

SPORT STACKING WITH **SPEED STACKS**[®]

TEACH IT!

GETTING STARTED

1. COMPLIMENTARY PACK

Get started today with your own **FREE** set of **Speed Stacks**. That's right, Speed Stacks will give you a **FREE** set to start learning how to stack today. Our Complimentary Pack includes a set of Speed Stacks, our Stacker Training DVD and ordering information. If you have not already received your complimentary set, please call us at **1-877-GOT-CUPS (468-2877)** to request your **FREE** set today (limit one per organization).

2. SPORT PACK

Get your own **Speed Stacks Sport Pack**. A Sport Pack is the best way to get your program started. Our Sport Packs come in 15, 30 or 40 set sizes and have everything you need to teach Sport Stacking to your entire class. They also include a 5 Day Lesson Plan and our Activity Guide with over 70 movement-based activities for increasing fitness levels!

Is funding an issue? Would you like to try it first?

The **Speed Stacks Loaner Program** is the answer. We are so confident that you and your students will love Sport Stacking, we will loan you a Sport Pack absolutely **FREE**. For more information, go to our Instructors Section at www.speedstacks.com/instructors or call us now at **1-877-GOT-CUPS (468-2877)**.

3. GROUP ORDER

While you are teaching your Sport Stacking unit, your students will want to purchase their own gear. Speed Stacks makes it easy by providing you with all of the ordering information and materials you will need to do your Group Order. Not only will your students think you are a hero, but you will also earn **FREE** Sport Stacking equipment for your program! Go online to www.speedstacks.com/instructors or call us now at **1-877-GOT-CUPS (468-2877)** to learn more.

4. WSSA

The **World Sport Stacking Association (WSSA)** is the official governing body of the sport. The WSSA is taking Sport Stacking to new heights through the development of Stack Meets, Clubs, Leagues, Tournaments and the World Championships. To learn more visit www.worldsportstackingassociation.org or call **303-962-5667**.



The Leader in Sport Stacking



SPEEDSTACKS
Official Equipment of the WSSA

SPORT STACKING WITH **SPEED STACKS**[®]

SEE IT!

WHAT IS SPORT STACKING?

Sport Stacking with Speed Stacks is an exciting individual and team sport where participants of all ages and abilities stack and unstack 12 specially designed cups (Speed Stacks) in specific patterns with amazing precision and dexterity. Stackers race against the clock (using a Speed Stacks StackMat[®]) for individual times and compete head-to-head in team relay events.

Instructors are calling it a *"Track Meet for Your Hands"* and are thrilled to see their students' reactions and eagerness to participate. Kids simply think it's cool and fun!

Sport Stacking is an integral part of more than 25,000 Physical Education programs worldwide and has positively impacted over 10 million students and participants of all ages. Speed Stacks operates in 13 countries around the world with additional locations opening every year. Because of its popularity with instructors and students alike, Sports Stacking tournaments and events are taking place all around the world, culminating in one annual finale...

The WSSA World Sport Stacking Championships featured on ESPN!

Instructors all around the world are discovering the positive benefits Sport Stacking offers; so come join the action and learn what Sport Stacking can do for **your program!**

SPEED STACKS

Speed Stacks, Inc. is a family-owned company with a reputation built on customer service, quality products and committed staff members who share a passion for kids and Sport Stacking! Speed Stacks, Inc. has been in business for over 10 years, equipping teachers and instructors with everything they need to start and expand their Sport Stacking program.



The Leader in Sport Stacking

BELIEVE IT!

THE SCIENCE BEHIND THE FUN!

IMPROVED HAND-EYE COORDINATION AND REACTION TIME

“Significant improvements were noted for both hand-eye coordination and reaction time in both the dominant and non-dominant hand...Therefore, Sport Stacking is indeed effective at enhancing hand-eye coordination and reaction time.”

