

Nutley High School

SPIRIT WEEK

DECATHLON

WORKSHOP

NJASC WINTER CONFERENCE

JANUARY 5, 2011

Workshop given by:

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Nutley High School Spirit Week Decathlon

I. Spirit Week

A. What is it?

- An attempt to boost school spirit by engaging in friendly (although heated) competition.

B. Schedule of days

- Example:
 - Friday before-Mr. NHS Contest(cancelled last year)
 - Monday-Maroon and Gray Day
 - Tuesday-Movie Character Day
 - Wednesday-College Apparel Day
 - Thursday-80s Day
 - Friday during school-class color day
 - Friday night-Battle of the Classes (Decathlon)

C. How the Decathlon is a part of Spirit Week?

- It serves as the finale to a fun week. We have had as many as 700 students participate in the past. The daily events have in the past served as the first scored event in the competition

II. Prep for Decathlon

A. Rules and regulations

- These should be decided on and distributed to each class advisors and officers at least one week in advance. If you are going to score an event from Spirit Week then you need to inform homeroom teacher in advance.
- In order to get as many students involved as possible, we instituted a 1 event limit for each athlete. The class advisors serve as the "coaches" of each team and it is up to them to submit a roster prior to the start of the first event. Substitutions are allowed during the competition
- Last year we announced 9 of the 10 events prior to the competition. In 2009, Musical Chairs was the surprise event. We stopped the event after round 1 in order to prevent a fight from breaking out. It became too heated. In 2010, over 500 students participated in the Mystery Event. Each class had to fit as many people into an area as possible. They were not told what the event was until it had begun.
- Teams can be disqualified from an event and receive no points(In 2003, the Junior egg toss teams were DQed for using hard boiled eggs and in 2008 Junior boy pie eater was DQed for spitting pie into crowd after being declared the winner)
- An individual team member can be DQed from the entire competition for a variety of reasons(mostly discipline reasons)
- Each member of the team who competes must be wearing their team's color which is decided on 2 weeks before the competition. The class officers select their class's color; seniority is used to decide

who picks first. The freshmen are assigned a color by the other class officers. Brown and pink are the most popular assigned colors. Over the past 3 years the classes have ordered T-shirts for the competition, with the class paying for half of the cost.

B. Scoring

- Team events: 10 points, 6 points, 4 points, 2 points, or a DQ
- Individual events: 5, 3, 2, 1 for each boy, then use the same breakdown for girls

C. Order of events

- Rotate order of first round match ups for each event:
 EXAMPLE: Volleyball (event 1) - 12 v. 9, 11 v. 10, Dodge ball (event 2) - 12 v. 10, 11 v. 9, Tug of War (event 3)-12 v. 11, 10 v. 9, then start rotation over.
- Our order of events for the 2010 is included in this packet

D. Necessary equipment

- Full Gym, Gym Teacher(2 if available to act as refs and open equipment rooms), a host(student council advisor in our case), a PA system so all can hear the rules, other equipment is requested by event(pie eating requires 8 pies, we use blueberry, and cans of whip cream), scoring sheet(provided), trophy for winning team
- The senior class usually donates water and soda to the competitors.

E. Results of past Decathlons

2005	2004	2003
Seniors('05)-67	Juniors('05)-68	Juniors('04)-70
Sophomores('07)-61	Seniors('04)-66	Sophomores('05)-60
Juniors('06)-47	Sophomores('06)-45	Seniors('03)-52
Freshman('08)-45	Freshman('07)-41	Freshman('06)-36

Note-Freshman do not always finish last. While freshman, the Class of 2002 finished 2nd to the Seniors in the 1999 Decathlon.

NUTLEY HIGH SCHOOL STUDENT COUNCIL PRESENTS

SPIRIT WEEK 2010

MAY 3-7, 2010

As many of you know, Spirit Week has developed into the most participated event of our school year. Over the past few years, hundreds of students from every grade have joined in the fun by partaking in one or more of the events. The way in which Spirit Week works is each day is assigned a specific theme. We encourage as many students to go along with the theme day. Spirit Week culminates with the much-anticipated Decathlon on Friday night in the Gym. The chosen themes for this year are:

MONDAY- Maroon and Gray Day. Students will wear maroon and or gray, or something with Nutley on it.

TUESDAY- Movie Character Day. Students will come dressed as a movie character.

WEDNESDAY- College Apparel Day. Students will wear shirts, sweats or socks with a college logo on it.

THURSDAY- 80's Day. Students will come dressed in 80's apparel.

