

MIX ACTIVITIES

General Guidelines

This year, MIX is introducing 9 new activities to its lineup. This includes:

- Art Attack
- Music
- Hymns
- Biking
- Running
- Soccer
- Baking
- Chess
- Photo scavenger hunt

- Each MIX group can participate in any number of activities and with as many participants as they want.
- The score of the top participant from each activity will represent the team's score in that category.
- If a group participates in more than 3 activities, only the **top 3** activities will be included in their final score.
- Teams can submit their activities starting **July 18th**
- The deadline for all activities is Sunday, **August 2nd** 11:59 PM. Late submissions will NOT be accepted.
 - MIX Email: admin@hsmix.ca
- Each activity must be submitted via email using this format:
- Activity Name — Team # — Participant Name
 - Ex: Art attack — Team 1 – FIRSTNAME LASTNAME

ART ATTACK

Coptic Edition

What is the theme for my art piece?

- My Church is Spirit & Life (Lesson #1)
- OPTIONAL: You may choose to include a paragraph to explain its meaning and relevance to theme (max: 250 words)

What type of art can I do?

- We accept ANY form of art. Some examples include painting, pottery, wood burning, virtual design, sculpting, drawing, etc.

How should I submit my artwork?

- Please send 1-4 pictures of your artwork using .jpeg format on the to mix email: admin@hsmix.ca by August 2nd, 2020 at 11:59 PM. **Late submissions will NOT be accepted.**

How will the artwork be scored?

- A team of 2 panelist art judges will independently review your art pieces and mark them based on:
 - uniqueness, artistic technique, relevance to theme and aesthetic appearance.

How many submissions can my group submit?

- There is no maximum number of submissions. The highest scoring piece from each group will be used for points.

MUSIC

MIX's Got Talent



What is the theme for my music piece?

- The Love Bond: Liturgy Deep Dive (Lesson #2)
- OPTIONAL: You may choose to include a paragraph to explain its meaning and relevance to theme (max: 250 words)

What type of music can I perform?

- We accept both covers and original songs. We accept instrumental, vocal or both. Maximum song length is 5 minutes.

How should I submit my musical piece?

- Please send your recording using .mp3 format or (.mp4 if you are willing to send a video) to the mix email: admin@hsmix.ca by August 2nd, 2020 at 11:59 PM. **Late submissions will NOT be accepted.**

How will the music piece be scored?

- A team of 2 panelist music judges will independently review your song and mark them based on:
 - tone, pitch, melody, harmony (if applicable), relevance to theme and creativity.

How many submissions can my group submit?

- There is no maximum number of submissions. The highest scoring piece from each group will be used for points.



HYMNS

Which Hymn should we record?

- The Hymn of Zevte Pentis: Come all you nations
- Hymn words: http://tasbeha.org/hymn_library/view/693

How should I submit?

- Please send your recording (in English, Coptic or both) using .mp3 or .wav format on the to mix email: admin@hsmix.ca by August 2nd, 2020 at 11:59 PM. **Late submissions will NOT be accepted.**
- Please try to include **as many group members** as possible using recording techniques.

What is the link for the voice recording?

<https://drive.google.com/file/d/1bwpa4VG8ugTuw3HO732om3LzKd7ydrIp/view>

How will the music piece be scored?

- A team of 2 panelist deacons will independently review your submission and mark them based on:
 - accuracy and synchronization (if applicable)

BIKING CHALLENGE

How do I participate?

- Download the app 'Strava'.
- Click 'Ride'. Then click 'Record'.
- Record a 5 km bike ride using the app. (No data required)
- The app records moving time, average speed, elevation.



D David Saweris
🚴 June 8, 2020 at 5:03 PM

Afternoon Ride



Distance
7.07 mi

Elevation Gain
99 ft

Moving Time
46:49

Avg Speed
9.1 mi/h

Max Elevation
658 ft

Max Speed
17.9 mi/h

[View Analysis](#)

How should I submit my Performance?

- Please take a screenshot of your best time for 5km and send it to mix email: admin@hsmix.ca by August 2nd, 2020 at 11:59 PM. Late submissions will NOT be accepted.



How will the bike ride be scored?

- Our team will use:
 - Total moving time, average speed, distance and elevation into consideration.
 - For every 25 m of elevation gain, we will add 1 km to the ride.
 - As an example, If you had a total of 50 m elevation gain during your ride and you biked for 5 km, it will be calculated as if it is 7 km of riding and 0 elevation gain. However, you have to submit a minimum of 5 km and a 0 or a positive elevation gain.
- Note: you may submit longer bike rides and our team will calculate the score using average speed, but bike rides cannot be less than 5 km.

How many submissions can my group submit?

- There is no maximum number of submissions. The highest score from each group will be used for points.

SOCCKER

Keep up challenge

How do I participate?

- Record yourself doing as many keep ups as you can while maintaining your style.

How should I submit my keep up challenge?

