

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)

Tuesday July 9

Wednesday July 10

Thursday July 11

Monday July 15

Tuesday July 16

Wednesday July 17

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!



pre-register here
so we can be
prepared for you!

For more information contact:
Cathy Crowley 231-534-7751
Kaylie Hutcheon 231-534-7755
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Movie Passes, Gift Cards,
and more incentives for
multiple day participation!