

THE GRIT PROJECT

Shaping leadership in health and fitness,
Empowering grit in our youth
Combating chronic diseases



THE GRIT TRIALS AND GRIT GAMES

2019

GRIT PROJECT PARTNERSHIP PROPOSAL



DRIVE SALES

We can offer Fitness Town the opportunity to provide a discount coupon to participants, driving traffic into your stores.



EDUCATION

Educate the public on how and why to use Fitness Town products. Inspire new clients to engage with your product line.



AWARENESS

Build brand awareness by getting Fitness Town and your offerings directly in front of the eyes of potential new customers.

BRAND AWARENESS

With this partnership, you have the opportunity to reach a new group of potential customers. Not only will we be building brand awareness for Fitness Town, we will be demonstrating the use of various fitness equipment and inspiring participants to further engage with the product.

GRIT FARM FITNESS

We have been working with schools in the Lower Mainland since 2016, delivering a range of functional fitness challenges and obstacle course events.

Grit Farm is fuelled by the passionate community of obstacle course racers who support our mission to bring the camaraderie, challenge and inclusiveness of obstacle course racing to children in the Lower Mainland.

We hope you'll join us as we continue to help kids Grow Grit.



The Grit Trials take place over the course of a regular school day in educational facilities through-out the Lower Mainland.

This day is no regular school day though.

**It's a celebration of fitness for all levels and abilities
- and an exploration of physical limits.**

Policemen, firemen, soldiers, and health professionals share their extraordinary stories about the ways in which fitness has impacted their lives... and the lives of those around them.

The students performance in the Grit Trials will be documented to help better understand the current functional abilities of children and youth.

Leadership students are recruited to facilitate the instruction and organization of the assessment, and for data collection and entry.

Each exercise is graded as a percentage relative to the highest score recorded. The percentage of all categories is summed to determine the "Grit Champion."

GRIT TRIAL SCORING

Scores are converted to a percentage relative to the highest score and are then summed and divided again by the number of skills evaluated.

With timed events, the longest time recorded in seconds is used to subtract other timed finishes in seconds. This difference represents the final score and used to determine the percentage.

Examples:

The fastest time of 3 minutes for a 1k run equates to 180 seconds. The longest time for the 1k run is 11minutes and 44 seconds: this equates to 704 seconds. The score for the fastest is then

*$704-180= 524$; $524/524*100$ is 100%*

*A mid-pack time of 7 minutes and 21 seconds equates to 441 seconds is scored at 50.19%. $704-441=263$; $263/524*100$ is 50.19%*

*The best push-up performance is 74 reps, while the mid-pack push-up score is 31 reps; so the mid-pack score is 41.89%. $(31/74)*100\%= 41.89\%$*

If there were only these two skills evaluated, the overall mid-pack score is 46.04%; $(50.19+41.89)/2 = 46.04$





STRENGTH

PUSH-UPS

Lying prone (chest down), hands shoulder width apart: ankle, knee, hip, & shoulders in a straight line and hinging at the ankle. A dowel is placed along the length of the back to help gauge maintenance of alignment.

"1,2,3 go" is called and timer is started for one minute duration. An additional minute may be added (to a 2 minute max) if participant maintains contact with the dowel, completes each rep with good form, and rests no longer than 5 seconds between each rep.

The body is then pushed off the floor until the arms are straight, dowel in place. The "top" or "end position," is marked by a band linked through a set of bars.

If the dowel falls, the test is terminated and the score is documented. The score can still be noted without use of dowel - but must be CIRCLED to indicate modification.

Likewise, if unable to push-up from feet, knees can be used as fulcrum. Score shall be noted with a "K" and no dowel is required, although band must still be used to mark end position.

To establish, "start position," hands must be lifted from floor with each rep. If either start or finish position is not fulfilled, rep is not counted.

SIT-UPS

Lying supine (face up) on the floor face up with knees bent, feet together and knees apart in diamond shape. The start position is with the head on the ground and both hands touching the floor above the head.

"1,2,3 go" is called and timer is started for one minute duration. An additional minute may be added (to a 2 minute max) if participant is able to easily meet end ranges, maintain good form and rest no longer than 5 seconds between each rep.

The body is then folded forward until hands touch floor beyond toes. Feet and hips must remain on floor or the rep is not counted.

If a clean repetition cannot be done, arms on legs can be used to help facilitate the movement; however, score must be CIRCLED to indicate modification.

PULL-UPS

Starting from hanging position on a bar without leg support, elbows must be straight and shoulder blades fully elevated.

A band is positioned at the level of the heel to mark the "start position."

"1,2,3 go" is called and a timer is started for one minute. An additional minute may be added (to a 2 minute max) if participant is able to easily meet end ranges, maintain good form, remain suspended from bar and rest no longer than 5 seconds between each rep.

