

## SwimRVA's Got Talent Competition (Round 2 of 3)

SwimRVA has got talent and we want to see it!! Many of our amazing Rapids swimmers and parents have skills residing inside of them that they never knew about. The "SwimRVA's Got Talent" competition is here for you to strut your stuff, have fun and let your competitive itch get scratched a little. We will have three rounds with new categories in each division. Each round will be two weeks long and Rapids swimmers/families should submit their entries using [www.flipgrid.com/swimrva](http://www.flipgrid.com/swimrva) or the Flip Grid app with "SwimRVA".

### Rules

- 1) There is no limit to how many entries you can submit for each category if you have various ideas! The more creative, the better. A winner will be announced for each category and will be highlighted on the Rapids website as well as on SwimRVA social media! Honorable mention awards will also be given out and potentially highlighted.
- 2) BE SAFE.....STAY SAFE.....BE SMART.....STAY IN ONE PIECE!

All activities must be supervised by your parents to make sure you are being smart, staying safe and not putting yourself in harms way. We love you and want you to have fun, but it must be done in the safest way possible.

- 3) All submissions must be something you either do in the next two weeks, or something you have already done/created since the Quarantine Shutdown began back in March.
- 4) Deadline for Round 1 submissions is Sunday, May 17th

### Physical Exercise Division

- **Cycling/Bicycle** (most creative use of a unicycle, bicycle, tricycle, etc, please no injuries)
- **Push-Ups** (most creative way to do push-ups, or maybe doing a bunch of push-ups, please no injuries)
- **Handstand** (most creative handstand or trick while doing a handstand)

### Artistic Division

- **Driveway/Street or Fence Chalk Drawing** (these are going to be so beautiful!!)
- **Musical Instrument** (time for all those lessons and practicing to pay off.....show us what you've got! If you want to get creative with a neat way to play that instrument, even better!)
- **Creative Writing Sample** (You have a brilliant innovative mind, time to show us the creative writing from that mind)
- **Reenactment of Movie or TV Scene** (Please let us know which scene and from which movie/tv series you are reenacting so we can enjoy it even more! These are gonna be so fun!)

### Creative Design Division

- **Minecraft Build** (I honestly don't know how you record this, but the kids tell me you can do it, so show us what you've created!)
- **Best Original Design** (You can really create something special here! Create a character and tell us why you chose what you did for the outfit)
- **Best TV/Movie Character Design** (This time you're dressing up like Halloween but only using what you have around the house, no actual costumes you can purchase.)
- **Shadow Puppets** (You don't have to be good! These will be fun and funny either way. Create shadow puppet characters, create a story, act it out.....whatever you want!)

### Trick Shot Division

- **Water Bottle Flip** (This an oldie but a goodie! Get creative with your water bottle flipping skills)
- **Basketball Trick Shot** (A lot of us have basketball hoops, but if you don't, any ball and hoop trick counts too!)
- **Football trick shot** (This could be throwing, kicking, punting, spinning.....whatever you want with a football!)

### BELLY LAUGH WINNER

We will be announcing one single submission that makes us laugh out loud so much that it hurts our bellies!

**SPICY MEATBALL AWARD**

We will be announcing one overall submission that earns the “WOW!” award!