



Custom Fitness gym
Saturday, May 28, 2016
8:00am Show / 8:30am Start

REGISTRATION PACKET

The District Court of Guam, the Judiciary of Guam, the Guam Bar Association, and Custom Fitness are pleased to present the *1st Annual Haggan Games*.

The Haggan Games is a fitness challenge and is one of many events planned for Law Week 2016. The event is designed to engage our island's local and federal agencies and courts, promote personal awareness about physical fitness, and encourage healthy behaviors. The theme is *Justice League*, so each participant is strongly encouraged to wear a costume of a favorite superhero (e.g. Superman, Wonder Woman, Flash, Batman, Robin, etc.).

Eligibility. Each agency (e.g. GPD, National Guard, Airport Police, Customs, Probation Officers, FBI, DEA, ATF, TSA, etc.) and court is encouraged to register a team of 9 participants (7 players and 2 alternates). No more than 1 team per agency or court. Each participant must be 18 years of age or older *and* an employee of the agency or court. If an agency or court is unable to field a complete team, its employee(s) may have family members join the team or they may join employees of another agency or court to form a team. Each team, however, must be comprised of male and female participants (ideally, 5 females and 4 males *or* 4 females and 5 males). The Guam Bar Association may also field a team.

Registration Deadline: May 13, 2016, at 5:00pm (**LIMITED TO THE FIRST 12 TEAMS!**)

Registration Fee: \$225/team (due with Registration Form)

Drop Off: Custom Fitness gym (located behind the 76 Gas Station in Anigua)

Contact: Paul Claros at cfsguam@gmail.com or (671) 989-0436

The Competition. Each team will compete in 3 round robin events. The event is open to people of all levels of fitness, but the degree of difficulty will increase each round. Each round will be timed and will consist of a combination of the following workouts: squats, pullups, pushups, kettlebells, push presses, box jumps, and log runs, among others. Custom Fitness will provide judges (*not the ones from the courtroom*) who will keep score. The top 4 teams will advance to the championship round. More details on specific workouts and scoring will be provided after the competition field is finalized.

Prizes (*subject to change*).

1st Place Team: Individual medals and 1 month membership at Custom Fitness for each participant

2nd Place Team: Individual medals and Custom Fitness goodie bag

All participants: Haggan Games t-shirt and Certificate of Participation

It's going to be a fun-filled event with participants donning superhero costumes, as well as good music, refreshments and snacks!





REGISTRATION FORM

REGISTRATION DEADLINE: Completed Registration Form and Payment must be delivered to Paul Claros at the Custom Fitness gym no later than May 13, 2016, at 5:00pm (**Limited to 12 teams. First come, first served!**)

REGISTRATION FEE: \$225/team (\$25/participant) due upon submission of Registration Form (Checks made payable to Custom Fitness)

TEAM NAME: _____ **AGENCY:** _____

ROSTER:

Name	Age	Gender	Shirt Size
(Team Captain)			
Phone:			
E-mail:			
(Alt)			
(Alt)			

Each participant will be asked to read and complete a liability waiver form that will be given to the team captain in advance of the Haggan Games.

Questions? Please contact Paul Claros at cfsguam@gmail.com or (671) 989-0436.

Team Captain Signature

Date

Custom Fitness Staff Signature

Date and Time