# WELCOME TO BODY FORWARD!

**WEEK 1 - If your team is on track:**

1. You should have officially **registered a team** at the FLL Team Registration and Event website.
2. You should have ordered and received a **LEGO Mindstorms Robot kit** (you do not have to order a new robot kit every year, and some new teams work with donated robot kits, which is fine, too).
   a. *TIP: Many competitive teams purchase a new robot kit every year, to add to their ability to engineer multiple prototypes during the season. If your team can't afford an entire new kit every season, consider adding to your existing set – new NXT brick, new motors, additional touch or light sensors, additional rechargeable battery, etc.*
3. You should have ordered and received your **Body Forward field set-up kit**. This is the competition mat and LEGO elements that you will built into mission models. Your team must have access to a Body Forward field set-up kit in order to prepare for competition.
   a. *TIP: Have your team work together to build your field. This can be a fun teamwork exercise. As they put the field together, they can review the missions and rules and start brainstorming the following:*
      i. What kind of robot will we need to solve the challenges on this field?
      ii. What kind of sensors would be useful to use?
      iii. What kind of manipulators would work well? Hooks? Grippers? Loaders? Etc.
      iv. What points would be easiest to get on the field? (Start working on the easy points first).
      v. What missions could be combined together?
4. Attend **KICKOFF EVENT** opportunities: There are many kickoff event opportunities that are available for you to attend during the two weeks following the challenge reveal. Attend an event that is close to you, or create your own kickoff event excitement! Most kickoff events will include a review of the Body Forward robot game, experts in the field of biomedical engineering who can help get the kids thinking about research project ideas, as well as other FLL activities and workshops.
   a. *TIP: If the kickoff event you plan to attend provides training opportunities in robot programming or multiple research-related presentations, assign different team members to experience different things at your kickoff event. This way, your team can take advantage of every resource provided at the kickoff. At your next team meeting, have the team share what each member learned at the kickoff event, so everyone can gain more insight from other members' experiences. (It also gets the team to work on their communication skills!)*

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***WHAT IF YOUR TEAM ISN'T REGISTERED YET, BUT YOU PLAN TO PARTICIPATE THIS SEASON? ARE YOU TOO LATE?*** There are ways for your team to move forward, even if you are off to a slower start. If you haven't registered yet (register soon – registration will close toward the end of September) or if you haven't received your robot kit or your field set-up kit, plan to do the following:

1. Attend a **KICKOFF EVENT,** or take another project-related field trip.
2. Take advantage of **COACH TRAINING** opportunities. You can find information on Coach workshops around the state on the Ohio FLL website at http://edoutreach.wpafb.af.mil/Robotics/pages/resources_coac.html
3. **Create a fun team environment** by doing the following:
   a. Create your team **rules**: what expectations do your team members have for the team experience?
   b. Determine the **roles** that each team member will handle on the team. Do you plan to have a lead programmer? Lead engineer? Lead researcher? Etc.?
   c. Settle on a team name, team motto, team song, team T-shirt design, etc.
   d. Begin your **research**.
   e. Practice **Teamwork Activities**: you can find some teamwork activities to get you started at http://edoutreach.wpafb.af.mil/Robotics/pages/resources_team.html
   f. Determine a method for **Conflict Resolution** – how will your team solve disagreements? Having a set procedure before problems arise will help your team to move past problems quickly and without bad feelings.

*GOOD LUCK AS YOU MOVE FORWARD THROUGH WEEK 1…*