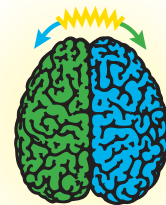
“The Influence of Sport Stacking on Hand-Eye Coordination and Reaction Time of Second-Grade Students” published in *Research Quarterly for Exercise and Sport*, Dr. Steven Murray (Dept. of Human Performance and Wellness, Mesa State College) and Dr. Brian Udermann (Dept. of Exercise and Sport Science, University of Wisconsin-Lacrosse).

RIGHT AND LEFT BRAIN ACTIVATION

In a recent study, Dr. Melanie Hart empirically examined the electrical activity of the two hemispheres of the brain, as measured by an electroencephalogram (EEG), while Sport Stacking.

“The results of this study support the claim that Sport Stacking does utilize both sides of the brain.”

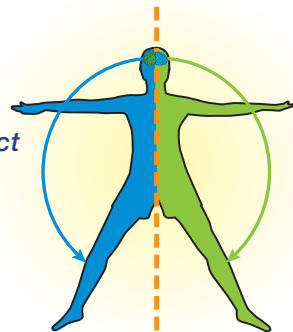
Dr. Melanie Hart, Assistant Professor of Health, Exercise and Sports Sciences at Texas Tech University.



BILATERAL COORDINATION

“We found that Sport Stacking has a positive effect on the development of bilateral coordination in sixth-grade physical education students.”

Chris K. Rhea and Associates' study to track the influence of Sport Stacking on psychomotor parameters.



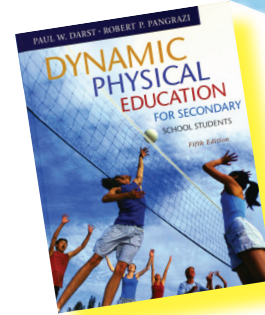
FITNESS

“Sport Stacking has an energy expenditure of 2.9 METs, and it is similar to other activities involved in typical physical education courses (e.g., weight lifting light to moderate, archery, bowling, volleyball, walking 2.5 mph).”

Dr. Steven Murray (Mesa State College) and Dr. Brian Udermann (University of Wisconsin-Lacrosse) from their research study measuring the energy expenditure of Sport Stacking.

For detailed information on any of these studies go to our Instructors Section at www.speedstacks.com/instructors

ADDITIONAL RESEARCH



Sport Stacking with Speed Stacks has been featured in the *Dynamic Physical Education for Secondary School Students* written by renowned Physical Education authority Dr. Robert Pangrazi and his colleague Dr. Paul Darst. Their research includes a complete unit on Sport Stacking and concludes that Sport Stacking meets NASPE National Standards for Physical Education.

“Sport Stacking is a full-fledged, challenging and fun motor-skilled activity, while also emerging as a stand-alone sport...Much like juggling, Sport Stacking focuses on hand-eye coordination and dexterity, but with a much higher success rate. It is easy to learn and appeals to all ability levels of students.”

STANDARDS AND ACCOUNTABILITY

We live in a time of greater accountability and tougher standards. Today more emphasis has been placed on academic achievement, therefore many Physical Education Professionals are searching for ways to equip their students for the challenges they face while achieving fitness and fun. Look no further than Sport Stacking with Speed Stacks! As a Physical Education Professional incorporating Sport Stacking into your curriculum, you will not only promote greater academic achievement for your students, you will also be fulfilling NASPE Standards and many state requirements.

Here is what is being said by professionals like you...

“Sport Stacking is really improving our students academically because it actually causes the brain to communicate between the two hemispheres. We are seeing our students' level of concentration increasing, they are improving in reading and their self-esteem is going up.”

Harry Smith, APE Teacher, CA

“We need to find every way that all of our specialists, such as our Physical Education teachers, can support the success of learning to read, write and do math. Speed Stacks seems a top choice in this effort.”

Pam Clary, Director of Athletics and PE, St. Vrain School District, CO

“Sport Stacking in Memphis City Schools has been a wonderful experience. The professional development that Speed Stacks has provided for us has been a great addition to the program. My teachers tell me over and over about how much fun they are having with Sport Stacking in their classrooms as well as enhancing academic achievement. So it is a win, win!”

Dr. Carol Irwin, PE Coordinator, Memphis City Schools, TN

