



## CAHPERD's Jamba Jump Day: Jumping over the Record from Down Under!" Site Coordinator ABC's

### IMMEDIATE STEPS:

- #1 SECURE THE SUPPORT OF YOUR SITE ADMINISTRATOR FOR PROGRAM & EVENT
- #2 REGISTER WITH CAHPERD (ONLINE):  
[www.cahperd.org](http://www.cahperd.org)
  - CAHPERD will forward your contact information to the American Heart Association & Governor's Council on Physical Fitness & Sports (GCPFS).
  - Those organizations will register you/your school for:
- #3 AMERICAN HEART ASSOCIATION (A.H.A.) "JUMP ROPE FOR HEART" PROGRAM:  
[www.americanheart.org](http://www.americanheart.org)
  - You will be assigned a Youth Market Director to work with your school.
  - Only required cost of program is minimum \$1.00 AHA donation per participant; the students can raise funds, or the school or group can just provide \$1.00 per participant with group list.
- #4 GOVERNOR'S COUNCIL FOR "GOVERNOR'S CHALLENGE":  
[www.calgovcouncil.org](http://www.calgovcouncil.org)
  - They will help you sign up your school for the "Governor's Challenge."
  - Provide Governor's Council School or District administrative assistant contact information, and Governor's Council will work with them directly.

- Can do “Challenge” before or after event. Any physical activity “counts”; suggest using the time to train Jamba Jump Day participants or as P.E. homework.

#### **PRIOR TO THE EVENT:**

- **INVENTORY YOUR JUMP ROPES AND MAKE SURE THAT YOU HAVE ONE FOR EACH ROPE SKIPPER.**

If you do not have enough jump ropes for all of your students/participants to jump at the same time, you may obtain them from the following sources:

- Very inexpensive, Commemorative Jump Ropes purchased through CAHPERD website: [www.cahperd.org](http://www.cahperd.org).
    - \$4.00 per jump rope (\$3.00 for 200 or more).
    - Can use as a fundraising opportunity (see below).
  - The (AHA) will provide 12 jump ropes for each participating school that signs up for “Jump Rope for Heart.”
  - You may want to recruit your PTA or community Service Clubs to assist in donating jump ropes for your special event.
- **CONTACT YOUR CAHPERD JAMBA JUMP DAY GUINNESS BOOK EVENT COORDINATOR (LISTED BELOW) WITH ANY QUESTIONS.**
- **RECRUIT (2) JUDGES TO VERIFY YOUR EVENT.**
  - Your Judges cannot be anyone employed by your school district. This includes all school personnel, district personnel.
    - Can have school board members, if not employed by district.
    - Can have more than two Judges; recommend 1 Judge per 50 Jamba Jump Day participants.
  - Should be members with “Standing” in the community:
    - Mayor, City, County or State Officials
    - Media Representatives
    - Partners, Leaders or Sponsors
  - Sample Letter on CAHPERD website or Jamba Jump Day Training CD.
- **PUT THE JUMP DATE OF FEBRUARY 1, 2010 ON YOUR SCHOOL CALENDAR.**
- **DECIDE ON THE JUMPING AREA AT YOUR SITE.**
  - Plan on a Good and Bad Weather strategy.

- **BEGIN ROPE SKIPPING PRACTICE SESSIONS FOR PREPARING YOUR STUDENTS OR VOLUNTEERS TO JUMP FOR 10-MINUTES.**
- **PLAN A “KICK OFF” ASSEMBLY TO EXPLAIN THE EVENT, PASS OUT PAPER WORK, AND GET STUDENTS “PUMPED UP”!**
  - **May want to use documentary “JUMP!”**
  - **May want to host Rope Skipping Team for demonstrations.**
- **WORK WITH YOUR PRINCIPAL TO ARRANGE, ORGANIZE AND PLAN FOR STUDENTS TO BE IN THE DESIGNATED ASSEMBLY AREA TO JUMP PROMPTLY.**
  - **Perhaps plan Fire Drill or other Drill to get students outside and not disturb other class or instructional time.**
- **SEND PARENT LETTERS AND AHA DONATION ENVELOPES HOME TO ANNOUNCE JAMBA JUMP DAY AND “JUMP ROPE FOR HEART” PARTICIPATION.**
- **SEND MEDIA NOTICE OF THE RECORD ATTEMPT AT YOUR SITE.**
  - **Use CAHPERD Templates posted on Website: [www.cahperd.org](http://www.cahperd.org).**
  - **Invite Media Representatives to be Judges or jump with the kids.**
- **RECRUIT VOLUNTEER(S) TO VIDEO AND TAKE PHOTOS OF THE EVENT.**
- **PREPARE JUDGES/WITNESSES WITH GUINNESS RULES.**
  - **Found in Jump Event PowerPoint Presentation and on CAHPERD Training CD.**
- **PREPARE LOG BOOK OR LIST FOR PARTICIPANTS & WITNESS SIGNATURES.**
  - **Can use School or Class Rosters, as long as there is space for Students, yourself and Judges to sign to confirm that the student participated correctly.**
  - **Sample Log information on CAHPERD website or CAHPERD Training CD.**

