Athletic Training Activity

* Problem Solving
  + Human Knot- 1st time- talking 2nd time- without talking
  + The Great Egg Drop-The goal is to build a structure that will prevent an egg from breaking when it is dropped from a height of 8 feet. The only materials allowed are 20 straws and 30 inches of 1⁄2-inch masking tape. Try to do it with as few materials as possible.