

We Don't DIG Heart Disease!

**Participate in our Volleyball For Heart event...
have some fun and help save lives!**



Dear Parent/Guardian,



- ♥ We are excited to announce that we are hosting our 4th annual Volleyball For Heart tournament to benefit the American Heart Association on **Friday, May 24th during school hours.**
- ♥ This very special community service program will help raise awareness about the importance of developing heart healthy habits as well as raise funds to fight our nation's No. 1 and No. 5 killers - cardiovascular disease and stroke. In addition, our school can earn money for PE equipment, so we can keep our kids MOVING!
- ♥ **Students who wish to participate in the tournament are asked to raise a minimum of \$5 per player. Teams can consist of up to 12 players and they can be co-ed as well as from any grade level.**
- ♥ Students that are interested in raising additional donations to help the American Heart Association can do so by reaching out to family and friends for support. The safe online tool makes it easy for you to set up a web page and send emails to support your fundraising efforts and share life saving information. You can even link the event to your Facebook page! **The team that raises the most donations will win an ice cream party!**
- ♥ **Students that choose to raise \$25 or more will also receive an American Heart Association T-shirt and they will be entered into a raffle to win a \$25 amazon gift card.**
- ♥ I hope you are as excited as we are to support this worthy cause.

Thank you, The PE Department

Want to do more...register online or download the app to reach out to friends and family for support.

Step 1: Go to heart.org/americanheartchallenge



Step 2: Find your school

Step 3: Choose new or returning participant and input your info! If you're new, fill out the form to set up your account. If you're returning, enter your user name and password and update your info. *Be sure your username and password are easy to remember.*

Step 4: Customize your personal fundraising page

Step 5: Kick things off with a personal donation

Step 5: Send emails to friends/family asking for donations & support



Search "American Heart Challenge" to download the mobile app. Register, fundraise through Facebook or send texts and emails to friends and family to ask for donations!

Students can declare their teams by Friday, May 17th by going to Mr. Vona's school webpage.

Team donations are due to Mr. Vona by Friday, May 17th.

All other donations are due by May 24th

Please make checks payable to the American Heart Association.



Not into volleyball but still want to show your support? Purchase a red passion heart for \$1 during the week of 5/20 in lunches. Personalize it, and hang it on the wall to show your care.



Donate \$25 and earn a *Take the Challenge* T-shirt and be entered into a raffle to win a \$25 Amazon Gift Card!