

JUNIOR Challenge List

Diablo Rock Gym 2013

Your name: _____

Goal of this list: Provide age appropriate challenges to kids. If your kids can or cannot earn a shirt on the regular challenge list, they can use this one as well. (It's all good). Remember -- This is NOT an "I can do list," rather, this is an "I DID LIST" in 2013, (after getting this score sheet). Be careful/safe, have fun.

(staple this to your regular/adult list)



Random Kid Stuff	K1 <input type="radio"/> -Climb to the top of the wall on any route. (red point it)	More random Kid stuff	K28 <input type="radio"/> -Do 25 air squats in one minute.
	K2 <input type="radio"/> -Run 100 meters in under 20 seconds. This is 25 feet longer then the ally behind gym. (open the gate)		K29 <input type="radio"/> -Do Twenty 20" box jumps in 2 minutes.
	K3 <input type="radio"/> -Walk six steps on the slack line UNAIDED!! Too easy, try more? Make it a challenge!		K30 <input type="radio"/> -Do 100 Burpees IAD.
	K4 <input type="radio"/> -Find a devil in your adventures outside the gym. Take a picture and post it on the DRG FaceBook Page.		K31 <input type="radio"/> -Make dinner for your parents and clear the table.
	K5 <input type="radio"/> -Swim length of pool without stopping holding a kick board.		K32 <input type="radio"/> -Climb with someone from a different school.
	K6 <input type="radio"/> -Change a bike tire.		K33 <input type="radio"/> -Down climb three boulder problems.
	K7 <input type="radio"/> -Put a DRG sticker on an item you take to school.		K34 <input type="radio"/> -Down climb three routes.
	K8 <input type="radio"/> -Climb up in a tree.		K35 <input type="radio"/> -Bike your age in miles IAD.
	K9 <input type="radio"/> Hike/scramble/explore or climb on Mt Diablo.		K36 <input type="radio"/> -Skin the cat.
	K10 <input type="radio"/> -Lift 20,000 lbs IAD.		K37 <input type="radio"/> -Bring a new person to the gym.
	K11 <input type="radio"/> -Boulder a problem 3 times in one minute.		K38 <input type="radio"/> -Walk two lengths of Yoga room on slider pads.
	K12 <input type="radio"/> -Eat a vegetable that you haven't tried before.		K39 <input type="radio"/> -Swim the pool, short way, under water.
	K13 <input type="radio"/> -Climb 10 routes in the gym IAD.		K40 <input type="radio"/> -Stand on one foot on a Bosu for 36 seconds.
	K14 <input type="radio"/> -Ten Kart-Wheels in a row without falling over.		<p>In the 1970s German Climber Kurt Albert would put a red dot at the base of any route that he or others could climb all free from bottom to top. "Rotpunkt" or in English "point of red" - "Red point." Check off the red dot for those challenges you complete in 2013. We'll post how you are doing on our Challenge list board, if you want. You can earn a T-Shirt. Please ask our staff, trainers, instructors, or other members how to do a given activity if you don't know. - we might tell you a challenging way to do it!</p>
	K15 <input type="radio"/> -Skip/jump rope 100 in a row.		
	K16 <input type="radio"/> -Do 100 Jumping Jacks in a row.		
	K17 <input type="radio"/> -Plank on your side for 30 second.		
	K18 <input type="radio"/> -Plank for one minute without dropping to your knees.		
	K19 <input type="radio"/> -Take a DRG class with a parent.		
	K20 <input type="radio"/> -Kayak or canoe on a lake or river.		
	K21 <input type="radio"/> -Wear a DRG tattoo in a visible place while at school.		
	K22 <input type="radio"/> -Do three summer-saults in a row.		
	K23 <input type="radio"/> -Do three Kart-wheels in a row.		
	K24 <input type="radio"/> -Hold tree pose for 20 seconds.		
	K25 <input type="radio"/> -Sit still for one minute.		
	K26 <input type="radio"/> -Count to five in three languages.		
	K27 <input type="radio"/> -Climb a door way chimney style.		