the other side of this sheet. Each time you cross out a horse, it signifies 10 points. If your child surpasses the 1200-point mark, continue tracking their points on a separate sheet of paper. Anytime you ask your child to do something, and they do it without any hassle, award them 10 points. Any time your child completes one of the development tasks on their own, award them 20 points. All points scored beyond the minimum qualification amount (AGE X 100) are considered bonus points. Add the regular points and the bonus points before turning in the tracking sheet at CMS Game Day. The child who acquires the most bonus points will be recognized at CMS Game Day!

### Success Tips

Every child is different, so it is very important that you work with your child to help them succeed. But, do not award points so easily that your child stops trying to earn them. The challenges we give your child will help them understand the horsemanship skills, but you can reward them for things they do that are not on the list. Discuss the featured Horsemanship topic with your child, and give them ideas on things they can do to earn points every day!

### Collect All 6 Patches

Each time your child attends CMS Game Day and reaches the Minimum Point Requirement, they will earn the corresponding Horsemanship Patch to be ironed on their brush bags. Altogether there are six patches (one for each challenge), and each patch comes in four colors: white, bronze, silver, and gold, so that each time your child repeats a challenge they qualify to upgrade the patch color. Eventually, through hard work and dedication, your child will have the chance to earn gold patches in all six chapters of the CMS Horsemanship Development Program