The body is then pulled vertically to bar until the chin is at the level of the bar and could touch it - this marks the "end position."

Movement must be performed in a controlled manner without body or leg movement. If movement occurs outside of arms, test is terminated and score is recorded.





ENDURANCE AND BALANCE

RUN

High school students will complete a 1 kilometre run for time.

Grades 5, 6, and 7 will complete an 800m run for time.

Grades 2, 3, and 4 will complete a 400m run for time.

Kindergarten and Grade 1 will run 400m for time.

Age 18 and over will run 2 miles for time.

Score is based on the total number of seconds (minutes x 60 + remaining seconds), divided by fastest time, and multiplied by 100.

The percentage is used in overall scoring.

BALANCE

Three 10 foot balance beams, 2 inches in diameter, are placed in sequence with a 30 degree angle between each.

"1,2,3 go" is called and a timer is started for one minute.

Participants walk from one end of the balance beams to the other (30' total) as many times as possible in one minute.

Score is recorded as number of feet walked.

20M RUSHES

0-20m distance is marked in a straight line.

"1,2,3 go" is called and a timer is started for one minute.

The participant runs two laps (80m) back and forth on the marked distance with burpees done at 10, 20, 30, 40, 50, 60 and 70 meters.

Score is based on the total number of seconds (minutes x 60 + remaining seconds) divided by fastest time, multiplied by 100.

The percentage is used in overall scoring.





POWER

BROAD JUMP

Start with toes on a line and feet shoulder-width apart.

Dip with knees, swing arms and jump as possible.

Distance is scored from starting line to where toes first contact ground.

Note that if participant steps back, that distance is scored.

Jump greater than:

- 8 feet = 3 points
- 7-8 feet = 2 points
- 6-7 feet = 1 point
- Less than 6 feet = 0 points

VERTICAL JUMP

With an erasable pen in hand, participant will reach as high as possible to make a mark on the wall.

Participant then jumps as high as possible to make another mark.

The difference in height of the marks is recorded in centimetres as the score.





MOBILITY

SQUAT

Stand facing a wall with arms raised over-head and elbows straight; arms should be inline with the ears.

Feet are shoulder-width apart and toes are 2 inches from the base of the wall and slightly turned out.

Squat down as low as possible, keeping feet flat, chest up and back naturally arched. Do not let any part of body touch the wall. Heels must stay contacted to the ground.

Score as:

Full proper squat
= 4 points

knee flexion less than 90 degrees
= 3 points

knee flexion at 90 degrees
= 2 points

knee flexion greater than 90 degrees
= 1 points

Fall
= 0 points

Add 1 for straight elbows
Add 2 for straight elbows in alignment with ears

Total possible point value is 6 points

SHOULDER REACH BEHIND

Starting position is in the upright position. Reach one arm down the back and the other up the back.

Score of 60cm assumes ability to touch the fingers to each other.

Distance fingers extend beyond each other is measured in centimetres and added to 60 for the final score.

If fingers do not reach, the distance away from each other is measured in centimetres is subtracted from 60 for the final score.

Score each side separately denoted as L/R (left over right) and R/L (right over left)

SIT & REACH

Starting position is on ground in seated position with legs fully extended, knees straight and toes pointed up.

Score of 60cm assumes ability to touch the toes.

Distance fingers extend beyond the toes is measured in centimetres and added to 60 for the final score.

If fingers do not reach the toes, the distance away from toes is measured in centimetres is subtracted from 60 for the final score.





TRIALS FOR ADULTS

ADULT VARIATIONS

Run 2 miles

Evaluate for 2 minutes

Push-ups

Sit-ups

Pull-ups

DUMBBELL SNATCHES

Using a dumbbell that is no less than 30% of participants body weight, perform safe snatches for 2 minutes.

Keeping your back naturally arched and your head up, push your hips back and lower your body until your thighs are parallel to the floor (deadlift). As you stand up, pull the dumbbell to shoulder height by initiating with your legs and then lower yourself into a squat below the weight as the elbow straightens over head. Squat up to standing with the straight elbow. Return to the starting position and repeat as many times as possible in 2 minute alternating hands on the dumbbell.

DEAD LIFT

Lifts are included for participants over 18 only.

One rep max hex-bar deadlift with proper form is scored as percentage of body weight.