FRIDAY- Class Shirt Day. Students will have their official team Decathlon shirt
SENIORS- Black shirt
JUNIORS- Electric blue shirt
SOPHOMORES- Red shirt
FRESHMAN- White shirt

As in the past we are going to use Spirit Week participation as the first scored event of the Decathlon in order to get as many people involved as possible. This is where we need your help. We are asking that on the attached score sheet, you score your homeroom each day to the best of your ability. It is up to you whether or not a student gets credit for participation. Please try to resist attempts from students to pad your homerooms totals. On Friday May 7th, please place the score completed score sheet in either Mr. Ryan or Mrs. David's mailbox or you may send the sheets to us in room A235 or A239 by 4th period. WE NEED THEM BY 4TH PERIOD. Thanks.

You are also welcome to join us Friday night in the gym for the Decathlon. The action starts at 6:30 with the dreaded obstacle course event and volleyball. Other events include tug of war, pie eating, 3-legged race, arm wrestling, dizzy bat race, Michelin Man relay race and the always-interesting mystery event.

**THANK YOU FOR YOUR COOPERATION AND WE LOOK FORWARD
TO SEEING YOU FRIDAY NIGHT IN THE GYM.**

Decathlon Rules by event

- FIRST TWO EVENTS GO OFF AT 6:30.
 - ALL SPECTATORS MUST STAY IN BLEACHERS AND OFF PLAYING AREAS.
 - EVENTS HAD TO BE MODIFIED DUE TO SPACE ISSUES.
 - Team scoring is 10-6-4-2. Individual event scoring is 5-3-2-1. If team or individual is DQed, no points are awarded.
1. Spirit week scoring is based on the percentage of students in your grade who participated each day.
 2. Volleyball is gym rules, rally scoring to 25, team must win by 2. First round match-ups are Seniors-Freshman, Juniors-Sophomores.
****Volleyball will be in main gym.****
 3. Obstacle Course will be in the small gym. The winner is the team with the fastest cumulative time. IF YOU KNOCK OVER ANY OBSTACLE YOU MUST STOP AND RESET IT. Any obstacle that is intentionally skipped, will result in 2 minute penalty being added to your team total. Fastest time wins.
******Volleyball and Obstacle Course events will run at same time******
 4. Michelin Man Relay. You may help your teammates put on items. After all clothing or equipment is put on, the competitor must run the length of the gym, then take off all extra gear and have next competitor suit up. All clothes must be on before they begin running. Competitors who leave while still getting dressed will be penalized 30 seconds.
 5. Tug of War. First round match-ups are Seniors-Sophomores and Juniors-Freshman. Normal tug of war rules apply here.
 6. Dizzy Bat Race. Each competitor must keep bat on the ground while completing 5 complete spins. If the bat comes off the ground while spinning, the competitor must stop put the bat back on the ground and start the 5 spins over. Then each must run the length of gym and tag off to the next competitor. The awaiting runner cannot move to the dizzy runner, the dizzy runner must go to them.
 7. 3-legged race. Out going teams must not begin until the incoming team is over the finish line. Starting early will result in 30 seconds being added to your team time. The boy cannot pick up the girl and carry her. That will get your team DQed from event. If team or individual falls, they must get back up before continuing on in the race.
 8. Arm wrestling. First round match ups are Seniors-Juniors and Sophomores-Freshman. If competitor lifts elbow off the table he/she loses that round. Competitor must stay in chair with both feet on the ground, if feet come off the ground or competitor leaves seat, he/she loses that round.
 9. Mystery event. Pay attention that night, you get the rules there.
 10. Pie eating. Girls compete first, boys second. Eaters cannot not use their hands to help them put food in their mouths. They will have 2 minutes to eat. The judge has the final say in who wins. If you argue with the judge you are DQed.

ALL DECISIONS OF JUDGES ARE FINAL. ARGUING WITH OFFICIALS GETS YOU EJECTED FROM DECATHLON AND YOUR TEAM DQed FROM THAT EVENT.

2010 Decathlon Team Scores

EVENT	SENIORS	JUNIORS	SOPHOMORES	FRESHMAN
Spirit Week Participation	2	4	10	6
Obstacle Course	10	4	6	2
Volleyball	10	6	4	2
Michelin Man Relay	4	6	10	2
Tug-of-war	10	2	6	4
Dizzy Bat Race	6	10	4	2
3-legged race	10	6	4	2
Arm Wrestling	7	6	6	3
Mystery Event	10	2	4	6
Pie Eating	8	3	7	4
TOTAL TEAM POINTS	77	49	61	33

Team points are awarded on a 10-6-4-2 basis and individual events are scored 5-3-2-1 basis

*Mystery Event was fitting as many people into a space as possible.

