

# ***DISTRICT II YOUTH SKILLZ DAY***

**What is it?:** Skillz Day is a fun day for any District II youth to do some athletic events and meet other youth members. It is also a preparation day and workshop for the 2014 National Zlot!

**Location:** St Mary Social Center, 5000 West 31<sup>st</sup> St. Cicero IL 60804

**Date and Time:** April 12<sup>th</sup> from 9am-3pm

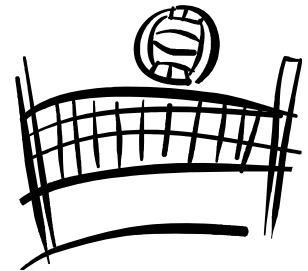
**Cost:** \$5 at the door for all youth participants. Includes Lunch.

**Age:** 7 and Up.



## **Workshops will Include:**

- Proper Stretching and Warm-Up Techniques
- National Drill, Girl's Drill, and Boys Drill
- Planning District II opening performance
- Volleyball Skills and Practice
- Track and Field Technique
- Discussing all aspects of the Meet



**RSVP By April 4<sup>th</sup>!**

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OR

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**Even if your youth don't plan on attending the Zlot,  
they are still more than welcome to participate!**