

Community Day: Athletics

- 7:30 am 5K and Kids Race Registration (Cope Hall)
- 8:45 am Kids Race Begins (1 mile race)
- 9:00 am 5K Begins
“C” Club monthly meeting

Immediately following race, award ceremony will begin

- 10:00 am – 2:00 pm **Athletic Apparel Throwback Sale** (between Cope and Marian Anderson)
The athletics department is conducting a sale of old, unused and worn out uniforms, equipment and athletic related items. Proceeds of these items will assist in the athletic department programming expenses and scholarship budget.
- 11:00 am-11:30 am **Beach Ball/Grass Volleyball** (front of Cope Hall)
The volleyball team will coordinate a fun game of volleyball.
- 11:45 am – 12:15 pm **Punt, Pass & Kick Competition** (In stadium, closet to hill)
Coach Williams and Coach Harrison will coordinate a punt, pass and kick competition to test the football skills of participants.
- 12:30 pm – 12:45 pm **Speed and Agility Clinic** (located in Stadium)
Coach Harrison will teach youth the tricks of the trade in speed and explosion in relations to track of other sports.
- 1:00 pm – 1:30 pm **Hot Shot or Knock Out** (tennis courts near Cope)
A portable basketball goal will be placed on the tennis courts. Coach Williams and Coach Harrison will coordinate a basketball competition based upon earning points in a certain amount of time. If the portable goal is not placed, all activities will be coordinated on top of the hill.
- 1:45 pm – 2:00 pm **Cheyney Slide** (In football stadium)
The cheerleading squad will coordinate the biggest Cheyney slide dance in Cheyney history. Stadium music will be played.

Primary contact of these activities is Men’s X-Country/Track Coach James Williams and Ms. Connie Hayes, Assistant Athletic Director/Compliance.