2009 Decathlon Team Scores

EVENT	SENIORS	JUNIORS	SOPHOMORES	FRESHMAN
Spirit Week Participation	2	4	10	6
Obstacle Course	6	10	4	2
Volleyball	10	6	4	2
Michelin Man Relay	10	6	4	2
Tug-of-war	10	6	4	2
Dizzy Bat Race	6	10	4	2
3-legged race	6	10	4	2
Arm Wrestling	4	8	8	2
Mystery Event	X	X	X	X
Pie Eating	7	7	4	4
TOTAL TEAM POINTS	61	67	46	24

Team points are awarded on a 10-6-4-2 basis and individual events are scored 5-3-2-1 basis

*Mystery Event was cancelled.

2008 Decathlon Team Scores

EVENT	SENIORS	JUNIORS	SOPHOMORES	FRESHMAN
Spirit Week Participation	2	6	10	4
Obstacle Course	2	6	4	10
Volleyball	10	6	4	2
Michelin Man Relay	6	10	4	2
Tug-of-war	10	6	4	2
Dizzy Bat Race	10	4	6	2
3-legged race	10	6	4	2
Arm Wrestling	6	5	8	3
*Caterpillar Relay	4	2	6	10
Pie Eating	10	4	1	6
TOTAL TEAM POINTS	70	55	51	43

Team points are awarded on a 10-6-4-2 basis and individual events are scored 5-3-2-1 basis

*Mystery Event

** Sophomore boy pie eater was DQed for spitting his pie into the crowd after being declared winner of the event. Do the math, he cost his team 2nd place.

DECATHLON NEEDS

1. Spirit Week Scoring
 - i. HR score sheets
 - ii. Our spreadsheet
2. Obstacle Course
 - i. Bananna hurdles
 - ii. Plyo boxes
 - iii. Shot puts
 - iv. Hula hoops
 - v. Tackling dummy
 - vi. Cones
 - vii. Trays
 - viii. Cups
 - ix. Water
 - x. Stopwatches
3. Volleyball
 - i. Plywood
 - ii. Nets
 - iii. Balls
 - iv. Scoreboards
4. Tug of war
 - i. Rope
5. Pie Eating
 - i. Pies
 - ii. Whipped cream
 - iii. 2 tables
 - iv. 4 chairs
 - v. big drop cloth
 - vi. tablecloths
6. 3-legged race
 - i. 16 ankle ropes
 - ii. 16 thigh ropes
 - iii. stopwatch
7. Michelin Man relay Race
 - i. 4 bags
 - ii. 12-20 sweats pants
 - iii. 12-20 sweatshirts
 - iv. 4 helmets
 - v. stopwatch
8. Arm Wrestling
 - i. 1 table
 - ii. 2 chairs
9. Dizzy bat race
 - i. 8 wiffle ball bats
10. Mystery Event
 - i. Varies from year to year

POSSIBLE DECATHLON EVENTS

TEAM EVENTS

1. Spirit week scoring (pick one day or all days and tally the scores, we base the winner on highest percentage of participation)
2. Three-legged race (4 teams of a boy and a girl bound at the ankle per grade)
3. Tug of war (7 boys and 7 girls)
4. Puzzle assembly (3 boys and 3 girls)
5. Volleyball (4 or 5 boys and 4 or 5 girls per team)
6. Dodge ball (8 boys and 8 girls per team)
7. Scooter races (equal number of boys and girls participating)
8. Engineering project (3 boys and 3 girls)
9. Mummy wrap (1 "mummy", 2 boys and 2 girls)
10. Pass the orange (6 boys and 6 girls)
11. Two on two basketball (one boy and one girl on each team, play to 7)
12. Dizzy bat race (2 boys and 2 girls from each team)
13. Human chain (6 boys and 6 girls, measure the chain)

INDIVIDUAL EVENTS

1. Pie eating (score boys and girls separate), scale decides winner
2. Arm wrestling (score boys and girls separate)
3. Foul shooting (score boys and girls separate)
4. Musical chairs (score boys and girls separate)
5. Egg toss (one 2 person team of boys and one 2 person team of girls
Per team compete at same time, however are scored separately)

COMBINATION EVENTS

1. Seven station obstacle course (one boy and one girl on each team, add times together)
ORDER OF COURSE IN 2004: start at baseline, run to slalom station, move 60 pound football tackling dummy 10 yards, hit 1 free throw, make turn, water challenge, run through 6 hula hoop rings, frog jump for 15 feet, run to finish line, touching home plate
2. Team vertical leap (one boy and one girl on each team, add distances together)
3. Team shuttle run (one boy and one girl on each team, add scores together)
4. Team broad jump (one boy and one girl on each team, add scores together)
5. Team shot put (one boy and one girl on each team, add scores together)
6. Team bench press (one boy and one girl on each team, add scores together)
7. Team distance race (one boy and one girl on each team, add scores together)
8. Football accuracy throw (one boy and one girl on each team)