

St. Vincent School



Second Annual Vikings Victory

Jogathon

October 2, 2009

SUMMER 2009 PARTICIPATION PACKET

St. Vincent School

Vikings Victory

Live, Love, Learn & JOG!

On behalf of the incoming 8th Grade Class, the Jog-a-thon Committee is excited to provide some of the details concerning the Second Annual St. Vincent Jog-a-thon. The date has been set: Friday, October 2, 2009. The 8th Grade class will serve as hosts, hostesses and spirit leaders, and we will raise money to support needed programs in our school. This is a fun filled, energetic, one day event involving all students from K through 8th grade. If you missed it last year, you really missed something special. Plan to be there on October 2d.

Enclosed you will find:

1. A Pledge Sheet and Registration Form. Over the summer, many of us visit friends and family – what better way to show your pride in your school than to begin your pledge sheet now? You may secure flat fee pledges, or pledges per lap. **STUDENTS ARE REQUESTED TO BRING IN A TOTAL FLAT DONATION OF \$10 AS A REGISTRATION FEE (PayPlanner) TO PARTICIPATE.**
2. A sponsorship form. We are asking each family and their students to help us develop sponsorships. Although the costs of the Jog-a-thon are well-managed, we need sponsors to help underwrite the cost of T-shirts, equipment, snacks, beverages, and prizes. We will provide appropriate recognition as noted on the sponsorship form. Please do your part – the event will be on us before you know it.

Special Changes Have Been Implemented by the 8th Grade Class of 2010

Each class will have an assigned color; the plan is for the Jog-a-thon to become an annual, beginning of school, spirit event, hosted by the 8th grade class. Each year, the 8th graders will help drive the event.

The following ideas of the 8th Grade Class of 2010 are incorporated in the event:

First, each class will have a “class color” that can be utilized and incorporated into this event, and others throughout the year, and the life of St. Vincent School. For the Jog-

a-thon, those color choices mean each class will have a different color T-shirt. Some of the prizes are tied to class success.

Second, each spirit buddy team (which will comprise children from all classes) will be assigned a themed band (either a wrist, arm or headband). Although not chosen yet, there will be special spirit-oriented activities for each spirit team. Additionally, there will be prizes awarded to spirit teams.

Third, there will be individual awards. This year, based upon the request of teachers, parents and the 8th grade class, teachers and parents will be permitted to enter the jog-a-thon, and there will be prizes awarded based upon their successes as well.

The following are the chosen class colors, and it is our hope that each class gets excited about “graduating” to the next color in the following year.

8 th Grade	Purple
7 th Grade	Blue
6 th Grade	Green
5 th Grade	Red
4 th Grade	Orange
3 rd Grade	Yellow
2d Grade	Neon Green
1 st Grade	Light Blue
Kindergarten	Light Purple

Parents and Teachers shirts will be a different color.

The following prizes will be awarded; however, you must raise a minimum of \$50 (exclusive of Registration Fee) to qualify for top prizes. Each dollar raised (exclusive of Registration Fee) counts toward your fund-raising commitment to the school.

SPECIAL RECOGNITION!

- Top money earners
- Top lap runner boy K -2; 3-5; 6-8
- Top lap runner girl K -2; 3-5; 6-8
- Winning color teams
- Top Spirit Teams
- Top class money earners
- Top Spirit Team money earners
- Top class laps K -2; 3-5; 6-8
- Top Teachers
- Top Parents

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Nurse's Note

The following are some general suggestions for you and your child to consider for the jogathon:

Hydrate well starting the day before the event; drink 1 – 2 glasses of fluids the morning of the jogathon.

Wear layer of clothes, including shorts, sneakers and t-shirts so they can “strip down” to this layer if it is warm out.

The school Nurse and the volunteers will be watching the children for signs of overheating, which include:

- Cramps and spasms of the legs and stomach
- Hot, red, dry skin without any sweating
- Rapid pulse
- Headache
- Nausea and vomiting
- Fainting

If a child shows any of these symptoms, they will be pulled out temporarily to be assessed by the nurse. They will receive credit for one lap during this assessment. If a child vomits, even if it may be because they ate too many oranges, or drank too much water, they will be held out from further participation.

If your child has Asthma, or related breathing problems and you wish your child to participate, please be sure there is an inhaler in the nurse’s office, and a signed note from the doctor in our records.

School Nurse

If for any reason you do not wish your child to participate in the jogging/walking portion of the event, please indicate below, sign, and return to your child’s classroom. Those students not participating in the Jog-a-thon will remain at school with a designated staff member.

_____ will not participate in the running/walking portions of St. Vincent School Jog-a-thon, October 2, 2009.

_____ Parent’s signature



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Sponsorship Form

St. Vincent School is currently organizing our Second Annual Jogathon fundraiser, taking place on Friday, October 2, 2009. Your contribution is extremely important to our success.

- **Elite Sponsor -- \$250**
 - **Your logo on all participant T-shirts**
 - **Special acknowledgement during event**
 - **Promotional Opportunities as part of event**

- **Sponsor -- \$100**
 - **Special acknowledgement during event**
 - **Promotional Opportunities as part of event**

PLEASE ATTACH BUSINESS CARD AND RETURN SPONSORSHIP FORM TO: CCELENTINO@DUANEMORRIS.COM