



WIN for KC Reading and Fitness Challenge Rules and Rewards



To get started:

- 1) Download forms and distribute to students.
- 2) **TO REGISTER**, email events1@sportkc.org with the grade and approximate number of students that will be participating in the program (this does not have to be exact, just an estimate), or call 816-474-4652 ext. 4170.

Rules

- 1) Girls and boys grades 3-8 are eligible to participate.
- 2) Each student must read a minimum of **12 books** and complete **at least 2 fitness logs** by exercising at least 20 days per month.
 - Books read must be approved and signed off by the appropriate grade level teacher or parent/guardian on the Reading Log Sheet (**Form A**).
 - Fitness logs (**Form B**), must be approved and signed off by the teacher or parent/guardian and turned into the teacher at the end of each month.
- 3) Participating schools/organizations must EMAIL or FAX their Final Participant Form (**Form C**), to Molly Green at:

Email: events1@sportkc.org
Fax #: 816-474-7979

Forms must be received by **February 5, 2010*

Rewards - *There are two levels of participation and rewards:*

Level 1: Students that read 12 books and complete 2 fitness logs by **February 5** qualify for all of the following prizes:

- ★ **One free ticket** to The *Big 12 Women's Basketball Tournament* on:
 - Thursday, March 11 at 11 a.m.
(Group recognition during the game)
- ★ WIN for KC Reading and Fitness Challenge "Certificate of Achievement"
- ★ More prizes to be announced later!

Level 2:

Students completing more than two fitness logs as well as read 12 books qualify for Level 1 prizes **AND** the following prizes:

★ Three fitness logs completed: Chick-fil-A Coupon



★ Four fitness logs completed:

- Jump Rope
- Name entered into a drawing to attend the Special Halftime Recognition Ceremony on center court at the 11 a.m. game.

★ The top boy and girl reader in each grade (according to page numbers) will get to attend the Special Halftime Recognition Ceremony on center court at the 11 a.m. game!

Catered Lunch Option:

Students, teachers and chaperones may bring their own lunch or purchase the **Meal Deal** that will include a hot dog or sandwich, chips and drink for \$2.00 (students) and \$4.00 (adults).

Meal Deal's must be requested on the Final Participant Form (Form C) that is due February 5. Money will be collected during registration the day of the event and **Meal Deal** Coupons will be given out at that time.

★ Lunches will be catered box lunches and will be distributed upon arrival. This will NOT require going to a concession stand.



WIN for KC Student Reading Log Sheet

Name: _____

School: _____ Phone Number: _____

Address: _____

Grade: _____ Age: _____ Teacher: _____

	Name of Book	Author	# of pages	Signature of Parent/Teacher/Guardian
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				



NAME: _____ MONTH: _____

WIN for KC FITNESS LOG

	Date	What I Did	For How Long	Fun Meter ☺☹☹	Fit Meter *	It Rocked Because:
1.	10/1	I went on a bike ride	30 minutes	☺	Light	I was with my friends
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
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27.						
28.						
29.						
30.						
31.						
<p>* <i>Fit Meter:</i> A quick way to measure how hard you're playing. Take your heart rate by finding your pulse on your wrists right after you're done with your workout. Count how many times your heart beats in 10 seconds.</p>						
>20 Beats	Light Activity	Good for days when you're tired—you could do this forever!				
20-26 Beats	Medium Activity	Good for your heart & lungs—you are breaking a sweat!				
26+ Beats	Heavy Activity	Good for your muscles—you're breathing hard now!				

Parent/Teacher Signature: _____



WIN for KC Reading and Fitness Challenge Final Participant Form



Please **TYPE** and return this form by via EMAIL or FAX by **FEBRUARY 5** to:
WIN for KC Reading Challenge
816-474-7979 (fax) or events1@sportkc.org (email)

School: _____ Teacher: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Grade(s): _____ Phone: _____

Email: _____

What percentage of your students have been to a collegiate women's basketball game? _____

Names of **TOP BOY & GIRL READERS** _____

Number of students who completed **3 OR MORE FITNESS LOGS** _____

(Chick-fil-A coupons will be given at registration)

Names of students who completed **4 FITNESS LOGS** _____

Total **STUDENTS** attending _____
Total **TEACHERS & VOLUNTEERS** (Chaperones) _____
Total **ATTENDING FROM YOUR SCHOOL** _____
Number of **STUDENT** Meal Deals _____
Number of **ADULT** Meal Deals _____

I certify the students listed above have completed the requirements to qualify for the Reading and Fitness Challenge.

TEACHER SIGNATURE

FORM C