

Speed Stacks



SPORTS STACKING

New sport, recreation, education and play program

“Think and move fast”



Sports Stacking



- Established 35 years ago in the United States of America from an idea of a physiotherapist to practical application in schools by Bob Fox P.E. teacher
- Internationally recognised and popular game and sport in 36 countries on 5 continents
- Implemented in more than 40 thousand schools and institutions
- A diverse program for playful and creative learning, recreation and competitive sport

For individuals, doubles and teams



Sports Stacking



- An all-round development program for **all ages**
- For children, adults and senior citizens on different skill levels to increase physical and mental fitness
- An excellent family program
- Possible to integrate people with disabilities
- Diverse areas of application as a perfect tool in school education, occupational therapy, remedial teaching, physical education, music education, movement therapy, team building and cross training for all sports

Sports Stacking for all





Benefits of Sports Stacking

- Eye-hand coordination and its improvement
- Activation and connection of left and right brain hemispheres
- Ambidexterity (bilateral coordination)
- Improvement of mental and physical fitness
- Stimulation of brain activity and cognition domain: concentration, problem solving and general learning
- Further development of fine coordination and cognitive skills (literacy, numeracy)
- Improvement of neuro-muscular system
- Less computer games and TV
- Family programs and team building

Events for adults and elderly people



Displays and demos



Family Day at aTrack and Field Stadium



“Outdoors recreational event ”



Relay team games



Individual timing event



Demo stand at The Big Swim sporting event at Lake Balaton, Hungary



Family sports day at a special school

Relay competitions

Learn a sequence





Fun Day Trial at Disabled School

The wheel chair fits at the same table with others

Children with CP and other mild nervous disorders can handle the cups and learn with us



Sports Stacking - areas of application:

- Schools' programs:
 - Physical education
 - Classroom activities
 - Teaching aid SMART STACKS Program
 - Aftercare, extramurals
 - Remedial sessions
- Clubs:
 - Competitive program
 - Recreational program
 - Sports for all
 - Disability program
- Occupational therapy
 - Fine coordination
 - Cognitive development
 - Speed of reading & writing
- Cross training for all sports:
 - Reaction time
 - Eye-hand coordination
 - Reaction time and speed
 - Focusing and concentration
 - Team building
 - Talent I.D.

Pre-schools program



Smart Stacks Schools

- **Activities in the classroom** with the application of cognitive exercises to enhance reading, writing, spelling, counting skills and learning of sequences
- **Activities in physical education:**
 - ✓ Conditioning exercises, development of fitness
 - ✓ Games, creative learning
 - ✓ Relays and competitions
- **Active children during intervals and school breaks**
- **Aftercare facilities, school camps and outings**
- **From extra-mural sessions through in-house championships to inter-school leagues**
- **Remedial and occupational therapy sessions**