**IF YOU HAVE ANY QUESTIONS THAT YOUR (AHA) YOUTH MARKET DIRECTOR .IS UNABLE TO ANSWER, PLEASE CONTACT THE FOLLOWING CAHPERD JAMBA JUMP DAY EVENT COORDINATORS:**

**High School:** Dan Latham, [ectoman@ca.rr.com](mailto:ectoman@ca.rr.com)  
**(866) 344-7427**

**Middle School:** Patti Suppe, [psuppe@msn.com](mailto:psuppe@msn.com)  
**(909) 573-3619**

**Elementary School:** Judy Ameluxen, [jeajud@aol.com](mailto:jeajud@aol.com)

(909) 238-3801

CAHPERD: Jessica Williams, [jwilliams@cahperd.org](mailto:jwilliams@cahperd.org) or  
Drisha Leggitt, [dleggitt@cahperd.org](mailto:dleggitt@cahperd.org): (916) 922-3596

**GREAT SUGGESTED OR OPTIONAL IDEAS:**

- Post “CAHPERD Jamba Jump Day” date/participation/materials on School Signage, Bulletin Boards, School Calendar, Website – alert Community of your school’s involvement and invite their support and participation.
- Have a Sound System and Lively Music.
- Recruit volunteers to assist with organizational paperwork, distributing and collecting jump ropes, gathering needed signatures, counting money, distributing AHA “Thank you” gifts, etc.
- Hang Posters, Banners, and/or other Signage with CAHPERD logo.
- Make sure all of the participants are wearing official CAHPERD Jamba Jump Day Event T-Shirts on the day of the event to promote great photo opportunities and media coverage.
- Provide water or other healthy drinks to your participants on the day of the event.
- Work with district or school site Technology staff to set up a viewing of the State Webcast during the event.
- Contact CAHPERD if interested in Jamba Juice Oatmeal sampling at the school site on Jamba Jump Day.

**USE JUMP EVENT AS FUNDRAISING OPPORTUNITY FOR SCHOOL:**

1. Purchase special, Commemorative Jump Ropes from CAHPERD and sell at profit to benefit school or program:
  - a. CAHPERD Jump Ropes = \$4.00 per jump rope (or \$3.00 for orders over 200 jump ropes).
  - b. Suggested School Sales Price = \$5.00 - \$10.00 per jump rope.
2. Purchase special, Commemorative “Jumping Over the Record from Down Under!” T-Shirts, and sell at a profit to benefit school or program:
  - a. CAHPERD T-Shirts = \$12.50 each (or \$10.00 for orders over 200).
  - b. Suggested School Sales Price = \$15.00 - \$20.00 per shirt.
3. Purchase special, Commemorative Polo Shirts from CAHPERD and sell at profit to benefit school or program:
  - a. CAHPERD Jump Event Polo Shirts = \$25.00 each (or \$20 for orders over 200).

b. Suggested School Sales Price = \$30.00 - \$35.00 each.

**“DAY OF” EVENT CHECKLIST:**

1. Post signs CAHPERD Jamba Jump Day logo for Record & great background for Photo Ops and Media shots.
2. If IT Department can support, set up screens for live Webcast.
3. Event must be synchronized so it occurs simultaneously (exactly 9 am).
4. Same event format must be followed at each locale.
5. AV: Need Sound System for Announcements & Music (maybe stage).
6. Have lively music if possible or can't hear Webcast!
  - a. “JUMP!” –Van Halen = 3:49 (video on YouTube)
  - b. “Jump (for my Love)” – Pointer Sisters = 3:57 (video on YouTube)
7. Best if all wear Jamba Jump Day Shirts for Photos.
8. Must Video Event (and take photos – may end up in Guinness Book)!
9. Give directions/rules again to all participants again before Start.
10. Make sure all participants and Witnesses sign Log Sheet/Book.
11. Jump promptly at 9:00 am – 9:10 am (at least three minutes straight).
12. After they jump ten minutes (insuring three minute block), the Judges/Witnesses must sign after each participant confirming their correct participation (NO QUOTE Marks!).

**FOLLOWING EVENT CHECKLIST:**

Make sure you send to CAHPERD by Feb. 15, 2010 all of the following:

- Log Book or List fully/correctly filled out & signed by participant, teacher & judge.
- The two judges must sign letter stating number and date of attempt; should be on their letterhead (sample letter on CAHPERD website and on CAHPERD Training CD).
- Media clippings/coverage included.
- Photos & Video.
- Verification of start and stop times, and total numbers of participants.
- Exact JJD Location & Coordinator(s) full contact info for verification if necessary.

**ENJOY MAKING HISTORY WITH NEW, CAHPERD JAMBA JUMP DAY GUINNESS RECORD:**

- **Come to CAHPERD Conference to learn final results - Ontario Convention Center: March 4-7, 2010.**
- **Download CAHPERD Jamba Jump Day/Guinness Certificates for Students or School.**
- **Purchase CAHPERD Jamba Jump Day/Guinness Banner for School and/or Gym.**