

***ACTIVE***  **gamecocks**

A healthy heart is a happy heart.

# The Goal

To encourage K - 6<sup>th</sup> graders to be physically active every day for at least 30 minutes in an effort to combat childhood obesity

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# The Program



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# How It Works

1. South Carolina Athletics mails out packets including all dates and deadlines
2. School Coordinators register for the program
3. During the two weeks, students log their physical activity
4. After two weeks, students turn in logs to coordinators
5. Coordinators send in Totals Sheet to SC Athletics
6. Vouchers for games are mailed to school for all participants



# The Segments

## Fall

Packets Mailed: Early August

Segment: Late August - Early September

- Women's Soccer
- Men's Soccer
- Volleyball

## Winter

Packets Mailed: Early October

Segment: Late October - Early November

- Women's Basketball
- Men's Basketball

## Spring

Packets Mailed: Early February

Segment: Mid to Late March

- Baseball
- Softball

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# The Packet

Everything needed for the program - all of these files can also be found at [gamecocksonline.com/activegamecocks](http://gamecocksonline.com/activegamecocks)

## Guidelines Letters

## Log/Recommendations

## Registration/Totals

**GAMECOCK ATHLETICS SOUTH CAROLINA**  
Program Guidelines

**Prizes:**  
**Student Prize**  
Each participating child will earn a ticket voucher (for one child and one adult) to a designated home game.

**Physical Education Teacher Prize**  
Each Physical Education Teacher/Program Coordinator who enrolls his or her school/organization in this program will receive one (1) complimentary ticket to the designated home games.

**School Participation:**  
We ask that your school designate a physical education teacher/program coordinator to oversee their time and be our Active Gamecocks program coordinator and contact person. This person should collect the individual activity logs from their participants and complete the information for the school totals sheet and then FAX that sheet to our office at 803-777-2967 by the dates below. PLEASE, ONLY FAX SCHOOLS IN THE SCHOOL/ORGANIZATION TOTAL SHEETS! If you have difficulty sending your FAX, please contact us at [piner@mailbox.sc.edu](mailto:piner@mailbox.sc.edu) to make alternative arrangements.

**NOTE:** The Active Gamecocks program coordinator will also be responsible for coordinating ticket distribution for each student involved. We will provide free tickets; additional tickets may be purchased prior to the game at full price.

**Important Dates:**  
Friday, March 11: Registration due by 5pm  
Monday, March 14: Program begins  
Friday, March 25: Program ends  
*Please note: if this eventing with your Spring Break, please plan to adjust the dates forward. The totals due to USC date will not change!*  
Monday, March 28: Student logs due to coordinators  
Wednesday, March 30: School Totals due to USC by 5pm

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cks Program.

**GAMECOCK ATHLETICS SOUTH CAROLINA**  
Recommended

Many activities in our daily lives can be as walking the dog or playing a game. Below are some simple things that our teachers and leaders can encourage:

- Taking a Walk
- Playing a game of Tag
- Skateboarding
- Rollerblading
- Use Stairs
- Playing Catch (Baseball)
- Throwing a Frisbee
- Playing Basketball
- Playing Kickball
- Playing Soccer
- Going through an Obstacle Course
- Playing Volleyball
- Playing Tennis
- Throwing a Football
- Playing Mini-and-Go-Seek
- Jumping Rope
- Playing Dodgeball
- Kicking a friend around a track

It is more likely for a student to be fit than or exercising with them. They and best.

Name \_\_\_\_\_ Grade \_\_\_\_\_  
Classroom Teacher \_\_\_\_\_  
Parents: Please keep record of the amount of physical activity that your child completes between \_\_\_\_\_ and \_\_\_\_\_.

