Jog-A-Than 2013 Pledge Packet

The 3rd annual Old Town Academy Jog-A-Thon will take place on Friday, October 25th at 8:45 a.m. to 12:00 p.m. OTA students will raise money to support OTA and the expansion of its cutting edge academic programs and projects.

Ideally, each student should run about 25 laps at the suggested pledge donation of $1.00 or more per lap -- however, the sponsor is welcome to pledge any amount s/he chooses, or can make a flat donation. This is a fun one-day event that encourages all students of Old Town Academy to take an active role in FUNdraising for their School.

You will receive a pledge sheet (for donations from family members and friends who support you in the "Jog-a-thon" to raise money for your school) and participant's T-shirt.

FORMAT:

K-2nd (8:45-9:45), 3rd-5th (9:45-10:45), 6th-8th (10:45-11:45), 7th and 8th grade students will take leadership roles - motivating and encouraging - their teammates and fellow students.

SPECIAL RECOGNITION FOR:

- Top money earner
- Most Pledges honored
- Top class money earners (ice cream party) K-4th
- Top class money earners (ice cream party) 5th-8th
- Top class laps (free dress) K-2nd
- Top class laps (free dress) 3rd-5th
- Top class laps (free dress) 6th-8th
- Top lap runner K-2nd
- Top lap runner 3rd-5th
- Top lap runner 6th-8th

Parents and friends are welcome to come join the fun and help cheer our kids on. We need about a dozen parents during each time frame to make this "run" smoothly.

Please contact:
Bridget Celentino - bcelentino@yahoo.com or
Sonja Donahue - **sonjadonahue@gmail.com,**
If you'd like to volunteer at this event.

Included in this packet: Health Note, Pledge Sheet, T-Shirt order form and Participation Agreement.

Old Town Academy Sponsor Pledge Sheet

Student Name: ________________________________Grade:_________

Please return this pledge sheet and the money you have collected, by Monday, November 4th, 2013

Sponsor's name and phone number	Flat Donation	Pledge Amount	Laps completed	donation collected

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Health Note

For Old Town Academy Jog-A-Thon Participants

The following are some general suggestions for you and your child to consider for the Jog-A-Thon:

Hydrate well starting the day before the event; drink 1 – 2 glasses of fluids the morning of the Jog-A-Thon.

Wear shorts, sneakers and official Jog-A-Thon T-shirt.

Volunteers will be watching the children for signs of overheating, which include:

- Cramps and spasms of the legs and stomach
- Hot, red, dry skin without any sweating
- Rapid pulse
- Headache
- Nausea and vomiting
- Fainting

If a child shows any of these symptoms, they will be temporarily pulled out to be assessed. They will receive credit for one lap during this assessment. If a child vomits, even if it is because they ate too much, or drank too much water, they will be held out from further participation.

If your child has Asthma, or related breathing problems and you wish your child to participate, please be sure there is an inhaler at the Jog-A-Thon, and a signed permission note from the doctor in our records.

Thank you.
The Jog-A-Thon Committee

If for any reason you do not wish your child to participate in the jogging/walking portion of the event, please indicate below, sign, and return to your child's classroom.

_____ will not participate in the running/walking portions of Old Town Academy Jog-A-Thon (10/25/2013).

Parent/guardian signature_____
Date_____



Old Town Academy

2013 Jog-A-Thon

Please print (student's full name) _____
Grade _____, has my permission to participate in Old Town Academy Jog-A-Thon on Friday, October 25th, 2013.

Parent/guardian signature_____
Date _____

Extra T-shirts are available for $10 each.
Please return form and any T-shirt order to your classroom teacher or school office no later than noon on Friday, October 4th, 2013.

T-shirt sizes are available in Youth Small, Medium, and Large Adult Small, Medium, Large and Extra Large

Size_____ Quantity_____
Size_____ Quantity_____
Size_____ Quantity_____
Size_____ Quantity_____

Go OTA Ospreys!

Return by Friday, October 4th