



***See It, Believe It, Teach It!***

**Promotes hand-eye coordination,  
ambidexterity, quickness and concentration**

**SESSION TITLE:**

**“ON THE MOVE WITH SPEED STACKS: SPORT STACKING *and* FITNESS  
FUN!”**

**SESSION DESCRIPTION:**

**25 WORDS:**

Activity-based session: Learn the very basic skills of ***Sport Stacking*** AND a variety of **fitness, movement and relay challenges!** Receive a FREE set of Speed Stacks, Instructional video and ‘On the Move with Speed Stacks’ Activity Guide!

**50 WORDS:**

Activity-based session: Learn the basic skills of ***Sport Stacking*** AND participate in a variety of **fitness, movement and relay challenges!** Experience the benefits of *sport stacking* through increased hand-eye coordination, ambidexterity and bilateral proficiency! Designed for both “experienced” stacking instructors and “New-to-the-sport-Instructors!” Receive a FREE set of Speed Stacks, Instructional video, and ‘On the Move with Speed Stacks’ Activity Guide!

**75 WORDS**

In this newly-developed Activity-based Sport Stacking session we have something for everyone! You will learn the very basic skills of ***Sport Stacking*** AND participate in a variety of **fitness, movement and relay challenges!** Experience the benefits of *sport stacking* through increased hand-eye coordination, ambidexterity and bilateral proficiency! This presentation is designed for BOTH “experienced” *sport stacking* instructors looking for fresh ideas, AND instructors “new-to-the-sport,” learning ways to introduce *sport stacking* into their programs! Receive a FREE set of Speed Stacks, Instructional video, and ‘On the Move with Speed Stacks’ Activity Guide!