

21 Day Olympic Challenge

What is the 21 Day Olympic Challenge:

Hockey Ireland would like to get all our players and supporters involved in our 21 Day Olympic Challenge – we would like to thank you Greenfield Hockey Club and their 28 Day Challenge for inspiring us and providing us with a template.

We will promote the tasks on our 21 Day Olympic Challenge across social media during the Olympics and would love clubs to get their members involved. Members can do the challenges in their own time or follow the guide around the Women's fixtures.

Get your members to video themselves doing their challenges and promote them on social media using the hashtags #GoodLuckGreenArmy and #21DayOlympicChallenge

Some of our challenges are hockey skills but to celebrate the Spirit of the Olympics some of the skills are based on other Olympic Sports.

On the days when our Women's team are playing we will all be wearing our green to support our team #WearGreenToSupportOurTeam

How else can your club get involved:

- Get your club to produce a Good Luck Green Army video
- Hold a colouring competition with your younger members using the Hockey Ireland Colouring Book
- Get all your players involved in completing the 21 Day Olympic challenge
- Host a mini Olympics competition
- Make the most of the Olympic Legacy and get your club involved with some of the Hockey Ireland Development Programmes