



GrandMastersRx 2023 BATTLE OF THE SEXES



Location: GrandMastersRx, 2029 Weaver Park Dr.

Date: Saturday, March 25th

Time: 8:00 am start

BATTLE OF THE SEXES: THE BATTLE PLAN

BOYS VS. GIRLS IN AN EPIC EVENT!

WHO WILL PREVAIL?

I. The Scoreboard

The scoreboard be set up on the main whiteboard competition style. The winner of each event will receive 1 point and the loser will receive 2 points. Low overall score after all the events culminating with Pinata wins.

II. 8:00 Call to order

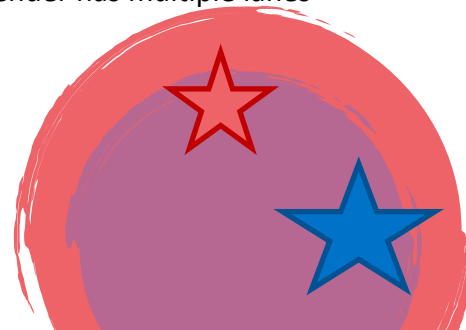
Coach Ed will rally ALL the troops, explain the day, and then we'll break out into the girls versus the boys for individual gender planning and strategy. The scoreboard (boys vs. girls) will be on the main whiteboard with each event being added as we finish. In the end, the winning sex will be crowned victorious and hold the title of Superior Gender for the upcoming year. In 2024 we will repeat this event on or around our NINE-year program anniversary. Happy EIGHT years on March 22nd!

III. 8:15 One Minute Drills – 4 x 1-minute heats (8') with transition

We will divide up into two equal number lines – pairing up. Boys and girls may be inter-mixed. The events are squats (to target), burpees (Rx, and elevated), Sit ups (no SKU), and 45# plate step ups. One person will count, one will perform max reps for 1 minute. Then we'll switch. We'll total the girls' scoresheets and the boys' scoresheet and divide the total by the number of scoresheets to get an average. Highest rep average wins.

IV. 8:35 Butt Ball – 7-minute AMRAP

In lanes of equal numbers (girls will have multiple lanes), each lane will have a lacrosse (LAX) ball. The athlete will “wedge” the LAX ball between their “cheeks” (no, not the ones on your face!), and carry the ball with their cheeks down a lane. Without touching it with their hands they will drop it in the bucket. If it falls in the bucket, it's a point. If it misses the bucket, it doesn't count. The athlete will retrieve the ball from the bucket and return it to the next person in their line and join the end of the line. The team with the most balls in the buckets after 7 minutes wins. If a gender has multiple lanes and buckets, the total of the buckets will be averaged. High number wins.



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V. 8:50 Jeopardy – 30 minutes (also a “break”)

The boys and girls will separate, and each gather in a group in front of the whiteboard. The board will be striped and set up like a traditional Jeopardy game. There are 5 categories:

- >Name that Tune
- >Baby Boomer and Greatest Generation Trivia
- >The Box,
- >Old Movies, and
- >The Coaches.

There will be 5 questions per category each with an ascending point value from 100 to 500. The 100 point questions will be easier than the 500 point questions. Ed and Pete will MC the game. As in the game of Jeopardy, the questions will be asked like this: “I’ll take The Box for 300, Ed.” The leading gender will start. The entire team (boys or girls) will congregate and decide on the answer. The spokesperson will answer the question as a question: “What is [insert answer here]?” If correct, that gender gets a point and will continue to access questions on the board for points. If an incorrect answer is guessed, the opposing gender will have an opportunity to answer. If correct, the opposing gender takes control of the board. There will be a tight time limit on answering the question - :30 to :45 depending on the question. We will play for 30 minutes. The team with the most points in this game will win.

VI. 9:20 Tic Tac Toe – 10 min AMRAP

The floors will be striped with three Tic Tac Toe games -like a hashtag/number sign. There will be three sets of teams and the boys will have less players than the girls – approximately 6 boys to 12 girls. At 3,2,1 go, in lines, the first person on the leading gender team will toss a cornhole bag at the game board trying to land their bag in a square. Teams will alternate boys and girls – one throws at a time. The first team to get three across with bags in or on the line of the square (decided at toss) will get a point for the game and the game will reset. The winning gender will be actual points on this game since we have three teams each. There will be one judge positioned at each board.

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VII. 9:50 Water Balloon Toss – until there’s a winner

Girls line up against girls, boys against boys, likely in the parking lot. We’ll start within 1 to 2 feet of each other. On the call “toss” athletes will toss to each other. Each side will step back one step – the judges will ensure the lines and steps are even. On the call “toss” athletes will toss again. We’ll repeat this step until there is a gender winner.

VIII. 10:10 Flip Cup – “just the cups!” – 1 min AMRAPs for about 10 minutes

This is a silly filler. We’ll have three tables with three girls and three guys on each side, each with a plastic Solo cup. On the call 3,2,1, go, the athletes will begin “flipping their cups” from upside down to right side up from the edge of the table. The number of flip cups per gender will be recorded by the judges. The number of competitors per gender per table must be the same. At the end of each AMRAP we’ll total the number of successful flips and the gender



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with the most points will win that AMRAP. The gender with the highest number of successful flips will win. Equal numbers of boys and girls must be at each table.

IX. 10:20 Plank Challenge – until there’s a winner

Athletes wanting to participate will line up and on the call of 3,2,1, go, they will assume the hand plank position (RX only). The last gender still planking once all others have succumbed will be the winner.

X. 10:40 Pinata

Again, many of these games are tradition to our Battle of the Sexes, and Pinata is no different. We will begin snacking at this time as well!

Anyone wanting to participate will put their name in a hat - boy hat, girl hat –Ed and Pete will draw two names from the leading genders hat to start. A pinata, full of lottery tickets and other fun stuff, will be hung from the ceiling at above head level. A large, taped square beneath the pinata will be established. Spectators will be positions all around the permiteter of the square – not focused in one area. The two athletes (of the same gender) will decide who will swing and who will navigate. The swinging athlete will be blindfolded and assisted in spinning around with their head on a bat (those with vertigo are cautioned to spectate this event!). After spinning 3-5 times, the athlete will be “moved around the square” by Ed or Pete. All spectators must be very quiet. The navigator athlete will then be allowed two short commands – such as “take three steps to your left”, and “turn 45 degrees”. After those two commands the athlete will take a swing. If he/she misses, we’ll repeat the process with the opposing gender until we break the pinata or get tired of trying! The gender that breaks the pinata will get the final point and we’ll divvy up the lottery tickets amongst the winning gender!

XI. Snacks and refreshments during/after Pinata

XII. 12:00 Clean up crew:

- a) Bulldog the floors
- b) Sweep up the conference room and entryway
- c) Vacuum the turf
- d) Undecorate

XIII. Volunteer crew:

Ed and Pete – MC’s

Judges – Sam, Izzy, Wendy, Courtney