

SURVIVAL OF THE FITTEST COMPETITION



January 11 - March 7, 2021

We want you to lose so that you can win big! Mauldin Sports Center's **Survival of the Fittest Competition** is here to help you meet your fitness goals. The top three winners will receive free Sports Center memberships (three months for first place, two months for second, and one month for third place)!

Important Dates

Dec. 14, 2020 to Jan. 6, 2021 Registration at the Mauldin Sports Center.

January 8 Participants will receive an email by this date with final details on the contest.

January 11-16 and March 1 - 6 Participants are required to attend two body composition checks at the beginning and end of the competition.

Register Today!

To register and learn more, visit the **Survival of the Fittest** table at the Mauldin Sports Center!

Questions? Email aduffie@mauldinrecreation.com or kgoodson119@gmail.com, or call the Sports Center at 864.335.4855

mauldinrecreation.com



Mauldin Recreation
10 City Center Drive
Mauldin, SC 29662



Survival of the Fittest

Competition

January 11th, 2021- March 7th, 2021

Rules and Regulations

1. The contest will be conducted during the above dates in an attempt to award a prize to the winning individual (the greatest prize is health).
2. Contestants may sign-up at the table located near membership services beginning December 14th, 2020. Registration ends on January 6th, 2021.
3. You will receive an initial kickoff email providing the details of this contest. This email will come to you by Monday January 8th, 2021
4. **To officially qualify, all contestants must have both Circumference measurements and body fat percentage measured. All measurements will be taken by Mauldin Sports Center fitness staff.**
5. **Contestants must have a minimum of Walker Plus level membership.**
6. Contestants must be 18 years of age or older to enter and participate in this contest.
7. **Valid email address is required for each participant. It will be required of you to check your email weekly. Amanda will reach out to each of you via email weekly**
8. Winning contestants may not be employed by the Mauldin Sports Center; however, they are eligible to enter and participate.
9. 2 Body Composition checks will be required before the end of competition: ***(body fat measurements)***
 - ***Initial check in is done January 11th-January 16th, 2021***
 - ***Final week 8 check in March 1st-March 6th, 2021***

Contestant will “check in” for both Body Composition measurements by making their own appointment for BL measurements with the front desk.

Contestants will also have their punch cards ‘punched’ on the “check in” circle at the time of appointment. We will track contestant’s measurements, total body fat and their total blood pressure at each “check in”. If contestants miss “check-in”, they will be determined to no longer be a contestant. (You can still participate; however, you cannot win a prize)

10. Weekly punch cards must be kept and turned in every Monday.
11. You must meet take 3 group fitness classes on your own time weekly. These classes should change weekly or alternate every other week. Trainers will not initial your punch cards if you take the same classes constantly.
 - Mandatory Thursday you must attend the 6:00pm class
 - Mandatory Saturday morning classes for contestants at 9:45am.
12. You will also be given a weekly challenge to complete each day or certain days during the week.
 - A. Weekly challenge must be completed at the Mauldin Sports Center. You will not get credit for performing these at home.
13. You are allowed two EXCUSED absences; beyond this you are eliminated from the competition. ☺
 - A. If you miss a workout you will be given a makeup workout
14. Each contestant must fill out a liability release waiver for the Mauldin Sports Center facility. This waiver will remove any liability from the fitness facility and participating sponsors, agents, representatives and employees.
15. Participation is strictly voluntary. Contestants may remove themselves at anytime. In doing so, the contestant is considered out of the competition.
16. Mauldin Sports Center:
 - A. Is not responsible for any injury, illness or mental distraught that may arise from participation in the contest.
 - B. Is not responsible for any changes in travel or prize delivery.
 - C. Is not responsible for any liability arising directly or indirectly from the award or use of the prize.
 - D. Is not responsible and will provide no additional warranties regarding the use of the team and individual prize. Other restrictions may apply.
 - E. Reserves the right to make rule/contest changes without notice at any time and reserve the right to change the aforementioned contest dates without notice.
17. All participants will allow their name and picture/video to be used in promotional announcements, print, and internet-based advertising for the sole use to promote Mauldin Sports Center 2020-2021 calendar year.
18. There will be ONE First Place, ONE Second place and ONE Third place over-all winner
19. How do you win? You must have the most Body Fat loss, turn in ALL punch cards, and follow ALL rules and regulations listed.
20. All **FINISHING COMPETITORS** receive a Mauldin Sports Center Survival of the fittest T-shirt
 - First Place = 3 months membership to the Mauldin Sports Center

- Second Place = 2 month membership to the Mauldin Sports Center
- Third Place = 1 month membership to the Mauldin Sports Center

Good Luck to all of you

For questions and concerns please contact

Amanda Duffie:

aduffie@Mauldinrecreation.com

Office: 864-335-4858

OR

Kayla Goodson:

Kgoodson119@gmail.com

I have read and understand the above rules and regulations of MSC Survival of the fittest

Print name

Waiver: by Signing Below: I do hereby release and discharge from liability The City of Mauldin, Mauldin Recreation Department, director and supporters for all claims and damages, demands, actions arising or growing out of my participation in this event. I attest and verify that I have full knowledge of risks involved in this event and I am physically fit and trained to participate in this event. I assume all risks with this event.

Print Name

Entrant Signature

Date

Email

T-shirt Size _____

Initial Assessment

Name of Participant _____

Date _____

Trainer Initials _____

Circumference Measurements:

Rt Arm _____

Chest _____

Waist _____

Hip _____

Rt Thigh _____

BP: (Optional)

_____/____

Weight: (Optional)

AGE:

Body Fat:

Chest (male) _____

Tricep (female) _____

Abdominal _____

Superillium _____

Thigh _____

BF% _____

Name of Participant

Date

Circumference Measurements:

BP :(Optional)

Rt Arm _____

_____/_____
/

Chest _____

Weight :(Optional)

Waist _____

Hip _____

AGE:

Rt Thigh _____

Body Fat:

Chest (male) _____

Tricep (female) _____

Abdominal _____

Superillum _____

Thigh _____

Sum _____

BF% _____