 **Own the Podium**

 Hydrate

Athletes need to continually hydrate in order to achieve maximum results.

Just like athletes, we have to ensure we are hydrated – especially as we enter these hot months.

**Pick ONE player to be blindfolded**. Using these THREE ingredients, prepare a cup of lemonade. No taste testing allowed! The other team players may only communicate instructions.

Fill your cup to the exact indicated line with your prepared lemonade.

Carefully, not to spill, bring your prepared lemonade to the multipurpose room to be judged.

*All teams’ drinks will be tasted and judged at the end of the Olympics Race.*

Teams will be awarded [or not] with precious “time” for taste AND exact fullness to the indicated line …. may the best tasting lemonade drinks help your team’s overall time score!