



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

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

## Assembly Format

### BEFORE ASSEMBLY

#### TEACH DEMO TEAM MEMBERS:

1. Doubles stacking
2. Multi-color stacking; 2 color, 3 color and 4 color stacking (explained on demo team training video)
3. "Dueling Speed Stacks" Routine (explained on demo team training video) OR you may choreograph your own routine to your own music.
4. How to interact with the audience.
  - a. Smile and show excitement
  - b. Make eye contact
  - c. Speak comfortably about Sport Stacking and it's benefits
  - d. How to select kids and teachers for relay races
5. Have each student initial every one of their cups and bags and other equipment

#### INSTRUCTORS:

1. Learn existing or make up new routines
2. Write up an equipment List (some things to consider are listed here)
  - a. Music
  - b. Music player/sound system
  - c. Crazy hats for relays
  - d. Team shirts
  - e. Sets of Speed Stacks
  - f. StackMats
  - g. Display timers/batteries or cords
  - h. Extension cords
  - i. Comp pack for the teacher
2. Personalize Assembly outline
3. Contact parents about schedule
4. Request appropriate space; GYM if possible!

### DAY OF ASSEMBLY

- I. Get to School early to set up for assembly
  - a. Set Up Music/Sound System
  - b. Set up tables with StackMats and Display timers

- c. If doing workshops with students, set up extra sets of Speed Stacks along side of room
- c. Display Banner, and any extra equipment
- d. Let demo team kids warm up

II As people enter room, play up beat music

## ASSEMBLY

I Introduce self and team

- a. Have team stand off to side while you talk

II Get audience clapping

- a. Talk about using 2 hands to clap
- b. Talk about other things you do with two hands, and two sides of your body (play musical instrument, play sports, keyboard)
- c. Talk about the benefits of sport stacking
  - i. Ambidexterity, bilateral proficiency, focus, concentration, patterning, sequencing, quickness, reaction time.
- d. Explain how sport stacking can help you do better at all of these things!

III Bring demo team up to tables

- a. Put on music, and let them “warm up” (fast stacking)
- b. Demonstrate a 3-3-3
  - a. All stackers race a 3-3-3
- c. Demonstrate a 6 stack
  - a. All Stackers race a 3-6-3
- d. Demonstrate a 10 stack
  - a. All Stackers race in the Cycle

IV Announce an audience participation Relay Race

- a. Demo kids go into the audience and select 4 kids (may need to limit number of relay teams to 3 or 4) Guide them to choose one young person, two middle size people, and one older person.
- b. Put funny hats on the last kid in each line
- c. Quickly demonstrate the 3-3-3 to the kids in the relay
- d. Demo team kids squat next to tables to offer assistance
- e. Run the Relay! Get the crowd cheering! Try to keep race even by helping out slower teams!
- f. After the race, have kids return to their seats.

## V Adult Relay

- a. Call ALL adults up to the front of the room...many will need to be brought up by the demo team
- b. Put different funny hats or wigs on last person in line.
- c. Announce that this is a 3-6-3 race
- d. Quickly demonstrate the 3-6-3 to the teachers
- e. Run the Relay! Get the kids cheering for their teachers!

## VI Conclusion

- a. 2,3,4 color stacking demonstrations by demo team
- b. Perform "Dueling Speed Stacks" or other routine you have choreographed.

PLEASE FEEL FREE TO ADD OR MODIFY THIS ASSEMBLY TO MEET YOUR NEEDS