**Kardio Kidz USA Gymnathon Sponsor Form:**

Please plan to support our Annual Gymnathon even if it is only for a small amount. This program really helps benefit our students to help them reach their fullest potential and helps us provide new training equipment. The gymnathon is meant to primarily help focus the students on practice, skill retention and skill progression. While students are encouraged to get sponsors to help earn money for the gym and get support from others to improve their skills; the main focus is to help them practice to avoid regression and aid progression while rewarding their efforts. Students should still participate in practice and earn rewards even if they are unable to find sponsors.

**Open Gyms, Sponsors, Discounts & Donations:** Any donations earned are greatly appreciated and will help our gym become an even better place to practice and advance skills. Ideas of where to find Sponsors are: family reunions (Grandparents, aunts, uncles and cousins are often our student’s biggest fans), businesses, friends, coworkers, and neighbors. (We are also still accepting donations for the big prize drawing, all donors will be recognized on our website to help promote their businesses). Thank you for your support! (Donations help purchase new equipment and prizes for next year). Last year students performed over 14,000 skills and earned a few hundred in donations. Past donations helped us purchase 2 new Air Trak Floors, beams, mats, and refinish our Gym Dance floor, mirrors, performance equipment and technology, props, and more.

Earn discount to our Open Gyms! $1 off for every sponsor! Sponsorships will also earn students discounts to our Open Gyms: $1 off for each sponsor towards participation in these fun play days at the gym that allows for even more practice time! See link to reserve your spot:<http://kardiokidzusa.weebly.com/open-gym.html>

Open Gym Sign Ups and extra gymnathon forms and final results of drawings can be found at our website at: <http://kardiokidzusa.weebly.com/new-summer-gymathon.html>

**Practice & Rewards:** Students should select a skill that they need to practice, but can do without a spot. Students are encouraged to work on one skill at a time (per class they are enrolled in) and can pick up a new form once they reach their goal through September. We want all students to participate. New students can run, skip, jump or something they already know how to do. The point is to get them active and building their muscles! Students can earn multiple rewards during Gymnathon. Every time the students reach their goal they can bring their gymnathon form into the gym and get a reward. Students can pick up a new form or print one off from the website, and work to earn another prize once they complete their goal (they should have a different sponsor forms for each skill chosen). All donations should be turned directly into Mindy Sherrow. To turn in forms please contact Mindy for questions at 801-807-8817 or kardiokidzusa@gmail.com

**Prizes:** There will be a reward for every student that participates in this event, besides the inherent value of having the extra practice and getting excited about classes. Students will also get raffle tickets for prize drawings, every $10 they earn in sponsorships. There are over $500 worth of prizes to be won! The more raffle tickets earned the better the chance of winning. Prizes include a scooter, skate board, Various dolls, Remote control vehicle, lego blocks sets and vehicles, Star Wars toy, various games, disney toys, Drawing games, bags, various toys, gift certificates, Hangtime passes, Dairy Queen treats, skating passes, more toys, more games, and much much more! (See pictures below.)

**Ideas for skills**:

**Dance**: [chassé](http://www.abt.org/education/dictionary/terms/chasse.html), skipping, leaps, pirouettes, jumps, kicks, spotting, turns,Tumbling, etc

**Cheer**: toe touches, herkies, pike jump, kicks, rallies, angles drill, or chose a line cheer to practice, tumbling.

**Gymnastics**: forward or backward roll, head or handstands, handstand forward roll, back extension, cartwheel, round off, front limber, back walkover, back or front handspring, font tuck, back tuck, etc

**Parkour:** Precision jumps, 180 or 360 jumps, push ups, backbends, handstands, vaults, macaco, cartwheels, stunts, flips, wall runs, etc

**Fitness:** planks, push ups, squats, lunges, wall sits, backbends, hand or head stands, crow, combinations, stretches, splits, etc

**Thank you for supporting Kardio Kidz USA and our students and their efforts to become their best as they work towards their goals!**

**Kardio Kidz USA Gymnathon Sponsor Form:**

I agree to sponsor \_\_\_\_\_\_\_\_\_\_\_­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the upcoming KARDIO KIDZ Gymnathon for performing up to 100 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

(Student’s Name) (Dance, Cheer, or Gymnastics Skill)

| Put 1 tally mark for each skill performed | Date turned in | Total |
| --- | --- | --- |
|  |  |  |

**Open Gym Dates:** please visit kardiokidz.us to sign up, for new forms and to see gymnathon results.

| **Name or Business** | **Phone** | **Address** | **Email** | **Sponsor Amount** | **Total Skills completed** | **Total Due:** | **Total Prize Tickets earned:** | **Discount toward Open Gym** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Jane Smith (example) | 801-888-1234 | 123 Anywhere Ln. Santaquin UT | Jane.smith@web.com | .10¢ | (if student completes 100) | ($10.00 to be collected) | 1 | $1 off |
| Big O (example) | 801-222-1234 | 123 Anywhere Ln. Provo Ut | bigo@web.com | (It is ok to give the if this is more | (donation made upfront for convenience) | $25.00 | 2 | $2 off |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

