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.