

2009 WCS Activity Contest – Earn a mini CSH grant for your School!

Coordinated School Health is promoting an “Activity” program
in conjunction with Walk Across Williamson (W x W)

To Be Eligible and Qualify for the \$ for your School

- Get started by organizing a minimum group of 12 members (walking, running, aerobic activity) from your school community for the months of February and March.
- This is a chance to involve students and others in need of extra activity!
- Since this is a contest to promote activity with as many people as possible, your groups can include anyone from your school community including family members of students and staff. Can continue to build your group through February 28.
- The group must be active a minimum of 6,000 minutes over the course of both months (averaging 3,000 minutes per month). Record daily minutes during the course of a 24 hour day of intentional, specific activity that is not part of expected normal day activities. (Walking between class changes, to and from the car, etc. will not count in this contest.)
- Activity must occur outside a school physical education class or interscholastic athletics (including recognized club sports). Organized activities within the school day such as walking clubs can count.
- The groups who meet the criteria and are active for the most minutes over the two months wins the \$ for their school. Guaranteed awards given to the top 10 school finishers.
- No maximum number of activity members – sign up as many as you can for your group.
- Members do not have to participate together; can participate as an individual, small group, big group, etc, but each member has to have his or her own monthly log filled out accurately and completely with total activity minutes for the month (bottom right corner).
- This year, \$ awarded to schools must be used to support Health Ed., Nutrition and/or the Physical Ed./Activity components of the Coordinated School Health Model. Sorry, no individual incentives/awards. The emphasis is on schools and their students.
- Competition begins on Friday, February 1 through Monday, March 31.
- Earn Bonus Minutes on two special Saturdays – Each member of your group who participates in the W x W Saturday walk at a participating park on Feb. 7 and Mar. 7 will earn an additional 150 bonus minutes for his/her group. (Space on log to identify park.)
- All logs will be turned in by Friday, April 3. Winning schools will be announced shortly thereafter (as soon as all logs are tallied).

1 st place - \$1000.00	6 th place - \$500.00
2 nd place - \$900.00	7 th place - \$400.00
3 rd place - \$800.00	8 th place - \$300.00
4 th place - \$700.00	9 th place - \$200.00
5 th place - \$600.00	10 th place - \$100.00

1. Choose a point person/captain as a liaison with CSH
2. Submit the names of your activity group to Ken Brooks (kenb@wcs.edu)
3. At end of month submit each person’s monthly walking log (these can be printed from the WCS CSH web site - <http://www.wcs.edu/parentstudent/health/wxw.htm>)