



GET OUT GET ACTIVE PROGRAM

Sponsored by NAYS, CCPRC, and CCSD

PROGRAM GOAL

To promote a healthy lifestyle through recreation and physical activities for all youth in Charleston County

OBJECTIVE

The students will achieve a minimal amount of physical activity each week

RULES FOR PARTICIPATING SCHOOLS

1. To qualify in the top three, the participating school must have at least 50% or more.
2. Video games or movies will not count as a physical activity.
3. Each school must have its registration form turned in by the deadline: **Sept 10th, 2010.**
 - The program will start in September 2010-March 2011.
 - Participating schools will receive activity charts and a DVD in September to start implementing the program.
4. All results must be in to the program coordinator on **March 31ST, 2011.** Please do not mail in your activity charts/results. You only need to fax or email the following:
 - The total number of students who participated
 - The total number of students who returned their activity charts

- The percentage of students who participated based on returned charts.
- Tie breaker will be determined by the time result was received
- Result received past the due date will not be accepted.
- You may email your results to lishie@ccprc.com or fax to Love Ishie at (843)762-2683.

**PARTICIPANTS
INCENTIVES/AWARDS**

After all reports are in by **March 31st**, the winners will be determined by the most participation.

- 1st place winner will receive a plaque, a Get Out Get Active banner, and a \$500 gift certificate
- 2nd place winner will receive a plaque, a Get Out Get Active banner, and a \$250 gift certificate
- 3rd place winner will receive a plaque, a Get Out Get Active banner, and a \$150 gift certificate
- All other participants will receive a Get Out Get Active banner for participating.
- **The top three qualifying schools will receive 10 individual rewards for students. The Physical Education teachers will be responsible for electing 10 students for the individual reward. You are to pick these individuals based on your own chosen criteria.**

AWARDS will be given in the Month of April.