



FUNDRAISER

Where Basketball, Healthy Living, and Community Come Together

BE A PART OF UNION RIDGE SCHOOL'S FUNDRAISING EVENT!

TICKETS CAN BE PURCHASED DURING PE

**\$1 FOR 1 TICKET
\$5 FOR 6 TICKETS**

WINNERS HAVE A CHANCE TO WIN THE FOLLOWING PRIZES!

SCHAUMBURG BOOMERS TICKETS

(5) \$10 FOR TWINS GYROS

\$25 FOR ROCCO VINO'S

\$40 FOR LAS PALMAS

ZANIES COMEDY CLUB TICKETS

MAGIC WATERS TICKETS

VARIOUS SPORTS BALLS

WOLVES HAT

CHICAGO WOLVES TICKETS

OPEN GYM AT NORRIDGE PARK DISTRICT

\$10 FOR REX'S

(2) \$20 FOR JAY'S BEEF

JUMP ROPES

AMERICAN HEART ASSOCIATION T-SHIRTS

AMERICAN HEART ASSOCIATION SOCKS

BASKETBALLS

ALL PROCEEDS ARE DONATED TO THE AMERICAN HEART ASSOCIATION



SHAPE America and the American Heart Association collaborate on the Jump Rope For Heart and Hoops For Heart programs.

UNION RIDGE SCHOOL: Jump Rope and Hoops for Heart!

Event Date: Tuesday, November 21st

Dear Parent or Guardian,

We are so excited that Jump Rope/Hoops for Heart has kicked off! This program teaches **heart-healthy habits** and helps the American Heart Association raise money for **research and education** that saves lives.

Here's how it works:

- Your child has received a fundraising envelope. You can also set up a personal fundraising page online—easy directions are on the back of this letter.
- Students can earn members of the "Scare Squad" by collecting donations! Coupons for raising \$5 can be turned in right away. Distribution of 'Jax' will be during your student's PE class after the coupon has been returned.
- Encourage your child to get ready to jump, shoot hoops, and have fun at his or her school event!

Heart disease is the leading cause of death in America, but 80% of the risk factors are preventable. **As part of Jump Rope For Heart and Hoops For Heart, your child will learn heart-healthy messages and share lifesaving tips with friends.** There is even a parent corner on the website with tips on keeping your children healthy at home!

There's more good news, too. Through Jump Rope For Heart and Hoops For Heart, our school will earn certificates for PE equipment and your child earns fun gifts that encourage him or her to keep up the good work for heart health. That's something to jump up and down about!

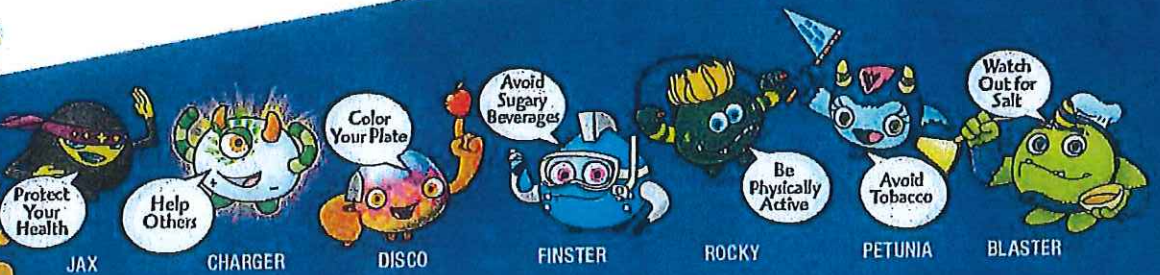
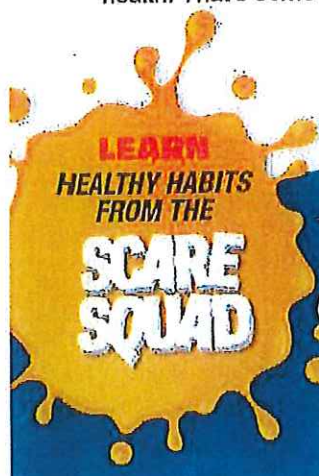
NEW! See the Scare Squad monsters come to life!

Search "jump/hoops" in your app store to download the **free mobile app** and see your wristband, tattoo, and monsters juggle, dance, jump, and play!



Bring this tattoo to life with your app.

Register at heart.org/jump or heart.org/hoops OR, in your app store, search "jump/hoops".





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How to Jump Online!

Help your child set up a personal fundraising page! They will earn a fun glow-in-the-dark wristband just for registering.



Here's what to do:

- Visit heart.org/jump or heart.org/hoops, or search "jump/hoops" in your app store and download the app. Find your school and join the team. (Even if you've participated before, you'll need to start by finding your school.) (image 1)
- Select whether you're a new or returning participant. 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 information. (Hint: Make sure your username and password are easy to remember since you'll be able to use them again next year.)

Now you and your child are ready to have some fun by customizing his/her personal fundraising page.

- Track your progress and kick things off with your own personal donation. (image 2)
- Send emails and ecards asking for donations. (image 3)
- Search "jump/hoops" in your app store to download the mobile app. You can fundraise with Facebook and unlock your monsters. (image 4)

Plus each time your child visits the headquarters, he or she will see badges earned and have a chance to unlock special surprises. More visits mean more chances to share messages about heart health and raise funds for the American Heart Association.

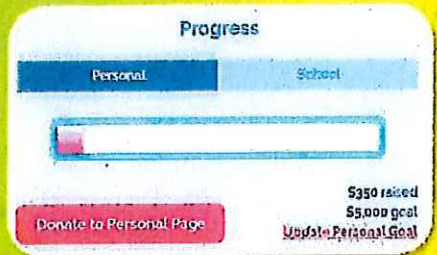
PS: Always fundraise the smart and safe way. Do not go door-to-door or ask strangers for donations. Please convert cash donations into checks payable to the American Heart Association and ask your donors if their employers match employees' contributions!

www.matchinggifts.com/aha

1



2



3



4



Register at heart.org/jump
or heart.org/hoops
OR, in your app store, search
"jump/hoops".