Superhero Theme Week - Top Secret Missions:

* Whisper in 3 coaches ears: “I’m your worst nightmare” then cackle!
* Find out the favourite superhero of every coach/CIT in the gym…. But don’t let them know it’s a clue!
* Whistle or hum the spiderman theme song. Your mission is complete if someone joins in singing you without knowing it was your mission.
* Get your entire group (kids and coaches) to sing a superhero theme song…. The more volume, the more points you’ll get.
* Get your athletes to strike a pose on a block/beam and then announce each of their super powers… then get them toshout together “SUPER HEROS UNITE!!!!!”
* Use sound effect words when talking to anyone like BAM! POW! BOOM! ZAP! ZONK! ZIP!
* Point at a coach and exclaim “It’s a BIRD! It’s a PLANE! It’s SUPER \_\_\_(insert name\_\_\_\_! Do this for at least 3 coaches.
* Use the Ninja Turtles phrase “Cowabunga!” at least 10 times! Use it like a compliment or encouragement for your gymnasts.
* Assemble with at least 3 other coaches to form a Superhero Gang. Give yourselves a name and a theme song/chant/cheer (and then perform it for your supervisor)
* Make 5 coaches say “HULK SMASH!” without them catching on that it is your mission.
* Make 3 coaches say “To infinity and beyond!” with an action hero action/pose!
* You must whisper “I am Batman” (in a Batman voice) to 7 difference coaches!

For more details on Superhero week, visit www.recgympros.com