



Offering a friendly basketball, baseball, soccer, football, in-line or ice hockey skills, lacrosse, curling, volleyball, or golf competition may be just what your Club needs to serve your community's youth. The Tri-Star program enables your Club to run one or several successful sports skills contests efficiently and with as little manpower as possible. More than 1,000 Optimist Clubs across North America currently participate in or sponsor sports leagues or teams.

Similar to a punt-pass-kick skills competition, the Tri-Star Sports Skills Contests are the perfect way to bring together the youth of your community in a spirit of fun competition. Each skill offers exciting opportunities to promote self-confidence and physical fitness, even if your Club has limited resources. Because this program does not involve physical contact or advanced skills, it is an ideal activity for every child, even those who may be physically challenged.

Tri-Star Sports Skills Contests are designed for youth ages 8-13, and test three skills in the sport of your choice:

**Baseball:** Base-running, Hitting, and Throwing

**Basketball:** Dribbling, Passing, and Shooting

**Football:** Passing, Place-kicking, and Punting

**Soccer:** Dribbling, Shooting, and Throwing

**Hockey:** Shooting, Skating, and Stick-handling

**Curling:** Drawing, Hitting, and Scoring

**Golf:** Drive, Chip, and Putt

**Volleyball:** Serving, Passing, Hitting

**If I have a question about Tri-Star, whom should I contact?**

You may download a Tri-Star Planning Guide from [optimist.org](http://optimist.org) or contact the Programs Department at (800) 500-8130, ext. 201, or email [programs@optimist.org](mailto:programs@optimist.org) to have a copy mailed or emailed to you.