



Name:

Class:

[illegible]

Please only get “Safe Sponsors”. Safe Sponsors are family and family friends. Do not ask strangers for sponsorship.

1. Spotty Dogs (good for coordination) 2. Leg Drives (lower body & core strength)

3. Press Ups / Half Press Ups (upper body conditioning) 4. Star Jumps (gentle warm down exercise)

To complete as many repetitions as you can of each exercise for 1 minute. You will be motivated and encouraged by your celebrity GB athlete. Following the activities, all children will gather for an exciting power point assembly with the athlete. You will be learning about healthy living, healthy eating and the **FOUR Key Elements** associated with **SUCCESS**, *team work, responsibility, communication and creativity*. Your athlete will demonstrate their sport and finish with a Q&A session.

Where does the money go?

School: 60% raised will be going back to your very own school.

Sports For Champions: 40% to GB International hopefuls from different sports, to help fund their travelling costs, medical expenses etc as they train 30+ hours a week and don't have any regular income or any time to earn a living! This is how Sports For Champions help our athletes compete for Great Britain.

Through feedback from schools we were asked to put in place rewards to recognise the children's dedication towards fundraising. This is also a way of saying thank you from the athlete and their fellow team mates, as all of our GB athletes are dedicated towards medalling for our country.

£5-15: Receive a postcard photo of their GB athlete.

£15-35: Receive a signed poster of their GB athlete.

£35 or more: Receive an autographed instant photo of themselves and their GB athlete, presented in a keepsake wallet.

Engraved Trophy: Trophy will be awarded to the class that has worked as a team and raised the most sponsorship.

Will you kindly return sponsorship forms and money the day before the event, as we are only in the area for the day to issue rewards to say thank you.



Dear Parents & Guardians,

On the 30th June 2015, all of the children at **Ashton Keynes Primary** will be taking part in a sponsored fitness event that has been organized by Sports for Champions.

At Sports For Champions, we believe that within every child is a champion. We endeavor to show pupils that with hard work and motivation, they can achieve their dream not only in sport, but in every aspect of their lives.

The main attraction of their sponsored fitness circuit will be a GB International Athlete or Olympian. They will be working with the children throughout the event and will give a power point assembly for pupils to learn how their athlete got into sport, nutrition, give a demonstration of their sport and finish off with a Q&A session. Our athletes aim to inspire the children and try to give tips on how to succeed by outlining the four key elements of **SUCCESS**; Teamwork, Responsibility, Communication and Creativity.

These athletes are all exceptional role models and deliver truly inspirational speeches about their careers so far. Their achievements, as well as bringing along medals and trophies to show the children, highlight their commitment to sport and the years of dedication that has been given.

We understand that not every child is orientated towards sport; however we aim to give children a feeling of accomplishment and self belief at the end of the event, that we hope stays with them forever.

Our sponsored circuit is essentially four simple exercises:

1. **Spotty dogs** (warm up exercise and great for fine tuning their coordination)
2. **Leg Drives** (Helps build lower body and leg strength)
3. **Press ups, or Half Press ups** (Helps build upper body and core strength)
4. **Star Jumps** (Gentle warm down exercise)

Please note that you will be sponsoring your child for the entire circuit rather than each repetition.

Sports For Champions is an exciting and productive program for everyone involved. Not only does it raise funds for your child's school and further their financial opportunities; but Sports For Champions will also receive a percentage of the sponsorship money. This money will be used to help young, unsponsored, Great Britain athletes that have just broken onto the GB squad. As you will know, not all athletes are funded by the National Lottery/ large sports brands. The sponsorship raised is primarily used to support the athletes living costs, as they all train 30+ hours a week and do not have a regular income. With your help they will be able to commit as much time as possible to their sport and be able to cover travelling, equipment and medical costs on their journey to the top of their professions.

Through feedback from schools we have been asked to put rewards in place to recognize and say thank you to the children for all of their hard work fundraising! We felt that this worked well to mirror the gold, silver and bronze all sportsmen and women work towards.

If your child raises between £5 and £15 they will be presented with a photo card of the athlete. If they are able to raise between £15 to £35, they will be presented with a poster of the athlete. If they raise £35 or more, they will be presented with an autographed instant photo of themselves alongside their GB athlete in a keepsake wallet.

We understand that not all families are able to raise money and therefore stickers are awarded to every child so that no one is left out.

Finally but not least, an engraved trophy will be presented to the class that raises the most sponsorship, so that everybody can work together as a team to win the trophy!

Reward giving options for your child's event day to be decided by you and your child's school

1. Rewards and stickers awarded individually to each child in a whole school assembly by the athlete.
2. Stickers awarded to everyone once the circuit is completed. Individual rewards given to the school to be taken home or given out at their discretion.

We ask for your kind cooperation with sponsorship forms and money to be returned back to school as soon as possible, or at the very latest the **day before** your child's challenge. We will only be in your area for the day to issue the rewards with the GB athlete, so this aims to ensure no child misses out on their recognition of hard work.

Please note all staff are CRB/DBS enhanced checked and carry ID badges at all times.

Kind Regards,

The Sports For Champions Team

www.sportsforchampions.com

