## **CAL Poly Club Sports**

### **Spring 2020 Virtual Challenge**

<table>
<thead>
<tr>
<th>Challenge</th>
<th>Rules</th>
<th>How to Earn Gold Stars* (5 pts = 1 Gold Star)</th>
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</table>
| **Virtual 5k Challenge**  
April 3-12 | Track yourself on a solo 5k walk, run, or hike | Submit proof of completion to clubsports@calpoly.edu  
1 point per person |
| **Burpee Challenge**  
April 24-30 | Do 100 burpees in a 24 hour period | Post a picture, video, or story of yourself completing the challenge, tag @cpclubsports, and submit a screenshot on the Gold Stars Tracking Form  
1 point per post |
| **Skill Tutorial Challenge**  
April 24-May 7 | Create a skill tutorial video aimed at high schoolers to learn an important skill from your sport that they can practice solo/at home. The video must be at least 30 seconds long, in which at least 15 seconds of it must be video (not pictures or a slideshow) | Post a picture, video, or story of yourself completing the challenge, tag @cpclubsports, and submit a screenshot on the Gold Stars Tracking Form  
5 points per video |
| **Push-Up Challenge**  
May 1-7 | Do 100 pushups in a 24 hour period | Post a picture, video, or story of yourself completing the challenge, tag @cpclubsports, and submit a screenshot on the Gold Stars Tracking Form  
1 point per post |
| **Rec Center Live Challenge**  
May 8-14 | Participate in one of ASI's live fitness classes | Post a picture, video, or story of yourself completing the challenge, tag @cpclubsports, and submit a screenshot on the Gold Stars Tracking Form  
1 point per post |
| **Team Photo Challenge**  
May 8-21 | Each team member puts on their uniform or team apparel and sends a pic to one person on the team who will create a collage and post (Canva is a great tool for this if you need help!) OR have a team Zoom and take a screenshot in grid view | Post the collage or screenshot, tag @cpclubsports, and submit a screenshot on the Gold Stars Tracking Form  
1 point for every team member pictured! |
| **Athlete Toolkit**  
May 14, 11:10am-12pm | Participate in the Athlete Toolkit Session on Thursday, May 14 from 11:10am-12:00pm | Attendance will be taken during the Zoom meeting https://calpoly.zoom.us/j/95544040412  
1 point per person |
| **Team Newsletter Challenge**  
May 15-21 | Send a newsletter to your alumni and/or supporters. Let them know how your season went and feel free to include a link to your Spur Change campaign or https://giving.calpoly.edu/ (no other online crowdfunding sites are allowed) | Upload a copy or screenshot of the newsletter via the Gold Stars Tracking Form  
5 points per newsletter |
| **Testimonial Challenge**  
May 22-28 | We know that being a part of Club Sports is an important part of your college experience so share your story! | Upload the video via the Gold Stars Tracking Form  
5 points per video |
| **Club Sports Awards Ceremony Red Carpet**  
May 31 4:00-5:00pm | Dress up in either your finest attire OR your team uniform and strut your stuff down a virtual red carpet leading up to the Club Sports Awards Ceremony which will be streamed live on Sunday, May 31st at 5:00pm | Post a picture, video, or story of yourself completing the challenge, tag @cpclubsports, and submit a screenshot on the Gold Stars Tracking Form  
1 point per post |