**Monster Wall Ball**

Monsters Wall Ball challenge starts May 22nd and ends June 24th. Only 34 days. Anyone can participate. Here is how to start:

1. Sign up on the excel spreadsheet. It is a live document that has been created in Google Docs. As you enter information, other people can be entering information at the same time. There is no save button as it is a live document.
2. Enter the players name, shirt size, team, and email address. All the columns that are lime green are for you to enter information. Please do not use different fonts or colors for entering names or other information. As players sign up, the spreadsheet will be sorted alphabetically every few days to make it easier to find your player. It will also be sorted by team. The other columns are for totaling wall balls and keeping track of stickers. Please do not worry about those columns, as that will be done by Victoria. She will be updating the spreadsheet often and tracking the number of wall balls. After entering the player’s information, the only thing left to enter is the number of wall balls for the left and right hand. Nothing more.
3. Hit the wall every day using left hand and right hand. Record the wall balls on the spreadsheet for each day. If the player does not do any wall balls on a day, please enter 0 so I know that you have updated the sheet.
4. A helmet sticker will be awarded for every 1000 wall balls. If the player hits the wall every day doing 200 per hand they could achieve 13600 wall balls (13 helmet stickers)
5. Victoria will give out stickers during the week at practices.
6. When the player reaches 6,000 wall balls they will receive a t-shirt. When they reach 13,000 they will receive another great gift.
7. If you have any questions, please email Victoria Gross at [victoria@codygross.com](mailto:victoria@codygross.com).

The first tab is a spreadsheet you can print out to put where your player can enter the wall balls everyday and then you can enter them at your convenience. The second tab is the first month, May.

**\*\*\* Please make sure to get your wall balls entries recorded as soon as possible. This is a very short challenge and we want to be able to get the prizes out to the players as soon as they earn them.**

The website link is:

<https://docs.google.com/spreadsheets/d/1cLJ5zuU0FBG9NvpAZeiIwBIRj3Q4bN4yKDOzMfbEZrs/edit?usp=sharing>