

## Sport Stacking

*By Don Hutchinson, Sport Stacks Ambassador*

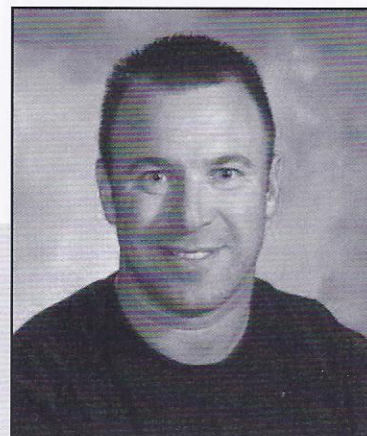
Sport stacking originated in the early 1980s in southern California and received North America-wide attention in 1990 on a segment of the "Tonight Show" with Johnny Carson. That was where it first captured the imagination of Bob Fox, who was then an elementary classroom teacher in Colorado.

Fox went on to found Speed Stacks, Inc. He states, "When I first became passionate about sport stacking in 1995, a lot of people would hear about it and scratch their heads: stacking is a sport? The only way to explain it was to show them firsthand. Sport stacking is truly something you have to see to believe! I absolutely love the challenge of turning sceptics into believers, and the list of stacking enthusiasts grows every day."

### Benefits

What are the benefits of sport stacking? Kids don't need to be convinced about the benefits of sport stacking. They just plain love it (even the "way too cool for it" kids).

Teachers and parents are always touting hand-eye coordination, quickness, and ambidexterity. We now can substantiate those claims. Steven Murray et al, of Mesa State College, confirm that stacking improves hand-eye coordination and reaction time by up to 30 percent (2004). Sport stacking helps students develop bilateral proficiency, ensuring equal performance on both sides of the body. By increasing bilateral proficiency, a student develops a greater percentage of the right side of the brain, which houses awareness, focus, creativity, and rhythm. Stacking helps train the brain for sports and other activities where the use of both hands is important, such as playing a musical instrument or using the computer. Sequencing and patterning are also ele-



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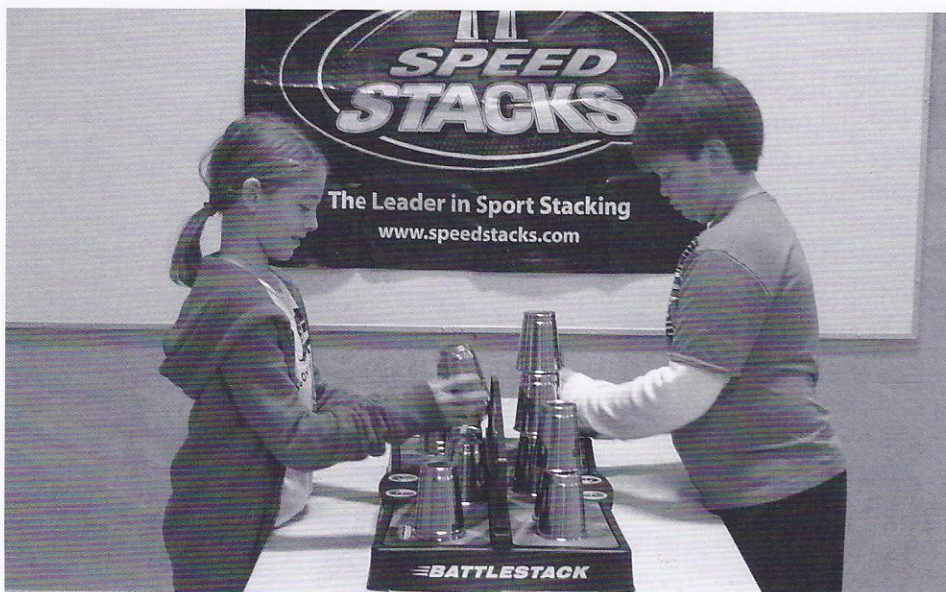
ments of sport stacking, which can benefit reading and math skills.

### Fitness:

Sport Stacking is a fitness-based sport that kids from all backgrounds and abilities can do. For the athlete and non-athlete alike, regardless if you are instructing eighth graders or kindergartners, sport stacking can be a great enhancement for your fitness routine. With over 70 fitness-based activities, sport stacking helps motivate kids to be active and fit. Teachers and parents also like sport stacking because it can be done at home, even on the worst winter or rainy day. Much like a Scholastic book order encourages kids to read at home, a group order through Speed Stacks encourages fitness at home.

### Self-esteem:

One of the comments we receive consistently from teachers, parents, and school administrators is how sport stacking levels the playing field for their kids. Non-







Athletic kids can now compete head-to-head with their more athletic counterparts. This significantly raises their self-esteem, motivating them to work harder in PE and be excited to participate. It's a WIN-WIN!

### Academics:

In today's world, schools, teachers, and parents are focused more than ever on academic achievement. Sport stacking not only promotes physical fitness, but also academic learning. Students that sport stack on a regular basis have shown increases in test scores and levels of concentration. This is likely because students use both sides of their brain. When students sport stack they cross the "midline" of their bodies and develop new neural connections. These new connections help spur brain growth,

which in turn promotes greater academic achievement.

