**Tigers Black Belt Academy**  
**Lake Stevens Health Kick – Kick/Punch-a-thon!  
Saturday, June 6th 2015 – Tigers Black Belt Academy**

Our 3rd annual kick/punch­a-thon is an exciting fundraiser and a fun activity for all students at Tigers Black Belt Academy. All students are encouraged to participate in some way, and prizes will be awarded to all participants. This is a great way to help Children’s Hospital and get some exercise as well as attain a goal!

Our goal is to raise at least $10,000 for the Children’s Hospital.

|  |  |  |  |
| --- | --- | --- | --- |
| **First Name:** |  | **Last Name:** |  |
| **Age:** |  | **Belt Level:** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Division – Registration $10 per each Division | | | | |
| 1 | 11:30 am | Poom-Se Competition (Form) (60 sec rules) | | |
| 2 | 11:45 am | Self-Defense Competition (2 min rules) | | |
| 3 | 12:00 pm | Push-ups (5 min) | | |
| 4 | 12:20 pm | Leg-Raises (5 min) | | |
| 5 | 12:40 pm | Individual Single Target Drills – Front Snap Kick 5 & under( ), 6~9 ( ), 10~13( ), 14~ 17( ), 18~36 ( ), 37~59 ( ), 60 & up( ) | | |
| 6 | 1:40 ~ 2:00 pm | Family/Team Kicks – Front Snap Kick | Name of Team/ Family: |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| $ / Division | X | Division |  | Fund Raising Goal |

Detail

|  |  |
| --- | --- |
| Names of Team Member | |
| Tech. you try | |
| Best Record | Last year’s / prior record |
| Today’s Goal | |
| How did you prepared? Episode? | |
| Personality, Nick Name, Specialty, Good/Bad Habits, Life Vision. / Team Spirit | |

**RELEASE AND WAIVER OF LIABILITY,**

**ASSUMPTION OF RISK AND IDEMNITY AGREEMENT**

**Lake Stevens Health Kick 2015 Kick/Punch-a-thon Fund Raising Event at Tigers Black Belt Academy, City of Lake Stevens, Washington June 6, 2015**

DESCRIPTION AND LOCATION OF SCHEDULED EVENT(S) DATE RELEASE SIGNED

IN CONSIDERATION of being permitted to officiate, observe, work for, or participate in any way in the EVENT(S), EACH OF THE UNDERSIGNED, for himself or herself, his or her personal representatives, heirs, and next of kin:

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the City of Lake Stevens, Han Kook Moo Yae Inc., Tigers Black Belt Academy, promoters, participants, sanctioning organizations or any subdivision thereof, sponsors, beneficiaries, advertisers and lessees of premises used to conduct the EVENT(S), premises and event inspectors, surveyors, underwriters, consultants and others who give recommendations, directions, or instructions or engage in risk evaluation or loss control activities regarding the premises or EVENT(S) and each of them, their directors, officers, agents and employees, all for the purpose herein referred to as “Releasees,” FROM ALL LIABILITY TO THE UNDERSIGNED, his personal representatives, assigns, heirs, and next of kin FOR ANY AND ALL LOSS OR DAMAGE, AND ANY CLAIM OR DEMANDS THEREFOR ON ACCOUNT OF INJURY TO THE PERSON OR PROPERTY OR RESULTING IN DEATH OF THE UNDERSIGNED ARISING OUT OF OR RELTED TO THE EVENT(S), WHETHER CAUSED BY THE NEGLIENCE OF THE RELEASEES OR OTHERWISE.

2. HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Releasees and each of them FROM ANY LOSS, LIABILITY, DAMAGE, OR COST they may incur arising out of or related to the EVENT(S) WHETHER CAUSED BY THE NEGLIENCE OF THE RELEASEES OR OTHERWISE.

3. HEREBY ASSUMES FULL RESPONSIBILITY FOR ANY RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE arising out of or related to the EVENT(S) whether caused by the NEGLIGENCE OF RELEASEES or otherwise.

4. HEREBY acknowledges that THE ACTIVITIES OF THE EVENT(S) ARE DANGEROUS and involve the risk of serious injury and/or death and/or property damage. Each of THE UNDERSIGNED, also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.