Practical workshops for teachers



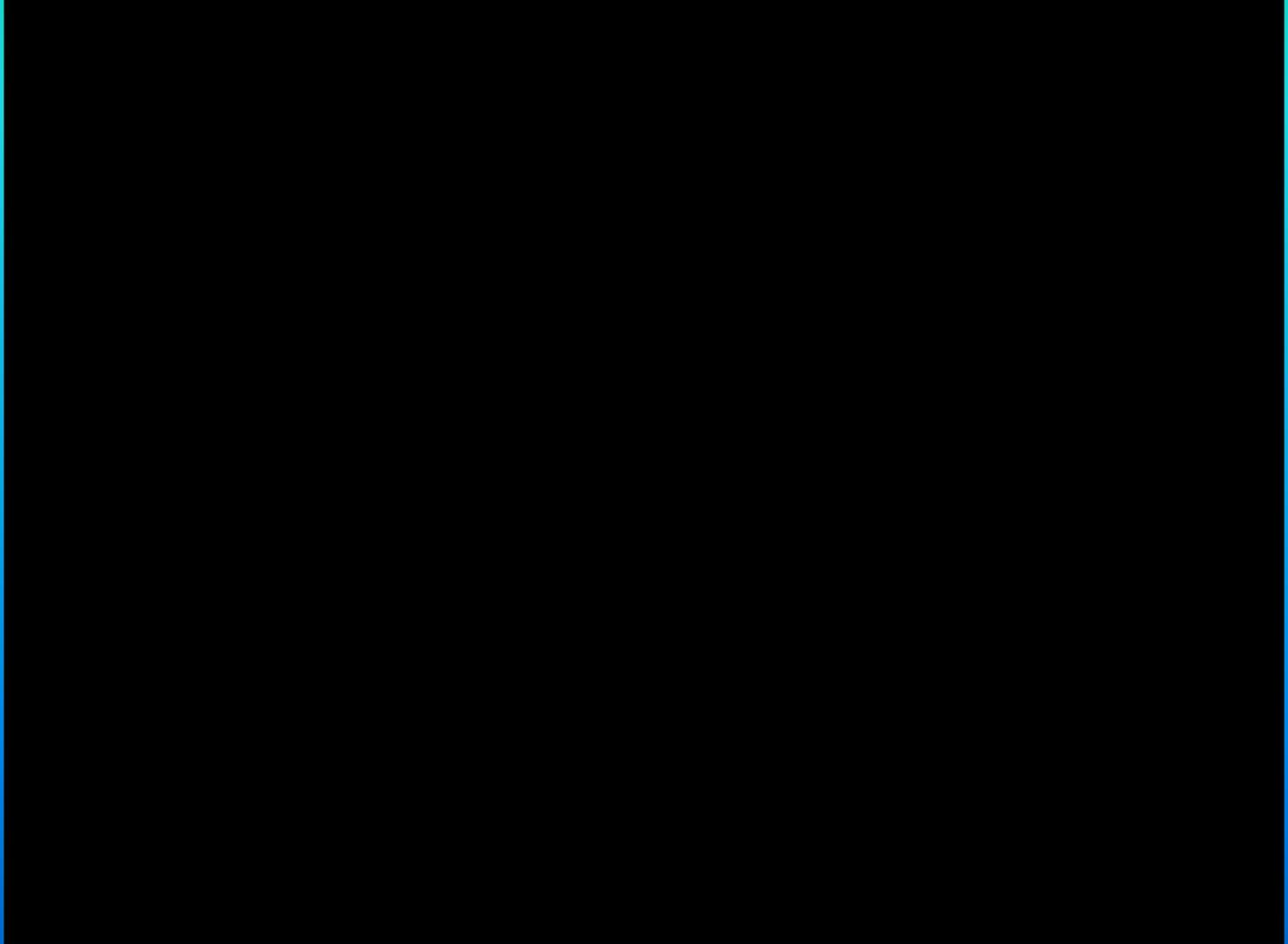
Activities in the classroom



Activities in movement education



Sports Stacking „On the Move”



Time trials



School Sports Events

Demo table at a cross country running event



Rope Skipping schools events





Holiday camps



Sports events

Stack Up! Guinness World Record mass participation

Time trials



All round development programs:

- ✓ Visual development
- ✓ Vestibular system
- ✓ Automatisations
- ✓ Stimulation of the cerebellum
- ✓ Cognitive domain
- ✓ Bimanual/Bilateral activities
- ✓ Fine motor control
- ✓ Academic development
- ✓ Crossing the middle line !!!
- ✓ Movement therapy
- ✓ Senso-motor learning
- ✓ Eye-hand coordination



Cross training program for Hungarian Teams - Background

- To create an all round program to assist athletes development with a difference.
- It is not the first time that sports stacking (cup stacking) was introduced to top performance athletes
- Many sporting codes in other countries tried or are using sports stacking sequences, i.e. USA Junior Basketball Girls Team, New Zealand Rugby Teams: Crusaders and Hurricanes (Super Twelve), AAU Junior Olympics



Areas of application:

- Talent identification
- Selection of athletes for specific tasks including quickness
- Measurement and improvement of reaction time
- Assessments for different criteria
- Enhancement of problem solving and fast thinking
- New games and competitions for motivation and improvement of self-esteem
- Team Building
- Training aid for athletes with disabilities



This is what we thrive for: Steven Purugannan
World Champion (2010-2011) full cycle

Speed Stacks



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Learn to move, move to learn 😊

