

# Fellowship of Christian Athletes

## SUPERSTARS

Competition  
2019

**Friday, May 3rd...9am-Noon**

*This is an in-service day for all JCPS schools!*

ONLINE REGISTRATION  
available at [fcalou.org](http://fcalou.org)

During the Superstars  
Closing Ceremony,  
awards will be presented  
and enjoy a Strength  
demonstration by

*Jay Montgomery*

American Record Holder;  
Drug-Free Bench Press  
502lbs



### Who can compete?

All boy and girl athletes 8-11 years old.  
There are two age groups for boys and two  
age groups for girls: 8-9, 10-11 year olds.

### Where is it?

Pleasure Ridge Park High School, 5901  
Greenwood Rd., Louisville, KY 40258

### Cost?

**\$10 entry fee** must be received before  
Monday April 29th! **To register online, go  
to [fcalou.org](http://fcalou.org)** and click on the FCA  
Superstars link. OR mail your registration  
with the information on the form below.

### How does it work?

Each participant competes in 6 of 11  
events, listed on the back of this  
form. Points are awarded to the Top  
Five Finishers of each event (ie., 1<sup>st</sup>  
place= 5 pts, 2<sup>nd</sup> place= 4 pts., etc.)  
The overall winners are determined  
by the highest point total of 6 events  
for each division. The top four in  
each division will receive a trophy  
and the first place winner of each  
event receives a ribbon.

PLUS all participants receive a FCA  
Superstars t-shirt & a ticket to a  
2019 Louisville Bats game!



### Superstars Registration Form:

To mail in your pre-registration, detach and return completed  
registration form and entry fee to the address below:

**Pre-registrations only! No event day registrations this year!**

Name \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_ M / F \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_ Parent Cell Phone \_\_\_\_\_ T-shirt Size: \_\_\_\_\_  
(Youth Small to Adult Large)

Parent Email (used to send registration confirmation) \_\_\_\_\_

Entry fee: \$10 per participant. Include cash or check (made payable to FCA) and mail with this completed form to:  
FCA Office, 406 Blankenbaker Parkway, Suite G, Louisville, KY 40243. (or register online @ [www.fcalou.org](http://www.fcalou.org)) Parents  
please sign permission on reverse side and fill out your child's six events.

*Fellowship of Christian Athletes*  
***Superstars Events***  
*for 2019*

**10 Free Throw Attempts**  
**10 Soccer Accuracy Kicks**  
**5 Football Punts for Distance**  
**10 Tennis Accuracy Serves**  
**10 Volleyball Accuracy Serves**  
**10 Golf Chip Shots**  
**10 Baseball Accuracy Throws**  
**5 Standing Long Jumps**  
**Obstacle Course-One Timed Run**  
**Short Distance Run (100 yds all ages)**  
**Long Distance Run**  
**(8-9 yr olds=1/4 mile; 10-11 yr olds=1/2 mile)**

**Select SIX Different Events:**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_  
4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

**Parent Permission:**

I give my permission for \_\_\_\_\_ to participate in the FCA Superstars Competition at Pleasure Ridge Park High School and release the Jefferson County School Board, Pleasure Ridge Park High School, and FCA from responsibility or liability from injury which may occur.

Parent signature \_\_\_\_\_ Date \_\_\_\_\_