

# Sport Stacking with Speed Stacks®

## RECORD YOUR BEST COMBINED TIMES

With a partner, take turns recording your best sport stacking times. You may warm up twice before each stack, then have your partner record your three fastest times for 3-3-3, 3-6-3 and Cycle. Circle the fastest for each stack then add them together for your combined time.

PARTNER 1 NAME \_\_\_\_\_

PARTNER 2 NAME \_\_\_\_\_

### 3-3-3 Two warm-ups, three attempts

PARTNER 1

1st Attempt \_\_\_\_\_ 2nd Attempt \_\_\_\_\_ 3rd Attempt \_\_\_\_\_

PARTNER 2

1st Attempt \_\_\_\_\_ 2nd Attempt \_\_\_\_\_ 3rd Attempt \_\_\_\_\_

### 3-6-3 Two warm-ups, three attempts

PARTNER 1

1st Attempt \_\_\_\_\_ 2nd Attempt \_\_\_\_\_ 3rd Attempt \_\_\_\_\_

PARTNER 2

1st Attempt \_\_\_\_\_ 2nd Attempt \_\_\_\_\_ 3rd Attempt \_\_\_\_\_

### Cycle Two warm-ups, three attempts

PARTNER 1

1st Attempt \_\_\_\_\_ 2nd Attempt \_\_\_\_\_ 3rd Attempt \_\_\_\_\_

PARTNER 2

1st Attempt \_\_\_\_\_ 2nd Attempt \_\_\_\_\_ 3rd Attempt \_\_\_\_\_

### COMBINED TIME Add fastest times in each stack.

PARTNER 1

Fastest 3-3-3 \_\_\_\_\_ + Fastest 3 6-3 \_\_\_\_\_ + Fastest Cycle \_\_\_\_\_ = TOTAL COMBINED TIME \_\_\_\_\_

PARTNER 2

Fastest 3-3-3 \_\_\_\_\_ + Fastest 3 6-3 \_\_\_\_\_ + Fastest Cycle \_\_\_\_\_ = TOTAL COMBINED TIME \_\_\_\_\_

"When we keep students active, we keep their energy levels up and provide their brains with the oxygen-rich blood needed for highest performance."  
Eric Jensen, Author, Teaching with the Brain in Mind