



Sports For
Champions UK
Community Interest Company



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REGULATOR

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Dear Parents & Guardians,

Sports For Champions are coming to visit your child's school. Pupils will be taking part in a sponsored fitness circuit as we believe that within every child is a champion waiting to be unleashed. We endeavor to show pupils that with hard work and motivation they can achieve their dream not only in sport but in every aspect of their lives.

ABOUT THE VISIT:

The main attraction of their sponsored fitness circuit will be an elite athlete. Our range of athletes for your school to choose from include:

**Team GB athletes - Paralympians - International athletes
Olympians - Professional athletes such as boxers or rugby players**

They will be working with the children throughout the event and will present a PowerPoint assembly for pupils to learn how they got into sports and about their nutritional needs to keep their bodies in optimum condition. This is followed by a demonstration of their sport, finishing off with a Q & A session.

Our athletes aim to inspire the children and give tips on how to succeed in every aspect of their life by outlining the four key elements of **SUCCESS**, which are: **Teamwork, Responsibility, Communication and Creativity**. These athletes are exceptional role models and deliver an inspirational presentation about their careers. The medals and trophies that they bring along to show the children highlight their commitment and the years of dedication that has been given to their sport. We understand that not every child is orientated towards sports, however, we aim to give children a feeling of accomplishment and self-belief, which we hope will stay with them.

Our sponsored circuit is essentially composed of four simple exercises:

Primary Schools:

Spotty Dogs (warm-up exercise and great for fine-tuning co-ordination)
Leg Drives (builds up core and leg strength)
Full or Half Press-Ups (builds upper body strength)
Star Jumps (gentle warm-down exercise)

Secondary Schools:

Burpees (overall body conditioning)
Leg Drives (builds up core and leg strength)
Full or Half Press-Ups (builds upper body strength)
Triceps Dip 30 secs (good for arm, trapezius, upper-back)
Star Jumps 30 secs

ABOUT SPORTS FOR CHAMPIONS:

Sports For Champions is an exciting and productive programme for everyone involved. Not only does it raise funds for the school, but it is also used to help new unsponsored athletes who have no funding or established athletes who have lost funding for whatever reason. Unfortunately, not all athletes are funded by e.g. National Lottery / British Athletics / large sports brands. The sponsorship raised is primarily used to support the athletes' living and training costs as they all train 35+ hours a week and do not have a regular income, or are not able to find a job that can revolve around their training commitments. With your help they will be able to commit as much time as possible to their sport and be able to cover travelling, equipment and medical costs.

Postcard and poster rewards are given to say thank you to the children for all their hard work fundraising. Your child's school will also receive a certificate of appreciation to display in their foyer with pride. We understand that not all families are able to raise money for whatever reason, and therefore stickers are awarded to every child so that no one is left out whether sponsored or not!

We also in no way expect you as a parent or guardian to raise sponsorship money by yourself. We suggest that perhaps you take the sponsor form to work or ask family, friends and neighbours. We must stress children's safety is paramount, and we ask that a guardian is with children at all times when they are fundraising.

We ask for your kind co-operation with sponsorship forms and money to be returned back to the school before the athlete visits. **The school will need to count the funds raised during the week before the event.** The athlete is only in your area for the day to issue thank you rewards and express their appreciation. To ensure no child misses out on their reward, especially the autographed instant photo of themselves and their athlete, the school needs time to collect and count all the sponsor money so they can organise the rewards.

Please note all athletes are CRB/DBS enhanced and checked and carry ID at all times.

Kind regards,

The Sports For Champions Team

www.sportsforchampions.com

