

SMS *Jr. Olympics Skills Competition*

Saturday, March 29 - Local Meet - at Sierra Middle School Jr. Olympics Skill Competition (basketball and tennis)

Registration starts at 8:30 am.

Saturday, April 5 - Local Meet - - at Sierra Middle School Jr. Olympics Skill Competition (soccer and track & field)

Registration starts at 8:30 am.

Saturday, June 7 - Regional Meet - Jr. Olympics Skill Competition (all 4 events)

Registration starts at 8:30 am.



What is the U.S. Jr. Olympic Skills Competition?

Jr. Olympic Skills is a FREE national grassroots skills competition that provides both boys and girls, ages 8 to 13, the opportunity to showcase their athletic abilities in four (4) sports – basketball, soccer, tennis and track & field.

Jr. Olympic Skills Competition is intended to encourage youth participation in sport and emphasize fair and friendly competition. Youngsters can participate in any or all of the individual sports and advance through three (3) levels of competition, including the National Finals in Chicago, Illinois. Each of the sports are scored individually.

Basketball

Challenges participants to score as many points as possible by making baskets from designated shooting areas and the free throw line in 45 seconds.

Soccer

Tests participants' ability to dribble, shoot and score in the fastest time possible.

Tennis

Challenges youngsters to serve and continue to hit a low-compression tennis ball against the wall as many times as possible in 30 seconds.

Track & Field

Tests youngsters in two fundamental skill events: The Sprint (50-meter dash) and The Jump (standing broad jump). Participants compete in both events to receive the highest cumulative point score.