

## 4th Annual Holiday Charity Break-A-Thon Student Guidelines

### **Breaking**

- All boards in the children's division will be children's boards
- Board size in the adult division will be selected based on individual ability
- Students will be discouraged from repeated break techniques too far below their current rank.
- Students will be encouraged to attempt higher level breaking techniques.
- Students of sufficient strength and size can challenge themselves to "double up" on boards (breaking 2 or more boards simultaneously - each board counts separately).
- Students will be encouraged to make several attempts to break a board
- Final determination for the number of attempts to break a board will be made by a break-a-thon representative. Determination will be made on the basis of, but not limited to; a student's attitude, level of exhaustion, and/or physical ability or injury.
- Students will be encouraged to rest for short periods depending on the number of boards selected in their personal goal and their physical stamina.
- Students wishing to exceed their maximum goal may be asked to wait to ensure there will be enough boards for every student to attempt their maximum goal.
- Break-a-thon representatives reserve the right to cap breaks at each student's maximum pledge potential or a reasonable number beyond the maximum stated goal. Please keep in mind that the boards cost money and those that are not raising pledge money cut into the amount that can be distributed to the charities. Also, sponsors who did not cap pledges at the maximum goal probably at least had it in mind and could be upset if the final break number is significantly higher.

### **Recording and Holding**

- Recorders and holders will be assigned to one or more breakers.
- Recorders will tally the number of boards broken and encourage the breaker to reach their personal breaking goal.
- Holders will assist breakers in collecting an appropriate number of boards according to their personal goal.
- Holders will hold boards according to the type of breaking techniques the breaker selects or as guided by a break-a-thon representative.
- Holders may be asked to rest according to their physical stamina
- More than one holder may be assigned to one breaker.
- Recorders and holders may be reassigned to other breakers or told to stop at the determination of any break-a-thon representative

## Collection and Payment

- Flat donations should be collected immediately at the time of solicitation
- Per-board sponsor money should be collected Sat., January 16th through Sat., January 23<sup>rd</sup>.
- Additional flat donations may be accepted after the break-a-thon, but all money should be turned in by **Monday, January 25<sup>th</sup>**. Weather and contact delays are possible, but ALL money MUST BE collected no later than Monday, February 1st.
- Please turn in all money at the same time **WITH YOUR SPONSOR SHEET!**
- **All money must be submitted in cash**, so that we can distribute the money without waiting for personal checks to clear.
- All money should be turned in to either Krystina, Tianna, or Lois Shultz.
- If you are unable to participate in breaking (illness, injury), just turn in your donation money, but please let your sponsors know you were unable to participate and remember to thank them for pledging.
- Please remember to **THANK** everyone who donates or sponsors you.

## Soliciting Sponsors

- Please go door to door only with adult permission and accompanied by a responsible friend or adult.
- Never go into somebody's house. Stay outside, seen, and safe. If someone asks you to step inside you can say, "No thank you, I prefer to stay out here."
- Feel free to wear your Min's Karate Academy uniform when going door to door. This is encouraged if the weather is permitting.
- If you do not wear your karate uniform, please wear bright, light colored clothing so you can be seen by cars.
- Keep in mind that you are a representative of Min's Karate Academy, your respectful behavior is a good reflection on our school.
- Remember to **thank** each person you talk to on every occasion, whether or not they donate or sponsor you. For example, "Thank you for your time, Sir/ Ma'am."
- Invite people you talk with to attend whether they contribute or not.
- If someone is hesitant to sponsor because the number of boards is unknown, state that we are also accepting flat donations.
- Sponsors may either pledge for every board or only up to your maximum goal. That is their choice. If they are still concerned about the uncertainty, remind them that they can offer a flat donation.
- If asked, the previous Break-A-Thons raised a combined \$4,680 which was split evenly between the **Shalom House**, The **United Methodist Home for Children**, and the **Central PA Food Bank**. The same three charities will benefit this year. All proceeds go to these charities.
- Further questions? Give them a contact slip for Krystina – 343-2734

## Sample Introduction

Hi, my name is \_\_\_\_\_ and I'm with Min's Karate Academy. I am participating in the 4th Annual Holiday Charity Break-A-Thon and I was hoping you would sponsor me.

I'll be breaking boards with pledges based on how many boards I break. My goal is to break \_\_\_\_\_ boards, but I'm sure I can break at least \_\_\_\_\_ boards.

We are holding the Break-A-Thon Sat., January 16th, and we will be collecting money the following week.

**YES:** Thank you for your pledge/donation and please join us at Min's Karate on January 16th. It is on Market St. behind Tires Plus, across from Good Shepherd School.

**NO:** Thank you for your time. It would be nice to see you at the Break-A-Thon on January 16th.

## Questions you can't answer?

Please call Krystina Shultz at 343-2734.

You may also provide potential sponsors with one of the information slips on the next page.

If you need more information slips or sponsor sheets, you can download them in PDF format from the web site, <http://www.charitybreakathon.com>. You can also download the press release and announcement poster from this site.

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**4th Annual Holiday Charity Break-A-Thon**

Min's Karate Academy, Camp Hill - Saturday, January 16th, 2010 at 9:30 am

For questions about the event, please contact:

Krystina Shultz, Event Organizer

343-2734 - [info@charitybreakathon.com](mailto:info@charitybreakathon.com) - <http://www.charitybreakathon.com>

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