LANCASHIRE BOYS & GIRLS CLUBS

CHALLENGE YOU

BOXING REFLEX BALL



50 BOXING REFLEX BALLS
FREE TO YOUNG PEOPLE WHO ENTER
THE
COUNTY REFLEX BALL CHALLENGE

WIN £25 + £100

WORTH OF ACTIVITIES FOR YOUR CLUB

AWARDS FOR WINNER & RUNNERS UP

THE COUNTY REFLEX BALL CHALLENGE

How many times can you hit the ball within 2 minutes without stopping?

RULES

1 Kit per Young Person's application. Open to all ages.
This challenge must be done **without** gloves.
You have to change direction at least twice (180 degrees) during the challenge.
If you cannot manage 2 minutes, your score will be the most hits without losing control.
Your score needs to be verified by your sports coach or Youth Worker or Club Leader or Parent.

APPLY FOR YOUR KIT AND GET BOXING

THINK YOU HAVE WHAT IT TAKES!

Complete the entry form online to receive a **FREE REFLEX BALL KIT.**

Your kit will include a Reflex Ball plus rules of the challenge and instructions of how to submit your challenge result.
It will help to watch this demo on you tube: React Reflex Ball - YouTube

You will have 4 weeks to practice.

TOP 3 Invited to a Play Off

We only have 50 Kits available, which will be allocated on a first come first serve basis.