

PUNT, PASS & DASH

FOOTBALL COMBINE

THURSDAY

SEPT 10

CONSTITUTION FIELD
4:30-6:30PM

FREE!
OPEN TO ALL ELIGIBLE MWR PATRONS!

DESCRIPTION

Are you ready for some football? Celebrate the first week of the NFL season by testing your speed, arm strength, and accuracy at our command-wide Football Combine!

EVENTS

Bring your A-game and compete in three grueling stations to rack up your total score:



THE PUNT: Let it fly! We are measuring for maximum distance and accuracy down the gridiron.



THE PASS: Test your arm. Hit the targets from three different distances (Short, Medium, and Deep Threat).



THE DASH: Show off your pure breakaway speed in the timed sprint.



TO REGISTER ONLINE GO TO:
MYFFR.NAVYAIDS.COM

DIVISION



Male and Female

AWARDS



Compete against your peers for ultimate bragging rights. Awards will be given to the top 3 male and female finishers in each division.

DISCLAIMER



Physical activity is not without its risks, and participation in the challenges may result in injury. As with any exercise, if at any point during the challenge you begin to faint, dizzy or have physical discomfort, you should stop immediately and consult a medical professional. In addition, if you have any preexisting health conditions or physical limitations, Navy MWR recommends that you consult your physician or healthcare provider before beginning any physical activity.

**TEST YOUR GAME.
EARN YOUR BRAGGING RIGHTS.**



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