

NIU VALLEY SPORTS fair

4 DECEMBER

FOR THE ENTIRE SCHOOL DAY

OUR MISSION IS TO EDUCATE STUDENTS ON HOW TO HAVE AN ACTIVE AND HEALTHY LIFESTYLE BY CREATING ENGAGING ACTIVITIES SHOWCASING BENEFITS AND DANGERS.

WEAR COVERED
SHOES: NO CROCS

BRING WATER

ACTIVITIES:

BASKETBALL CROSS COUNTRY
VOLLEYBALL NUTRITION
SOCCER CPR

