



Raising Money for Children's Miracle Network

The Tyson Fitness Challenge has two goals: helping today's kids get more physically fit through fun activities and raising money to help kids who are fighting illness at Children's Miracle Network hospitals around the country. One hundred percent of the money raised goes to each club's local Children's Miracle Network hospital. Raising money for Children's Miracle Network benefits children of all ages nationwide and is a great way to end your summer schedule and/or kick start your fall season!

Clubs can approach raising funds to benefit Children's Miracle Network in two ways: voluntary participation in fundraising activities in conjunction with hosting the Tyson Fitness Challenge or by hosting a Tyson Fitness Challenge as part of its celebration of National Gymnastics Day.

Clubs that choose to hold the Tyson Fitness Challenge in conjunction with National Gymnastics Day may feature the more traditional gymnastics elements of cartwheels and back flips, or include fitness activities. For example, participants pledge to do up to 100 skills or elements (push-ups, handstands, pull-ups, walking a certain distance, etc.) in a specified period of time.

In addition to helping children in your area, participation in the fundraising component of the Tyson Fitness Challenge will also qualify your gym and individual participants for great prizes sponsored by Tyson Foods and AAI.

When is National Gymnastics Day in 2009?

The official National Gymnastics Day is Saturday, Sept. 12. To accommodate local schedules and provide everyone with the opportunity to participate, clubs are welcome to hold their Tyson Fitness Challenge activities on or before National Gymnastics Day.

Ways to raise money for Children's Miracle Network

Children enrolled in the Tyson Fitness Challenge ask for flat donations before the end of the eight-session Tyson

Fitness Challenge for completion of skills on National Gymnastics Day.

Children enrolled in the Tyson Fitness Challenge can sign up to do fitness skills on National Gymnastics Day and solicit pledges for the amount of skills they complete.

Participants can execute the traditional cartwheel-a-thon or flip-a-thon as part of the Tyson Fitness Challenge on National Gymnastics Day and seek either flat donations or pledges based on the number of skills completed.



Online giving

Children's Miracle Network has developed a simple online giving program that provides an easy way for you and your club members to collect and track donations. This cuts down on the paperwork for the club coordinators and allows children to raise money using the technology to which they have grown accustomed. The participants can e-mail friends and family throughout the world and ask for donations through a secure Web site.

Visit <http://usagym.childrensmiracletnetwork.org> to create a club account. Remember that your members cannot fundraise online if your club doesn't have an account!

Children can personalize their pages by uploading their favorite picture. Your members can still raise money without participating in the online giving.

What is Children's Miracle Network?

Children's Miracle Network is an international non-profit organization that raises funds for more than 170 children's hospitals. Countless individuals, 90 organizations and 400 media partners unite with Children's Miracle Network hospitals to help sick and injured kids in local communities. Donations to Children's Miracle Network create miracles by funding medical care, research and education that saves and improves the lives of 17 million children each year. To learn more go to www.ChildrensMiracleNetwork.org.

Prizes

The top three clubs and top three individuals who raise the most money for Children's Miracle Network through their participation in the Tyson Fitness Challenge will receive some great prizes, pending fulfillment of administrative requirements.

Club Prizes*

The three clubs that raise the most money for Children's Miracle Network will receive the following prizes.

First Place

- AAI Trapezoid – Royal (retail value: \$1,200)
- \$250 in Tyson coupons to host a Tyson Protein Party at your gym
- One-year USA Gymnastics Club Membership (value: \$160)
- Club photo featured on a USA Gymnastics promotional poster in 2010

Second Place

- AAI EZRoll FBC 6' x 42' x 1 3/8" (retail value: \$805)
- \$150 in Tyson coupons to host a Tyson Protein Party at your gym
- One-year USA Gymnastics Club Membership (value: \$160)

Third Place

- AAI folding mat (retail value: \$500)
- \$100 in Tyson coupons to host a Tyson Protein Party at your gym
- One-year USA Gymnastics Club Membership (value: \$160)

Individual Prizes*

The top three individuals who raise the most money for Children's Miracle Network will receive the prizes below.

- Round-trip airfare for two to the 2010 Tyson American Cup
- Two tickets to the 2010 Tyson American Cup
- Two pre-event VIP hospitality passes
- One-night stay in the USA Gymnastics host hotel

In addition to the prizes listed above, the individual who raises the most money for Children's Miracle Network will be featured on a USA Gymnastics promotional poster in 2010. All monies must be sent to Children's Miracle Network in Utah by Nov. 9 to qualify for prizes.

* Clubs must raise a minimum of \$8,000, and individuals must raise a minimum of \$3,500.



CLUB TOTAL CONTRIBUTION REMITTANCE FORM

Club Name _____

Contact _____

USA Gymnastics Club Number _____

Mailing Address _____ St. _____ Zip _____

Total amount collected and attached: \$ _____

Please attach all checks that are payable to Children's Miracle Network and submit this form with checks to 205 West 700 South, Salt Lake City, UT 84101. Attention: Cindee Starkie. All payments must be received by November 9, 2009 to qualify for prizes.

To qualify for prizes, please fax copy of this form to 317.237.5069 Attn: Lorée Galimore at USA Gymnastics. Do NOT send checks to USA Gymnastics.