### Start a Program

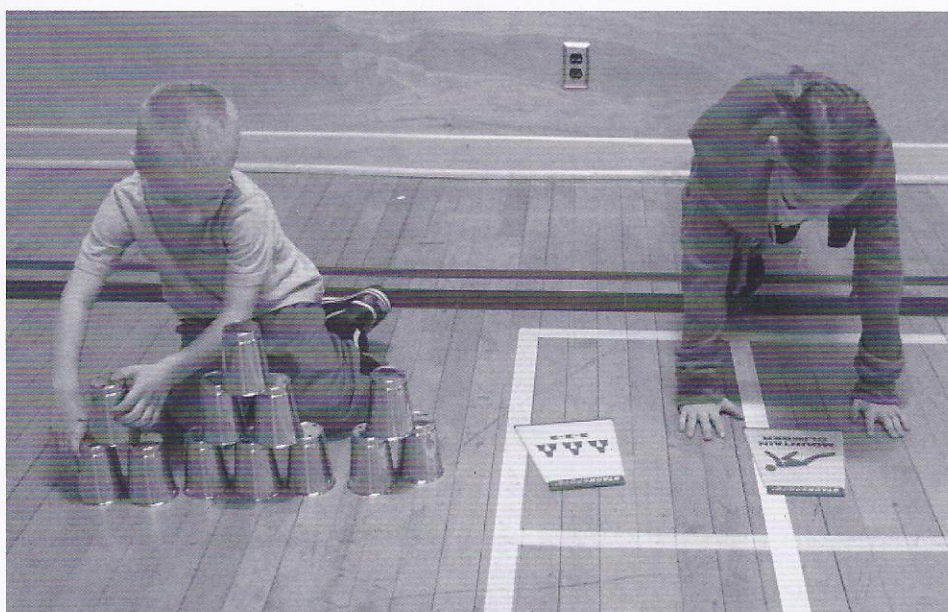
**Many kids don't find fitness and exercise "fun".** Physical Education teachers love activities that not only promote fitness fun in their gyms but promote it at home as well. Many PE teachers regard Speed Stacks as the "Scholastic side of PE". How many kids have their own basketball hoops at home or have a soccer field in their back yard? Not many! How many kids sit at home after school watching TV or playing video games? Sport stacking is a cost effective way for kids to bring home what they have learned in the gym. It can be done indoors or outdoors, in a living room or kitchen. Sport Stacking puts the "gotawanna" in kids. Teachers find over and over again that kids are motivated to

exercise with sport stacking and because they can easily do it at home, it's a win in the gym and a win at home.

**Starting a Sport Stacking program is easy.** A Speed Stacks Sport Pack provides everything you need to start a successful sport stacking program with enough equipment for your entire class to participate at once. Sport Packs include everything you see below plus step-by-step instructions on how to teach your students the proper skills to be successful. Also included is the On the Move with Speed Stacks Activity Guide featuring over 70 different activities for the gym.

### Anatomy of a cup

The world's fastest stackers use Speed Stacks gear. They know the best cup equals the best performance. Here's what sets Speed Stacks cups apart:



### Special Shoulder

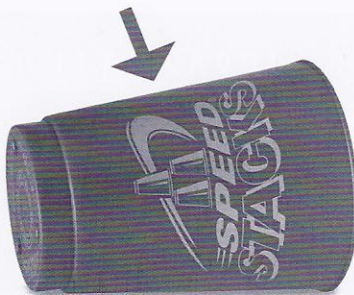
The special shoulder with ribs gives just the right separation between cups. When seated on top of the other they simply don't stick. One cup can be picked up off another leaving that cup behind; one cup can be dropped out of a set of cups from the bottom simply by releasing the finger holding it.





### Reinforced Lip

The reinforced lip of the cup is just the right size, not too pronounced, with a smooth, clean finish.



### Textured Outside

The outside surface of each Speed Stacks cup has been textured for a terrific feel and grip.



### Inside of Cup is Smooth for Less Friction

The inside surface of a Speed Stacks cup is smooth for less friction.



### 3 Holes

The 3 holes in the top are very important for fast stacking. These holes allow air to escape quickly when "down stacking".



### Memory

Speed Stacks have "memory". If a single cup is accidentally squeezed at the lip it will bounce back into its round shape.

**See It, Believe It, Teach It!** A lot of innovative teachers around the world are discovering sport stacking with Speed Stacks. We're proud that it's being adopted into so many quality programs and are excited to see the enthusiasm teachers everywhere are bringing to the sport. If you're one of those innovators, Bob Fox says, "I want to welcome you into our stacking family and let you know that we at Speed Stacks, Inc. are dedicated to doing everything we can to support you and your students".

To learn more about Speed Stacks products, rules and programs visit [www.speedstacks.com](http://www.speedstacks.com) ■



Please download Speed Stack instructions here:

<http://www.speedstacks.com/docs/SportStackingInstructions.pdf>

### REFERENCE

Udermann, Brian E., Steven R. Murray, John M. Mayer, and Kenneth Sagendorf. (2004). The Influence of Cup Stacking on Hand-Eye Coordination and Reaction Time of Second-Grade Students. *Perceptual and Motor Skills*, 98, 409-414.