



## INFORMATION PACKAGE

## INTRODUCTION

BC School Sports is excited to announce the BCSS Basketball Pandemic Challenge presented by Baden. This **VIRTUAL** challenge is aimed to help student-athletes across the province stay active during these unprecedented times. Although student-athletes are not able to compete on the basketball courts, BC School Sports still wants to see student-athletes active and engaging in sports while representing their school.

## AIMS OF THE EVENT

- Launch of the 3<sup>rd</sup> BCSS virtual event to promote physical activity as part of the reintegration of sport into schools during the COVID-19 pandemic.
- Raise awareness of the importance of school sport, highlighting the role of sport in the mental health of student-athletes and their overall success on and off the field of play.
- Engage all BC high school student-athletes from all 19 sports to encourage them to stay active in creative ways during these difficult times.
- Provide an opportunity for student-athletes to safely connect and better themselves through training and friendly competition.
- Encourage those who may not normally participate in school sport to do so and benefit from the engagement that comes from participating in school sport.

## QUICK FACTS

- Open to any grade 8-12 student attending a BCSS member school.
- A great activity for your phys-ed classes as well as student-athletes.
- The Basketball Pandemic Challenge presented by Baden, consists of 3 one-week challenges between **February 8, 2021 to February 26, 2021**.
- Student-athletes may complete the challenges as many times as they would like within the challenge week but only their **BEST** score can be considered for each week's Top 5 submissions.
- Prizes and recognition are available to the top scoring schools and the highest participating schools for each of the four participation groups.
- The Challenge will have two categories, boys & girls.

## THE CHALLENGES

### Week 1 (February 8-12): Mikan Drill (60 sec)

Week 1 of the challenge will give students the opportunity to complete the **60 second Mikan Drill**, which is a left-right alternating layup drill using a single ball. The ball must hit the backboard, the student must rebound their own ball, and if they are unsuccessful with the layup they must continue on that side until they are successful. A designated counter must keep track of the number of successful layups that go into the net during the 60 second period. **Each successful layup = 1 point.**

### Week 2 (February 15-19): Free Throws (20 attempts)

Week 2 of the challenge will give students the opportunity to complete in a best of **20 free throw challenge**. A school may choose to use a 2-ball rotation and a rebounder to optimize gym time, but it is NOT necessary to complete this challenge. There must be a designated counter to keep track of the number of successful shots for each participant. **1 successful shot into the net = 1 point** for a total of 20 possible points. Attempts must be consecutive and must be completed in one session.

### Week 3 (February 22-26): 3-Point Shots (60 sec)

Week 3 of the challenge will give students the opportunity to complete in a **60 second 3-point-shooting challenge**. Participants may shoot from anywhere outside the 3-point line. The shooter may choose to move around the semi-circle or remain in one place. **1 successful shot into the net = 1 point.** The designated counter must keep track of the number of successful 3-point shots that go into the net within the designated 60 second time slot. To ensure consistency of environment and results province wide, this challenge requires a school to use a 2-ball rotation and up to 2 rebounders to optimize the 60 seconds of shooting time. Attempts must be consecutive and must be completed in one continuous 60 second session.

## HOW TO SUBMIT

Upon completion of the week, schools must submit their top **5** scores (combined into a single weekly score) in either or both the boy's and girl's category. The school athletic director must submit **ONE** submission for the school's overall participation numbers, and results by **3:30pm** on the **Friday of each week**.

Please use the following submission links to submit each set of results and participation numbers:

[Week 1](#) results due on **February 12 at 3:30pm**

[Week 2](#) results due on **February 19 at 3:30pm**

[Week 3](#) results due on **February 26 at 3:30pm**

**Important note:** There is no limit to the number of times a student can complete the challenges within their respective week however only their top score can be counted towards their ranking to be considered for the top 5 scores, and a student who completes a weekly challenge multiple times only counts as a single participant.

## PRIZES

Baden has generously provided a new set of 6 Baden basketballs (Retail value of \$540) that will be awarded to the overall highest scoring school in both the boys and girls category. The final scores will be determined by combining the schools scores from all 3 weeks into a total overall score.

If there is a tie between schools, the school with the most overall 3-point shoots will be declared the winner. If there is still a tie between schools, the school with the most overall free-throws will be declared the winner.

Participation prizes will also be awarded to 1 school in each of the 4 categories outlined below for overall participation.

Groups have been determined based on the following Grade 8 - 12 school enrollment numbers:

**Group A:** 1400+

**Group B:** 600-1399

**Group C:** 176-599

**Group D:** 1-175

## STAY SOCIAL

Stay connected with us on social media! Show us how you and your school are completing the challenges during the 2021 BC School Sports Virtual Basketball Pandemic Challenge presented by Baden by using the hashtag **#BCSSBasketballPandemicChallenge** on twitter and Instagram.

## IMPORTANT DATES

February 8, 2021 – Start of **week 1** of the BC School Sports Basketball Pandemic Challenge presented by Baden.

February 12, 2021 – The last day of **week 1** of the BC School Sports Basketball Pandemic Challenge presented by Baden. Results for week 1 due by **3:30pm**.

February 15, 2021 – Start of **week 2** of the BC School Sports Basketball Pandemic Challenge presented by Baden.

February 19, 2021 – The last day of **week 2** of the BC School Sports Basketball Pandemic Challenge presented by Baden. Results for week 2 due by **3:30pm**.

February 22, 2021 – Start of **week 3** of the BC School Sports Basketball Pandemic Challenge presented by Baden.

February 26, 2021 – The last day of **week 3** of the BC School Sports Basketball Pandemic Challenge presented by Baden. Results for week 3 due by **3:30pm**.