Date	Type of Activity	Time of Activity	Parent's Initials

All students who participate will earn tickets to the following Active Gamecocks games:  
Softball vs. Mississippi - Friday, April 16, 2010 @ 6pm  
Softball vs. Alabama - Saturday, April 20, 2010 @ noon  
Baseball vs. USC Upstate - Wednesday, May 4, 2010 @ 7pm

**GAMECOCK ATHLETICS SOUTH CAROLINA**  
Registration Form

**SCHOOL'S INFORMATION**  
Name of School/Organization \_\_\_\_\_  
Address \_\_\_\_\_  
Phone Number \_\_\_\_\_ Fax Number \_\_\_\_\_

**PE TEACHER/COORDINATOR'S INFORMATION**  
Coordinator's Name \_\_\_\_\_  
Coordinator's Email \_\_\_\_\_  
Work Phone Number \_\_\_\_\_  
When is the best time to reach you at work? \_\_\_\_\_  
May we contact you at home?  YES  NO Home Phone Number \_\_\_\_\_  
If YES, hours available to receive calls at home? \_\_\_\_\_

**SCHOOL/ORGANIZATION REGISTRATION**  
Total Number of Participants \_\_\_\_\_  
From the total above, please indicate the total number of participants by grade:  
K: \_\_\_\_\_  
1: \_\_\_\_\_  
2: \_\_\_\_\_  
3: \_\_\_\_\_  
4: \_\_\_\_\_  
5: \_\_\_\_\_

Is this the school's first time participating?  YES  NO  
FAX forms to Rebecca Piner at 803-777-2967 by **Friday, March 11, 2010 at 5 pm.**

**ACTIVE GAMECOCKS**  
University of South Carolina Athletics  
[www.gamecocksonline.com/activegamecocks](http://www.gamecocksonline.com/activegamecocks)  
[piner@mailbox.sc.edu](mailto:piner@mailbox.sc.edu)  
803.777.2967 (office)  
803.777.2967 (FAX)  
Due: Wednesday, March 30, 2010

University of South Carolina Athletics  
[www.gamecocksonline.com](http://www.gamecocksonline.com)  
803.777.2967 (office)  
803.777.2967 (FAX)  
Due: Wednesday, March 30, 2010

**GAMECOCK ATHLETICS SOUTH CAROLINA**  
Registration Totals

Dear Parent/Guardian:

South Carolina Athletics is proud to sponsor the Active Gamecocks program, which promotes the interests of team sports (University of South Carolina) and fun participating in team sports.

The program has three segments: softball, basketball, and baseball. Each segment will have an average of 30 minutes of physical activity per day. Each child that participates in 15 days requirement, will earn ticket to a home game.

- Softball vs. Mississippi - Friday, April 16, 2010 @ 6pm
- Softball vs. Alabama - Saturday, April 20, 2010 @ noon
- Baseball vs. USC Upstate - Wednesday, May 4, 2010 @ 7pm

Through this partnership with your school/organization and South Carolina Athletics, we will be able to enrich the lives of students and help them understand why living an active lifestyle is key to a healthy life.

Thank you,  
*Rebecca Piner*  
Rebecca Piner  
Marketing Assistant  
University of South Carolina

Dear Physical Education Teacher/Program Coordinator:

South Carolina Athletics is continuing a regional initiative to combat increasing problems in childhood obesity. The Active Gamecocks program strives to foster elementary aged students' interests in team sports and physical activity by using local role models (University of South Carolina student athletes and coaches) to demonstrate how easy and fun participating in team sports and exercise can be.

We would like to invite your school to participate in our fall segment of Active Gamecocks. Last year, we had 15,736 students participate from over 70 schools, redeeming tickets to seven different athletic events! We are certainly proud of this accomplishment, but are also looking to continue to grow and impact the lives of many more children.

We ask that you devote time to talking about the importance of physical activity. The program consists of three segments. During each segment, students will receive a time log worksheet where they or she will keep a log of all physical activity over a two week period with a 30-minute per day goal. At the end of the two week period, students will submit their activity logs to their physical education teacher/program coordinator. Each child that participates in the program and fulfills the activity requirement will earn a ticket to a volleyball and men's and women's soccer game.

Enclosed in this packet are the program guidelines, registration form, school/organization totals sheet, an example activity sheet and the activity log sheets for participants. As an added incentive to the Active Gamecocks program, each Physical Education teacher/program coordinator who enrolls his or her school in this program will receive a complimentary ticket to the selected games.

Through this partnership with your school or organization and South Carolina Athletics, we will be able to enrich the lives of students and help them understand why living an active lifestyle is key to a healthy life.

Thank you,  
*Rebecca Piner*  
Rebecca Piner  
Marketing Assistant  
[piner@mailbox.sc.edu](mailto:piner@mailbox.sc.edu)  
803-777-2967

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Questions?

Be sure to stop by our table to check that your school is on the master list!

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