- Please send a recording of your best keep up video to mix email: admin@hsmix.ca by August 2nd, 2020 at 11:59 PM. Late submissions will NOT be accepted.

How will the keep ups be scored?

- Our team will use:
 - The duration of the keep ups, the style as well as the complexity will determine your score.
 - +1 for keep up with strong foot (identified in the email)
 - +2 for weak foot
 - +3 for any other body part
 - +5 for around the world or any other skill move

How many submissions can my group submit?

- There is no maximum number of submissions. The highest score from each group will be used for points.



BAKING CHALLENGE

- **What can I bake?**
- You can bake ANY dessert.
- (Some ideas include but are not limited to: cake, cupcake, cookies, cheesecake brownies, pies, etc.). **Please be creative!**

How should I submit my baked goods?

- Please send 1-4 pictures of your baked goods using **.jpeg** format to the mix email: admin@hsmix.ca by August 2nd, 2020 at 11:59 PM. **Late submissions will NOT be accepted.**
- Participants must also submit their **recipe**. Best recipes will be posted later.

How will the baked goods be scored?

- A team of 2 panelist judges will independently review your pictures of baked goods and score them based on:
 - aesthetic appearance, effort and creativity.
- Note: judges will **NOT** be trying baked goods, please enjoy them with your loved ones after sending the pictures!

How many submissions can my group submit?

- There is no maximum number of submissions. The highest score from each group will be used for points.

ONLINE CHESS TOURNAMENT

How do I join?

- Click on the following link to and join the MIX 2020 Group:
<https://www.chess.com/club/mix-2020/join/e3e41e>
- Final deadline to join the group is 11:59 pm on **July 26th**. Participants will receive their schedule on **July 27th**.
- The live chess tournament will take place on **August 1 and 2 from 7-10 pm** with a possibility of extending the tournament until August 5th depending on participation

How will the chess tournament be scored?

- The structure of the tournament will be announced along with the schedule one week before the tournament.

How many participants per group can join the tournament?

- There is no maximum number of submissions. The highest score from each group will be used for points.

SCAVENGER HUNT

How do I join?

- Check out our website for the scavenger hunt riddles. You'll find 20-30 riddles for different locations (example: House of God = church). You will need to solve the riddle and take a picture next to that place.

How should I submit my photos?

- Please send a picture for each of the places using .jpeg format on the to mix email: admin@hsmix.ca by August 2nd, 2020 at 11:59 PM.
- **Late submissions will NOT be accepted.** Note that each picture should be named as the place (example: church)
- **Please try to include as many group members as possible in the pictures (max of 10 – abiding by Ontario current laws)**

How will this challenge be scored?

- Your score will depend on:
 - how many places you got right

How many submissions can my group submit?

- **Only one submission** is required for this challenge. Team members can go to different places but are required to send one email at the end with all the pictures.



20 CLUES

1. If you're smart and you won't let this stump you, a place of knowledge is where you'll want to run to
2. The options are many and the struggle is real but on the bright side you'll find a good deal
3. In 2019 for every athlete who made us proud, a game started on the likes of this ground
4. If you know the shepherd and lie where it is green, this is the right place for the next scene
5. For every Canadian low on cash, a place to get coffee in a flash
6. If you want good coffee and you don't want to pay, just show up here on your birthday
7. This is where you open your eyes and may end up if you eat too much fries
8. The summer is here you can slack, to this place you'll soon go back
9. If you like arches and have a big appetite, eat here enough and your pants will be too tight
10. They promised you'll only pay one, just go inside and you'll pay a ton
11. This is who stops you if you speed and may not agree even if you plead
12. Inside of here, there is a truck that may show up if your house is thunderstruck
13. In a foreign land for a good night sleep, find one of these but not too cheap
14. A place to sit down and relax, the experience is not complete without popcorn and snacks
15. Whether on a tree or under a bridge or even in a taxi, you can still enjoy one of these even if it's not Banksy
16. Here you can buy whether used or new but don't even bother until you've grown
17. In every neighborhood there is one of these, it always smells and sometimes has bees
18. Inside there are offices, screens, and multiple floors, once you graduate a desk inside can one day be yours
19. When you hear the music you come to realize, a treat outside is always a good surprise
20. In a hot day when the sun is out, head there to cool off and you'll tan with no doubt

RUNNING CHALLENGE

How do I participate?

- Download the app 'Strava'.
- Click 'Running'. Then click 'Record'.
- Record a 3 km run using the app. (No data required)
- The app records moving time, average speed, elevation.



How should I submit my Performance?

- Please take a screenshot of your best time for 3km and send it to mix email: admin@hsmix.ca by August 2nd, 2020 at 11:59 PM. Late submissions will NOT be accepted.

How will my run be scored?

- Our team will use:
 - Total moving time, average speed and distance will be taken into consideration.
- Note: you may submit longer runs and our team will calculate the score using average speed, but you cannot submit a run less than 3 km.

How many submissions can my group submit?

- There is no maximum number of submissions. The highest score from each group will be used for points.