

Tuesday, March 17<sup>th</sup> Tuesday, March 17<sup>th</sup> Tuesday, March 17<sup>th</sup> Tuesday, March 17<sup>th</sup> Tuesday, March 17<sup>th</sup>

## Lincoln Middle School Physical Education Jog-a-thon

The Physical Education department created the Jog-a-thon over 15 years ago to raise funding for equipment, repairs, and new units. In the past few years, the Jog-a-thon has helped (along with the support of the PTSA) in the creation of a rock climbing unit, fencing unit, purchase pool equipment, and many other standards-based activities. Thank you for the past support and future endeavors.



### Jog-a-thon Schedule Participation Times on Tuesday the 17<sup>th</sup> of March

1-2<sup>nd</sup> Period = 6<sup>th</sup> Graders  
3-4<sup>th</sup> Period = 7<sup>th</sup> Graders  
5-6<sup>th</sup> Period = 8<sup>th</sup> Graders



When you sign this contract to take part in the Jog-a-thon, you are taking on many responsibilities.

Some of these responsibilities are the following:

- \* The Lincoln dress code must be met.
- \* Follow the Lincoln standards of behavior conduct.
- \* Apply safe practices of finding sponsors (talk only with family members, friends of the family, and be accompanied by an adult. DO NOT talk to strangers).
- \* Raise a minimum of \$10 (either a flat rate or through the per lap donation).

Prizes: If you raise \$50 or more, you earn the option to receive 15% as a prize!

This Sponsor Sheet is due by **Wednesday, March 11<sup>th</sup>**.  
Turn in this paper to your PE Teacher or Mr. Stauffer.

A copy of this sponsor sheet will be made and returned to you a few days after the Jog-a-thon so you can collect the donations during the next week. Thank you again for your support of the Lincoln Middle School PE Program.

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STUDENT Signature

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Parent/Guardian Signature

# Jog-a-thon Contract and Sponsor Sheet

(Please use ink to fill this side in)

\_\_\_\_\_

Student's Last Name, First Name (PRINT) Core Seat #

\_\_\_\_\_

Physical Education Teacher P.E. Period

**Flat rate** is a set donation.

- Example: The sponsor will donate \$20 no matter how many laps you complete.

**Per lap** rate will vary upon how many laps you complete.

- Example: The sponsor may donate \$2 per lap. If you complete 25 laps, the total owed by this sponsor would be \$50 (\$2 per lap x 25 laps ran = \$50).

Please make checks out to: Lincoln Middle School

Sponsor's Name	Flat Rate Donation	Per Lap Donation	Laps Completed	Total/ Sponsor Due
Summation of total to collect				

(Please paper clip cash or check here. Thank you.)

The jog-a-thon is a fundraiser that helps Lincoln Middle School have a quality physical education program.

What I am about to say is unusual because most schools can not say this:

LMS can put a baseball glove on every students hand (I have a friend who works in LA unified and was given 5 gloves, a few baseballs, and a bat for a class of 70 and was told to go teach.

The key to learning anything is practicing. Part of practicing is not waiting around but doing.....therefore we have made a commitment to have enough equipment (basketballs, soccer balls, juggling balls, jump ropes) for each student which usually equals class sizes of 40 to 55 students.

We have spent the money raised by you on the rock climbing wall and now our main focus is on the fitness room. Our vision includes light, medium, and heavy tubing. A dlp projector to show fitness videos, powerpoint lectures, ddr, and many other interactive fitness activities. The fitness room will be multi-fuctional: it can be a yoga room, a weight room, a classroom, and an afternoon fitness club.

All the equipment you use everyday was raised by studetns that came before you.....and now you can also leave your own legacy.

The jog-a-thon is a two hour event. The first 1/2 hour is finding your core area on the track, getting your lap card, and warming up. The next hour is time to walk, jog, or run with your friends. Top 3 runners for boys and girls will earn gift certificates and awards for their great efforts All participants that earn over \$50 can have the right (with parent permission) to earn 15% back.

\$100 = \$15

\$200 = \$30

\$300 = \$45

\$400 - \$60

After the one hour of walking, jogging, running you return the lap card to the parent volunteers and participate in a cool down. The two hours are now up and back to your normal school day. But these valuable two hours allows this program to provide new golf clubs, scooters, and all the other equipment that you use everyday. We appreciate your support in the past and hope for more success in the future. Your support helps Lincoln Middle School to be one of the top PE programs in the State.

We recommend that you find sponsors that you know: family members, parents' co-workers, neighbors. Do not talk to strangers and always we accompanied by an adult. When you turn in the sponsor sheet you are signing a contract. The contract states you are going to raise atleast \$10 or more. With agreement of this contract you are allowed to miss the two periods of school during the jog-a-thon (we will let your teachers know by Friday, March 23<sup>rd</sup>) so you must sign up ASAP. You will not be allowed to sign up the day before or the day of the jog-a-thon.

There are two ways for a person to sponsor you. By a flat rate.....they give you \$60 flat rate so you could jog 8 laps and still earn the \$60. The other way is called a per lap donation. And just like the name infers you earn your donation funds by how many laps you conquer. If a person gives you a dollar a lap and you run 8 laps...then how much money does this person owe you?

You collect the donation the week after the jog-a-thon. We will provide you a copy of how much each sponsor owes so you can now let them know. For safety reasons checks are preferred over cash. Check are made out to Lincoln Middle School.

Thank you again for your support.