

## List for Water Olympics 2006

200 water balloons with fillers (they usually come in the packet with the balloons)  
2 sweatshirts  
20 4-ounce cups  
2 1-liter bottles (empty soda bottles are fine)  
4 20 ounce bottles (empty soda bottles are fine)  
4 buckets (Tom Greenway has lots of these)  
2-4 towels  
50 balloons (large, but not water balloons)  
2 large tubs (big enough for them to dunk their head in it, like they are bobbing for apples)  
bars of soap (hotel size)  
water hose with nozzle  
a lot of water bombs & 2-4 medium size sponge balls  
4-square ball

### **Duck, Duck, Splash**

### **Jump Rope Relay**

**Fill the Bottle** (20-oz pop bottle, rely w/ 4-oz cup)

**Wet Sweatshirt Dunk Relay** (Sweatshirt, bucket, 2 people dunking sweatshirts & throwing them to the team.) For added fun why not make it a whole sweat outfit with large sweatpants and sweat shirt.

### **Submarine**

Get them on backs, give them simple instructions, have to hold hands in front of them. Leader says Left Periscope, Right,... when the leader is ready and other leaders have buckets of water in hand. You yell "Dive, Dive, Dive." this is when you get them with the buckets of water.

**Bucket Brigade** (Transfer water from front bucket to rear bucket. Pass cups of water over heads.)

**Water Fall** (pour water in mouth below the deck. Fill up pop bottle)

**Find the Hose** (Like broom hockey but with a hose in the middle. # youth off call # splash)

### **H2O Wack**

Team up boys and girls. Girls on back of boy. Water balloon on head of boy, with newspaper in girls hand. Object of game is to break the balloon.

### **4-Square or 9-Square Water Ball**

same as 4-square, but you add a bucket of water in the middle, as you play you can go to the middle at anytime and get someone wet. Getting someone wet they are out. If the ball comes into your square you are out.

### **Soap Shrink**

Bar of soap, shrink it in water.

## **Deep Sea Diving**

Hold breath the longest and get the most water out of the bucket. Have bucket beside the 55 gallon drum for water from hair.

Take the total time and x it by how many ounces of hair water there is (total time x total ounces = final score)

## **Games for Water Olympics**

**Balloon Toss**- toss the balloon, partner-up the kids

**Fill the Bottle**— On each team, one person lays on ground while holding a 20-oz plastic pop bottle on their forehead or under their chin. Relay to fill up the bottle.

**Bucket Brigade**—Teams stand in lines. They have a bucket full of water at the front of the line and an empty bucket at the rear. The object of the game is to transfer the water from the front bucket to the rear bucket. To do this the team members must pass the cups of water (or a bag with holes in it) over their heads to the person behind. Empty cups must be passed back to the front in the same fashion. To play the game fairly you could weigh the buckets at the start and finish to see how much water has been lost. Penalty points could then be taken into account when working out the winning team.

**Foot Shuffle**— get kids in a line on the ground like a dying couch-roach... Pass the bucket of water to the next person with your feet. If it spills you have to fill it up

**Towel Balloons**— 4 person teams... each on one end of a towel. Use the towel like a catapult as well as a way to caught the balloons. (bigger the balloon the better) The first team who drops the balloon and it bursts loses. (good for teamwork)

**Balloon Pop Relay**— relay game... (use big balloons) when they come to the balloon the caller tells them how they have to pop it.

One person goes and sits on a balloon

Two people go and pop the balloon between the two of them with their bodies

One person goes and pops it between their legs

Two people go and pop the balloon between their backs

**Wet Sweatshirt Dunk Relay**— relay game... Each team- sweatshirt, bucket full of water, and a person on the team as the dunker. The dunker has to dunk the shirt into the bucket every time he receives it. then the next person goes down and up with the sweatshirt on. **For added fun** why not make it a whole sweat outfit with large sweatpants and sweat shirt. Remember it has to be re-dunked before the next player puts on the sweats. **Also**—if you have time freeze them

**Find the Hose**— (2 lines of teams... hose in the middle... # youth off... call #... splash)

**Duck, Duck, Splash**—The name says is all. This can be dangerous after a while when the grass gets wet.

**Water fall relay**—(have to have balcony like at camp) one person on top pouring water into the mouths of teammates below. First team to fill up a 20oz bottle wins.

**Cubes & Piggies**—(need child's pool and ice) have a relay with teams as to who can take the most ice cubes out using only their toes or feet in a designated time period.

**Deep Sea Diving** — (need Garbage can full of water & a empty bucket—plus a timer or stopwatch)  
The object is to be the team that holds their breath the longest AND gets the most water in the bucket. Time starts and the first team member puts their head fully underwater for as long as possible. Once they are done, they immediately move over and try and ring as much of the water from their hair into the bucket. Also, when they're done, then next team member in line needs to step up to the can right away (so you can just keep the watch running to keep track of time underwater). HINT: Most people don't have trouble running out of oxygen, but having too much CO<sub>2</sub>; if a person exhales a bit while underwater, they can last longer. When the whole team has had a chance to hold their breath and to strain water from their hair into the bucket, stop the watch and measure how many ounces of water are in the "hair bucket." Take the total time and multiply it by how many ounces of hair water there is (total time x total ounces = final score).

**Water Dodge Ball** —Divide up into 2 teams, make boundaries in a nearby area. It is like dodge ball but you use water balloons, if someone is hit they have to freeze until you can receive a large sponge ball from your team. To send a large sponge ball you have to stand at a designated area and throw it is full of water.

**Bull in the Ring**—two people in the middle and the rest in a circle. The two in the middle uses water balloons to get the circle of people out.

**Soap Shrink**—bar of soap (hotel bars) shrink it in water

**4-Square or 9-Square Water Ball** —same as 4-square, but you add a bucket of water in the middle, as you play you can go to the middle at anytime and get someone wet. Getting someone wet they are out. If the ball comes into your square you are out.

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