



**Sports For
Champions UK**



Registered with Cofrestrwyd Gydolr



Dear Parents & Guardians,

Sports For Champions are coming to visit your child's school, pupils will be taking part in a sponsored fitness circuit, as we believe that within every child is a champion waiting to be unleashed. 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 Team GB International Athlete, an Olympian or in some cases a professional rugby player or boxer depending on your school's choice. They will be working with the children throughout the event and will present a PowerPoint assembly for pupils to learn how their athlete got into sports and their nutritional needs to keep their bodies in optimum condition, followed by a demonstration of their sport, finishing off with a Q&A session. Our athletes aim to inspire the children and give tips on how to succeed in every aspect of their life by outlining the four key elements of SUCCESS, which are **Teamwork, Responsibility, Communication and Creativity**.

These athletes are exceptional role models and deliver a truly inspirational presentation about their careers so far. The medals and trophies that they bring along to show the children highlight their commitment to their sport and the years of dedication that has been given to medalling for Great Britain. We understand that not every child is orientated towards sports; however, we aim to give children a feeling of accomplishment and self-belief at the end of the event, which we hope stays with them forever.

Our sponsored circuit is essentially composed of four simple exercises:

Primary Schools

Spotty Dogs (warm up exercise and great for fine tuning coordination)

Leg Drives (builds core and leg strength)

Full or Half Press-ups (builds upper body strength)

Star Jumps (gentle warm-down exercise)

Secondary Schools

Burpees (overall body conditioning)

Leg Drives (builds core and leg strength)

Full or Half Press-ups (builds upper-body strength)

Triceps Dip 30 secs (good for arm, trapezius, upper back conditioning)

Star Jumps 30 secs

Sports For Champions is an exciting and productive program for everyone involved. Not only does it raise funds for the school, but it is also used to help unsponsored, Great British athletes who have just broken onto the GB squad or established athletes who have lost funding for whatever reason. Unfortunately, not all athletes are funded by the National Lottery/ British Athletics/ large sports brands. The sponsorship raised is primarily used to support the athletes' living and training costs, as they all train 35+ hours a week and do not have a regular income, or are not able to find a job that can revolve around their training commitments. 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 thank-you rewards in place to recognise 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. An engraved trophy will also be posted to the class that has worked as a team and raised the most sponsorship for their very own school and our unsponsored athletes! Your child's school will also receive a certificate of appreciation to display in their foyer with pride.

We understand that not all families are able to raise money for whatever reason, and therefore, stickers are awarded to every child so that no one is left out whether sponsored or not! We also in no way expect you as a parent or guardian to raise sponsorship money by yourself, as the last thing we want is for a family to feel pressured. We suggest that perhaps you take the sponsor form to work or ask family, friends and neighbours, to not only help your child's school but also support our GB hopefuls' medal for our country. We must stress children's safety is paramount, and we ask that a guardian is with children at all times when they are fundraising.

We ask for your kind cooperation with sponsorship forms and money to be returned back to the school as soon as possible, or at the very latest the day before the event. The athlete is only in your area for the day to issue the rewards and say thank you. This is to ensure no child misses out on the recognition of their hard work fundraising.

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

Kind Regards,

The Sports For Champions Team



SPONSOR FORM

Name:

Class:

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

Name	Sponsor Contact Details	Total Amount Sponsored (£)	Signature

(Please make cheques payable to the school)

Total Raised: £

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

CHALLENGE

Secondary Schools Circuit

- Burpees
- Leg Drives
- Press-Ups
- Triceps Dips 30 secs
- Star Jumps 30 secs (1 minute in total)

Primary Schools Circuit

- Spotty Dogs
- Leg Drives
- Full/Half Press-Ups
- Star Jumps

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, you will gather for an exciting PowerPoint 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% raised will be going back to GB International hopefuls from different sports, to help fund their travelling costs, medical expenses etc as they train 35+ 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.

£5-14.99 - Receive a postcard photo of their GB athlete.

£15-£34.99 - 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 (siblings are welcome to have a group photo with the athlete)

Kindly return this sponsorship form and money as soon as possible before the event. This is because we are only in the area for the day to issue the rewards to say thank you for your hard work fundraising.