



A fun way to “throw out” some fun during the year as we encourage lodges and SN members to be active! You can track any activities that involved throwing from June 1, 2025 to December 31, 2025. We encourage your Sports Directors (or other officer) to keep track of their lodges activities and then submit one report to District Sports Director Clara Solak. We will recognize lodges that participate with certificates and recognize those who are leaders in this challenge.

You should enter the minutes as a LODGE activity (i.e bowling event) with the minutes that activity or event happened. If you have individual members throwing things by themselves and not part of a lodge event, enter those as INDIVIDUAL activities and their total minutes.

What can be thrown? Darts, cards, bowling, softball, baseball, basketball, cornhole, ladder golf, disc golf, curling, broomball, pickleball, axe, kubb, football, badminton, tennis, dice, and more! Use your imagination!

We also encourage your members to track their individual activities to earn a Sports Medal!

Please send in a preliminary report by September 1, 2025 so we have an idea of who is participating and to help us finalize the recognition.

The reports can be emailed to District 5 Sports Director Clara Solak at clara.solak23@gmail.com or hard copy at 836 Bennington Drive, Crystal Lake, IL 60014

District 5 Sports Throwing Challenge 2025 Report Form

Name of Lodge _____ **Lodge number 5-** _____

Person submitting the report _____

Role/Office _____ **Email** _____

Total Individual Minutes reported on this page _____

Total Lodge Activity Minutes reported on this page _____

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