



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.

The science behind the fun!

“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.” *Dr. Steven Murray and Dr. Brian Udermann*

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.”

If you are interested in the Speed stacking club, please fill out the following form and return to your teacher no later than October 16. We will need this information on file in order for your child to participate. If you already have cups please bring them to the meetings. If not, don't worry, we will have some to try. We will also be placing an order with Speedstacks for additional equipment.

We will meet on the following dates in the cafeteria from 3:45-4:45pm_10/17, 11/14, 12/12, 2/13, 3/13, 4/24, 5/15

Mini-Competition to be announced.

Speed Stackers Club

Child's name: _____

Parent's name _____

Home ph. _____ Cell phone: Mom _____ Dad _____

Emergency Contact _____ Home ph. _____ Cell _____

Parent's e-mail address: _____

If needed, are you willing to help? _____yes

Kindergarten parents are encouraged to participate with their child.

For more information on Speed Stacking go to www.speedstacks.com