**Kardio Kidz USA Gymnathon Sponsor Form:**

I agree to sponsor \_\_\_\_\_\_\_\_\_\_\_­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the upcoming KARDIO KIDZ Gymnathon for performing up to 100 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

(Student’s Name) (Dance, Cheer, or Gymnastics Skill)

| Put 1 tally mark for each skill performed | Date turned in | Total |
| --- | --- | --- |
|  |  |  |

**Open Gym Dates:** please visit kardiokidz.us to sign up, for new forms and to see gymnathon results.

| **Name or Business** | **Phone** | **Address** | **Email** | **Sponsor Amount** | **Total Skills completed** | **Total Due:** | **Total Prize Tickets earned:** | **Discount toward Open Gym** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Jane Smith (example) | 801-888-1234 | 123 Anywhere Ln. Santaquin UT | Jane.smith@web.com | .10¢ | (if student completes 100) | ($10.00 to be collected) | 1 | $1 off |
| Big O (example) | 801-222-1234 | 123 Anywhere Ln. Provo Ut | bigo@web.com | (It is ok to give the if this is more | (donation made upfront for convenience) | $25.00 | 2 | $2 off |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

**Kardio Kidz USA Gymnathon Sponsor Form:**

Please plan to support our Annual Gymnathon even if it is only for a small amount. This program really helps benefit our students to help them reach their fullest potential and helps us provide new training equipment. The gymnathon is meant to primarily help focus the students on practice, skill retention and skill progression. While students are encouraged to get sponsors to help earn money for the gym and get support from others to improve their skills; the main focus is to help them practice to avoid regression and aid progression while rewarding their efforts. Students should still participate in practice and earn rewards even if they are unable to find sponsors.

**Open Gyms, Sponsors, Discounts & Donations:** Any donations earned are greatly appreciated and will help our gym become an even better place to practice and advance skills. Ideas of where to find Sponsors are: family reunions (Grandparents, aunts, uncles and cousins are often our student’s biggest fans), businesses, friends, coworkers, and neighbors. (We are also still accepting donations for the big prize drawing, all donors will be recognized on our website to help promote their businesses). Thank you for your support! (Donations help purchase new equipment and prizes for next year). Last year students performed over 14,000 skills and earned a few hundred in donations. Past donations helped us purchase 2 new Air Trak Floors, beams, mats, and refinish our Gym Dance floor, mirrors, performance equipment and technology, props, and more.

Earn discount to our Open Gyms! $1 off for every sponsor! Sponsorships will also earn students discounts to our Open Gyms: $1 off for each sponsor towards participation in these fun play days at the gym that allows for even more practice time! See link to reserve your spot:<http://kardiokidzusa.weebly.com/open-gym.html>

Open Gym Sign Ups and extra gymnathon forms and final results of drawings can be found at our website at: <http://kardiokidzusa.weebly.com/new-summer-gymathon.html>

**Practice & Rewards:** Students should select a skill that they need to practice, but can do without a spot. Students are encouraged to work on one skill at a time (per class they are enrolled in) and can pick up a new form once they reach their goal through September. We want all students to participate. New students can run, skip, jump or something they already know how to do. The point is to get them active and building their muscles! Students can earn multiple rewards during Gymnathon. Every time the students reach their goal they can bring their gymnathon form into the gym and get a reward. Students can pick up a new form or print one off from the website, and work to earn another prize once they complete their goal (they should have a different sponsor forms for each skill chosen). All donations should be turned directly into Mindy Sherrow. To turn in forms please contact Mindy for questions at 801-807-8817 or kardiokidzusa@gmail.com

**Prizes:** There will be a reward for every student that participates in this event, besides the inherent value of having the extra practice and getting excited about classes. Students will also get raffle tickets for prize drawings, every $10 they earn in sponsorships. There are over $500 worth of prizes to be won! The more raffle tickets earned the better the chance of winning. Prizes include a scooter, skate board, Various dolls, Remote control vehicle, lego blocks sets and vehicles, Star Wars toy, various games, disney toys, Drawing games, bags, various toys, gift certificates, Hangtime passes, Dairy Queen treats, skating passes, more toys, more games, and much much more! (See pictures below.)

**Ideas for skills**:

**Dance**: [chassé](http://www.abt.org/education/dictionary/terms/chasse.html), skipping, leaps, pirouettes, jumps, kicks, spotting, turns,Tumbling, etc

**Cheer**: toe touches, herkies, pike jump, kicks, rallies, angles drill, or chose a line cheer to practice, tumbling.

**Gymnastics**: forward or backward roll, head or handstands, handstand forward roll, back extension, cartwheel, round off, front limber, back walkover, back or front handspring, font tuck, back tuck, etc

**Parkour:** Precision jumps, 180 or 360 jumps, push ups, backbends, handstands, vaults, macaco, cartwheels, stunts, flips, wall runs, etc

**Fitness:** planks, push ups, squats, lunges, wall sits, backbends, hand or head stands, crow, combinations, stretches, splits, etc

**Thank you for supporting Kardio Kidz USA and our students and their efforts to become their best as they work towards their goals!**