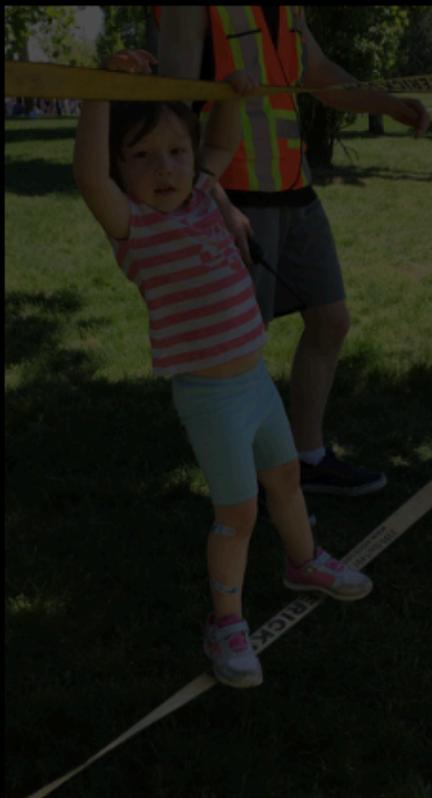
Single arm dumbbell clean and press is set-up at 30% of participant body weight.

"1,2,3 go" is called and a timer is started for one minute. Score is the amount of reps that can be done with good form in one minute.

"Bottom position" is marked by dumbbell being fully released to floor. Hand used must be alternated every rep. "Top position" is marked by full extension of elbow with arm at ear.

If either position is not achieved, rep will not be counted to total score.

Judges reserve the right to stop any participant at any time if form is deemed as unsafe or back rounds.





TOES TO BAR

From hanging position, perform toes to bar as many times as possible in 2 minutes.

Be careful not to release the bar as the legs are swinging up.

Toes from at least one foot are required to touch bar for rep to count.



STANDING THROW

Throw a 10-pound medicine ball as far as possible over the head and to the rear.



SEATED THROW

THROW with both arms while seated using a 4.4 pound (2kg) medicine ball the size of a basketball.



MAX PLANK HOLD

Hold plank as long as possible with good form. Plank will be terminated by judge if hips rise above, or drop below, hip level.



GRIT GAMES OBSTACLES



POPAT

**PUSH PULL
CIRCUIT**

**VICTIM
RESCUE**

**HOSE RAISE &
ADVANCE**

**ESCAPE TO
COVER**

**HAMMER
DRIVE &
DIGGING**

**SANDBAG
FORTIFICATION**

**PICKETS AND
WIRE CARRY**

**SPRINT, DRAG
AND CARRY**

GRIT PROJECT FARMERS



ALLISON TAI

Allison Tai was not always active. In fact, she failed gym class nearly every year and came dead last at the one race she ran in high school. It wasn't until her twenties that she discovered what she lacked in speed, she had in endurance. Seemingly "born to run" she won many races and even placed second in her age group in Ironman in 2006. But tragically, a week later she was rear-ended by a truck while cycling on a highway.

Despite being deemed 24.5% disabled, she discovered and excelled in obstacle racing.

Particularly fond of ultra distance challenges, Allison won the Obstacle Course Racing Enduro World Championships for Canada in 2018.

2015 Spartan Canada Point Series Winner
2017 Sun Peaks and Tahoe UltraBeast
2017 Toughest Mudder Series Winner (five 8 hour overnight events, a total of 120 miles completed in her top 4 races)
2017 World's Toughest Mudder 2nd place
2017 Spartan Ultra World Championship 3rd place (24hr in Iceland 50+ miles)

Allison is a certified canfitpro group and personal fitness trainer and NAFC obstacle race pro trainer. She is one of the few Spartan Level 2 SGX coaches with additional Obstacle Specialist and Spartan Edge certifications.

In the past, she has been certified in STOTT Pilates, Functional Movement Screens (FMS) and Pre and Post Natal Fitness. In fact, she has been everything from a canfitpro PRO TRAINER to a celebrity trainer.

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JOHN TAI

John has been active in competitive sports since the age of 10 and has been coaching since high school.

He holds Level 1 coaching certifications in wrestling, volleyball, squash and road running. He is Level 2 Spartan SGX certified and has competed in over 40 OCR events.

He has been certified with the American College of Sports Medicine since 1991 and is now also certified with CanFitPro.

He trained as a Yoga instructor in Nasik, Maharashtra, India. He also trained in Vipassana meditation, Pilates and Crossfit.

He gravitated to health and fitness and has practiced as a Registered Massage Therapist in BC since 1997. His interest is in sports, pain management, Craniosacral Therapy and Visceral Manipulation.

He is also a Registered Neurophysiology Technologist with 10 years of experience in seizure monitoring and neuromuscular diseases. He continues to work at the Vancouver General Hospital Neuromuscular Disease Unit.

The Grit Project is his passion; he aims to inspire activity and better lifestyle choices for the prevention of chronic disease and the promotion of well-being.

At the farm, John uses his skill to develop training programs and his experience in construction, to build their personal playground as well as their garden; everyone deserves both.

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