5. HEREBY agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the Releasees, INCLUDING NEGLIGENT RESCUE OPERATIONS and is intended to be as broad and inclusive as is permitted by the laws of the State in which the Event(s) is/are conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAWS OF THE STATE OF WASHINGTON

ALL SECTIONS MUST BE COMPLETED.

|  |  |  |  |
| --- | --- | --- | --- |
| **PRINT STUDENT FULL NAME** | **WA DRIVER’S LICENSE OR IDENTIFICATION NUMBER** | **SIGNATURE**  **(Parent or Guardian for Under 18 years)** | **PARTICIPANT, OBSERVER**  **or VOLUNTEER** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_TigersBB Lake Stevens\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PRINTED NAME AND SIGNITURE OF WITNESS ADDRESS OF WITNESS

**3rd Annual Lake Stevens Health Kick – Kick/Punch-­‐a-­‐Thon!**

|  |  |  |  |
| --- | --- | --- | --- |
| **First Name:** |  | **Last Name:** |  |
| **Age:** |  | **Belt Level:** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Division – Registration $10 per each Division | | | | |
| 1 |  | Poom-Se Competition (Form) (60 sec rules) | | |
| 2 |  | Self-Defense Competition (2 min rules) | | |
| 3 |  | Puch ups (5 min) | | |
| 4 |  | Leg-Raises (5 min) | | |
| 5 |  | Individual Single Target Drills – Front Snap Kick 5 & under( ), 6~9 ( ), 10~13( ), 14~ 17( ), 18~36 ( ), 37~59 ( ), 60 & up | | |
| 6 |  | Family/Team Kicks – Front Snap Kick | Name of Team/ Family: |

Dear Potential Sponsor:

I am participating in the Lake Stevens Health Kick–Kick/Punch­a­Thon. All proceeds go directly to the Seattle Children’s Hospital. My goal is ( ) to kick/Punch **kicks in 5 minutes** & ($ ) to Raise.  
Any donation is appreciated. I can collect today or after the kick/Punch­a­thon.  
*Make checks payable to: Lake Stevens Health Kick memo line reference Seattle Children’s Hospital Tax ID: 91-1156519*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Name of Sponsor | Sponsor’s # | Pledge/Kick |  | Flat Pledge | Amount Collected |
| 1 |  |  |  |  |  |  |
| 2 |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |
| 4 |  |  |  |  |  |  |
| 5 |  |  |  |  |  |  |
| 6 |  |  |  |  |  |  |
| 7 |  |  |  |  |  |  |
| 8 |  |  |  |  |  |  |
| 9 |  |  |  |  |  |  |
| 10 |  |  |  |  |  |  |
| 11 |  |  |  |  |  |  |
| 12 |  |  |  |  |  |  |
| 13 |  |  |  |  |  |  |
| 14 |  |  |  |  |  |  |
| 15 |  |  |  |  |  |  |
| 16 |  |  |  |  |  |  |
| 17 |  |  |  |  |  |  |
| 18 |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **RULES & Schedule** | |
| **1** | Students may start collecting pledges as soon as they receive their pledge sheets.  **REMINDER**: Pledge sheets need to be turned in no later than Friday, March 27th |
| **2** | Pledges may be made by anyone. You can ask family, friends, and neighbors, for a small donation. Set a goal for yourself, such as how many kicks you can do in 5 minutes and let them know so they can donate accordingly. Recommendations of 1-25+ cents per punch/kick are appreciate. |
| **3** | Each sponsor making a pledge should write their own name, pledge per kick or flat pledge and maximum pledge. Students may collect in advance or collect pledges after the event |
| **4** | On Health Kick day, Saturday, March 28th, you will come in your uniform ready to go. We will have several students go at a time (belt order and age). There will be a 5‐-­ minute time limit. |
| **5** | Students can collect their pledges and return them to the office by Wednesday, April 11st |
| **6** | Remember to stay active & help out towards our goal of at least $10’000  Please Check the calendar regularly to see other opportunities. |

HealthKick

**Sponsorship Opportunities**

**Presenting (Hosting) Partner – $10,000**

**Name and logo recognition as the Presenting Partner on these event materials:**

**Platinum Sponsor – $5,000**

**Gold Sponsor – $2,500**

**Silver Sponsor – $1,000**

**Bronze Sponsor – $500**

**Supporter $250 ~ $499**

Advertisement plan

|  |  |
| --- | --- |
| Poster 200copies | Flyer 1,000 copies |
| Info Packet 1000 copies | Brochures 1,000 copies |
| HealthKick Web Site | T-Shirts 300~500 |
| Banners | Appreciation Banner |
| Vender Booth |  |
| Winner Awards 1000 copies | Participate Certificate 500~1,000 |
| Trophies – Plate | Raffle Tickets |
| News Paper (Article, Advertisement) | Radio, TV. |

To do & Check List

Flyer, Banner, Info Packet, and Personal Thermo meter, Sponsor Packet.

Invitation Letter to guest (Mayor, Police Station, Family Center, Hospital, School district…)

Post Flyer  
Put Banners  
Hand out Info Packet  
T-Shirts  
Medals  
Award & Certificates  
Request Sponsorship

Announce to Families for recruiting Volunteers.

Set Board Members  
Chairperson – Jody Serl  
Secretary -   
Treasurer -

MC (Announcer, Time keeper)

Master of Event

Target Holders Leader

Counters Leader

Judges Committee (Breaking, Teamwork on team div, cheering, etc…)

Media Contact (News Papers, Radio, TV. Internet, Facebook)

School District (Handouts, Volunteers & leadership program)

Booth Team