

EMPLOYEE HEALTH & FITNESS WEEK



TEAM REGISTRATION INFORMATION

MAY 13 - 17TH, 2024

More information to come as event dates approach.

Monday May 13, 2024



Big Ball Volleyball

(Limited to 8 teams, 6 players per team, teams must consist of 3 males & 3 females or 4 females & 2 males.)

Tuesday May 14, 2024



Tug of War

(Limited to 12 teams, 4 players per team, teams must consist of 2 males & 2 females or 3 females & 1 male.)

Wednesday May 15, 2024



Fire Fighter Challenge (3-person Relay)

(Limited to 10 teams, 3 players per team, teams must consist of 2 males & 1 female or 2 females and 1 male.)

Wednesday May 15, 2024



Flag Football

(Limited to 8 teams, 10 players per team.)

Thursday May 16, 2024



Chair Volleyball

(Limited to 8 teams, 6 players per team, teams must consist of 4 females & 2 males or 3 females & 3 males.)

Team players can be from different GRIC Departments/or Entities.

****Must participate in 3 activities to receive shirt, 1 activity for lunch****



Email: Wellness.Center@gric.nsn.us

Call: (520) 562-2026.

