



Iron Bowl Cornhole

Administrator:

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Our best practice combines two of the South's biggest and most popular traditions. We call it "Iron Bowl" Cornhole! Everybody from the south, especially in Alabama know of the "Iron Bowl" and also the fun game of Cornhole, the bean bag toss game. We combine the two for one of our most fun and exciting program that has become out most attended program too!

"Iron Bowl Cornhole" was developed to think of other recreational ways to get all of our residents involved and to interact in a fun and social way. We also wanted to develop a program that would encourage our male residents to want to attend. Many of our male residents are not very fond of Bingo, so we wanted to create a program that involved sports and fun! As the game became popular we have decided to get Social Services involved and try to get the community and other facilities to play with us.

This program is open to all of our residents and is easily adapted to most levels of physical and cognitive function. It is geared to residents of all ages and gender. Cornhole is a bean bag toss game that is very popular in the south. It consists of two board that lay at an angle and has a hole cut out towards the top. It is played with two teams of two players. We pair up teams of Alabama fans against Auburn fans. Each player is given two bean bags that they toss onto the board that is placed anywhere from 10 to 20 feet apart, which can be adjusted according to resident's physical ability. We have one "Crimson Tide" board and one "War Eagle" board. The object is to toss your bean bag onto the board and through the hole. Bean bags are stuffed with corn, hence the game "Cornhole." If the resident gets their bag through the hole they are awarded three points. If their bean bag just lands on the board without falling off, they are awarded one pint. After each player has thrown both of their bean bags, the team scores are added for that round. Since we have a football theme we consider each round a "quarter." After 4 quarters of throwing the scores are totaled and the team with the highest score has won the game! We keep track of which team, either Alabama or Auburn, wins each game and after everybody has played we then total how many games Alabama has won, and how many games Auburn has won. The team with the most wins is declared the Iron Bowl Champion! Assistance is given to the participants according to their level of physical and cognitive abilities.

We believe "Iron Bowl" Cornhole can be an excellent addition to any facility due to the outcomes that we have seen! "Iron Bowl" carries a huge tradition in Alabama and even if you are not a sports fan, we are sure you have heard and know what it is about! The increase in resident participation alone makes this a huge success and asset to any program. It is adaptable to different physical and cognitive abilities by slightly changing the distance of the boards. The atmosphere and energy that your residents will display is reward enough! It has truly been a hit for our facility and we can guarantee that it will be a positive addition to any other! The most important thing is our residents, and seeing them happy and having fun is the goal!