

MEET US AT STRONGHEART!



MIFO Events

Baby Crawl - Babies
Tot Trot - 1-2 Years
Bean Bag Toss - 1-4 Years
20M Run - 3-4 Years
Jump Rope - 5-6 Years
Softball Throw - 5 & Up
Obstacle Course - 5-12 Years
50M Run - 5-12 Years
Long Jump - 5-18 Years
Jump Rope & Fitness Circuit - 7-9 Years

MIFO Events Cont.

Lacrosse Speed Shot - 7-18 Years
Obstacle Course - 7-12 Years
Team Tug-of-War - 7-18 Years
3-Point
Basketball Shot - 10-18 Years
Fitness Circuit - 10-15 Years
400M Run - 13-18 Years
1 Mile Run - 13-18 Years
100M Run - 13-18 Years

TEAM GTB Youth Enji-Gagwejiing Days (Practice)

Monday July 7

Tuesday July 8

Wednesday July 9

Monday July 14

Tuesday July 15

For 0-18 youth in the
6 county service area

wear athletic clothes and shoes
and bring your water bottle!

12 & under

1:30pm-3:00pm

13 & up 3:30pm-5pm

8 and under must be
accompanied by an adult

Snacks provided!

For more information contact:
Cathy Crowley 231-534-7751
Kaylie Hutcheon 231-534-7755

Movie Passes, Gift Cards,
and more incentives for
multiple day participation!