



SCHOOL COORDINATOR FACT SHEET
Saturday, September 11th, 2010 ♦ Crescent Park
7:30 a.m. / Pre-Race Activities
8:30 a.m. / 1-Mile Fitness Walk or 5K Run/Walk

School Coordinator Responsibilities

1. Gather teams of at least 10 friends, family members, teachers, students, or other school staff.
2. Remind each member of your team to register online at www.fasbfitnessfestival.com
3. Monitor your schools total registrants on the weekly school registration reports (will be sent to your school every Wednesday beginning August 25th, 2010).
4. Indicate names of students who are taking the *Cherry Creek Fitness Challenge* on the Challenge Roster and submit by mail or email to Shar by **Tuesday, September 7th** so students receive a medal on race day. **IMPORTANT: If a student's name is not on our race day Fitness Challenge Roster, they will not receive a medal, so please send your roster in on time.**
5. **FOR PAPER REGISTRATIONS ONLY:** Compile your registration forms, checks, and 2010 Team Roster and take to the Prevention Office (4700 S. Yosemite St.) **NO LATER THAN September 7th**. These forms will be input and treated as pre-registrations.

All race materials will be picked up on race day

Entry Fees

- Children: (ages 17 and younger) \$15 prior to race day
- Adults: \$27 prior to race day
- Seniors: (ages 60+) \$15 prior to race day
- Family 4-pack: \$75 prior to race day (2 adults, 2 children); Additional children only \$10 each
- Race Day entry: Adults \$35; Seniors and Children \$20; Family 4-pack \$100

All paid registrations include

- All cotton 2010 FASB Fitness Festival T-shirt
- Medals and recognition for ALL *Cherry Creek Fitness Challenge* participants!
- Fabulous POST RACE PARTY including FREE delicious food from area restaurants, live entertainment, silent auction and giveaways!

Team Categories & Prizes

- Teams may register in one of the following 3 categories:
Elementary School, Middle School, High School
- Prizes will be awarded to the largest team in each category and to the team with the most team spirit

HAVE QUESTIONS? NEED HELP?

Contact the Cherry Creek School District Prevention Office at (720) 554-4247



WAYS FOR SCHOOLS TO PROMOTE THE FIRST AMERICAN STATE BANK FITNESS FESTIVAL

-  Arrange to post the Fitness Festival registration link, flyer and other information on your school's PTO Manager site.
-  Encourage people to go green and save time by registering online at www.fasbfitnessfestival.com
-  Promote the Fitness Festival at your PTO and Accountability Committees in April or May.
-  Partner with your school's PE teacher(s) or coaches to promote the Cherry Creek Fitness Challenge and plan a training program at your school.
-  Request a time to speak at Back to School Night and arrange to have DVD playing.
-  Partner with your school's Newcomer Welcome Committee to include new staff members and new families on your team.
-  Encourage clubs and sports teams in your school to kickoff the new year by attending as a group.
-  Advertise the 1 mile walk option, particularly to busy families.
-  In August, use your school's marquee / create a bulletin board display to remind everyone to join your school's team.
-  Have a Fitness Festival sign-up table at your school's registration day in August and have the DVD playing.
-  Encourage Service clubs to volunteer with friends or family for Community Service.

Cherry Creek Fitness Challenge & The First American State Bank Fitness Festival

Frequently Asked Questions

What is the Community Asset Project (CAP), Inc. and what do they do?

- CAP is a community board that works in partnership with the CCSD Prevention Office to support the 40 developmental assets framework and a variety of programs /initiatives that fulfill their mission to help youth reach their full potential and stay drug-free.
- Grounded in research and created by the Search Institute, the 40 developmental assets represent the relationships, opportunities and personal qualities that young people need to make healthy decisions and grow up to be competent, caring and responsible adults.
- CAP has been working in partnership with the Cherry Creek School District Prevention Office for over 20 years.

How does the First American State Bank Fitness Festival (FASB FF) benefit CAP and CCSD?

- Since the start of the FASB FF, the event has raised more than \$585,000 for the CAP/CCSD Partnership. This money goes directly back to schools in a variety of ways to support both the mission of CAP and CCSD goals and initiatives. Below are a few examples:
 - ❖ Grants from the CCSD Prevention office have supported initiatives in the areas of: Positive Behavior Supports, drug/alcohol prevention/intervention, school climate/safety, parent education, prevention of self-harm, school engagement/attendance, equity/diversity work, research-based social-emotional learning programs and student leadership opportunities.
 - ❖ Link Crew and WEB leadership trainings and mentorship programs designed to build motivation and engagement and positively connect new 6th grade and 9th grade students entering middle schools and high schools.
 - ❖ The Family Wellness Summit (previously Youth/Adult Summit) has a guiding mission, “To provide practical tips and tools to improve attendees’ physical, psychological and environmental well-being.”
 - ❖ Signs of Suicide Prevention Programming and Training kits were provided to all district middle schools.
- In addition to being a successful fundraiser, the FASB FF promotes a healthy lifestyle and lifelong wellness. The recent addition of the Cherry Creek Fitness Challenge is specifically designed to further align this community event with the district’s Comprehensive Wellness Strategy and the work schools do on a daily basis to educate the whole child.

How is the work measured?

- Effectiveness is measured through parent and community partnership / participation, the district’s Climate, Safety and Wellness Survey and through evaluations administered and submitted by individual schools.

How many youth are affected by this school / community partnership?

- Over 50,000 youth plus their parents, families and friends are affected by our school / community partnership.

How many staff members are affected by this initiative?

- Focused support on positive youth development, prevention, comprehensive wellness and school safety/climate benefit the more than 7,000 CCSD employees by creating socially and emotionally sound learning and working environments.