

SSAISD BOARD AGENDA - ITEM SUMMARY

MEETING DATE:	May 21, 2014
MEETING TYPE:	<input checked="" type="checkbox"/> REGULAR <input type="checkbox"/> SPECIAL
ITEM TITLE:	San Antonio Fit Family Challenge Grant
PURPOSE:	<input type="checkbox"/> RECOGNITION <input type="checkbox"/> REPORT ONLY <input type="checkbox"/> DISCUSSION <input checked="" type="checkbox"/> ACTION
PRESENTER(S):	Ms. Dyanne Martinez-Munoz, Assistant Athletic Director
REQUESTED BY:	Ms. Dyanne Martinez-Munoz, Assistant Athletic Director

I. DESCRIPTION OF ITEM TO INCLUDE YOUR SPECIFIC REQUEST:

1. The Fit Family challenge is a FREE, 12 week summer family fitness program that encourages families to be active together and live a healthier lifestyle.
2. South San Antonio will need an employee to serve as the Administrator of this program through the summer months. (Minimum of 8 Tuesdays)

II. BACKGROUND INFORMATION (DOCUMENTATION):

South San Antonio has participated in the Fit Family Challenge since 2010. In 2013, weekly events were held at Kazen Middle School every Tuesday with 384 participants taking part in the program.

III. ALTERNATIVES CONSIDERED (IF APPLICABLE):

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IV. RECOMMENDATION AND IMPACT:

1. The program encourages fitness goals through free weekly workouts at local school districts and Big Events held every three weeks.
2. 60 minutes of Zumba and Kid Fit activities with a 15 nutritional component.

V. DISTRICT GOAL AND CORRESPONDING DEPARTMENTAL INITIATIVE:

Provide the South San Antonio community successful support with fitness initiatives by implementing healthy choices.

Program will run from May 27 – August 12, 2014.

VI. FUNDING SOURCE-PROGRAM AND/OR BUDGET CODE:

San Antonio Sports Foundation in the amount of \$3000.00 for initiatives during weekly drawings and \$1000.00 from HEB to purchase weekly healthy snacks for participants.



The Fit Family Challenge is a FREE, 12-week summer family fitness program that encourages families to be active together and live a healthier lifestyle. The program encourages these goals through free weekly workouts at local school districts and Big Events held every three weeks.

Program Highlights:

- South San Antonio ISD has participated in the Fit Family Challenge since the program began in 2010.
- South San Antonio ISD held their 2013 weekly events at Kazen Middle School on Tuesdays at 6:00 pm.
- South San Antonio ISD total program attendance for 2013 was 384 participants.
- The 2014 Fit Family Challenge will begin the week of May 19 – 23 and conclude the week of August 4 – 8.
- San Antonio Sports will provide \$4,000 to South San Antonio ISD to support the successful implementation of the Fit Family Challenge. Finances are to be used for healthy snacks and water for weekly participants, purchasing participant incentives, and administrative costs (i.e., utilities, security, and/or janitorial fees).
- Weekly events are facilitated by a professional trainer. The weekly event includes 60 minutes of Zumba and a 15 minute nutrition component.
- In addition to Zumba there will be a 60 minute Kid Fit class (which coincides with Zumba) for children between the ages of 4 to 12



MEMORANDUM OF UNDERSTANDING Fit Family Challenge 2014

This Memorandum of Understanding (MOU) is entered into by San Antonio Sports and South San Antonio ISD to fulfill the partnership requirements as mentioned below during the 2014 program year. The intent of this memorandum is to establish a formal working relationship and set forth the respective partnership roles and responsibilities of San Antonio Sports and South San Antonio ISD which will govern this important partnership:

South San Antonio ISD will:

- 1) Provide San Antonio Sports with the dates, times and designated location(s) of the Fit Family Challenge Family Fitness Events by April 14, 2014;
- 2) Provide San Antonio Sports with a proposed budget on how money is intended to be spent by May 1, 2014 and submit a financial end-of-program report by September 12, 2014;
- 3) Distribute Fit Family Challenge program information, provided by San Antonio Sports, to each elementary school by May 12, 2014. The district must provide San Antonio Sports with a signed documentation that all program information was distributed by June 9, 2014;
- 4) With complete support from San Antonio Sports & Bexar County Health Collaborative provide access to school facilities, for participating Fit Family Challenge families to engage in physical activity while hosting a total of 12 Fit Family Challenge Fitness Events open to the public – one per week (May through August 2014) at a designated South San Antonio ISD location;
- 5) Serve on the Fit Family Challenge Advisory Committee;
- 6) Provide San Antonio Sports with a minimum of three South San Antonio ISD family fitness success stories based on participation in Fit Family Challenge;
- 7) Obtain a minimum of ten South San Antonio ISD families participating in Fit Family Challenge for pre & post data collection purposes by May 14, 2014;
- 8) Assist Bexar County Health Collaborative in the administration of data collection of ten South San Antonio ISD families participating in the Fit Family Challenge through Body Mass Index (BMI) recordings (pre/post);
- 9) Provide access to school facilities for the purpose of Bexar County Health Collaborative to conduct the evaluation of ten South San Antonio ISD families;

- 10) Funds provided by San Antonio Sports will be used exclusively to promote and encourage families to attend events, purchase water and healthy snacks, supplies and healthy incentives for weekly events. Funds (up to \$600 cash) may be used to support administrative costs (i.e., utilities, security, and/or janitorial fees) on behalf of the Fit Family Challenge program. Funds must be spent by August 31, 2014 with proper documentation (i.e., receipts) included in the financial end-of-program report to be submitted to San Antonio Sports by September 12, 2014.

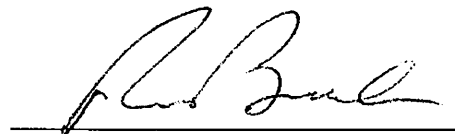
San Antonio Sports will:

- 1) Provide ongoing support to South San Antonio ISD to ensure the successful implementation of Fit Family Challenge;
- 2) Provide financial assistance, in accordance with this agreement, not exceeding \$4,000 to South San Antonio ISD. \$4,000 will be paid in May 2014 (\$3,000 in cash; \$1,000 in HEB gift cards) to support the successful implementation of Fit Family Challenge Family Friendly Fitness events. All snacks and beverages for Fit Family Challenge events must be purchased through H-E-B using the gift cards. Any remaining gift cards may be used as incentives for participants in the program. All expenses must be backed up with proper documentation (i.e., receipts);
- 3) Provide trainer/coach to South San Antonio ISD to provide Fit Family Challenge families with on-going support in physical activity and nutrition;
- 4) Provide Fit Family Challenge training logs, program information and access to the educational website to South San Antonio ISD;
- 5) Provide incentives, when available, for South San Antonio ISD to award participants for attending Fit Family Challenge Family Friendly Fitness Events.
- 6) Provide participating family members with an explanation on the use of their stories, data collected and any other related matters, along with an accompanying parental release.

This MOU is for activities to be conducted during May – August 2014. All services will be rendered prior to August 31, 2014.

If modifications are necessary to complete this agreement, they will be added to this MOU by mutual consent of all parties involved.

We hereby agree to this MOU and certify that agreements made here will be honored.



Russ Bookbinder
President & CEO, San Antonio Sports

3-31-14

March 31, 2014

Superintendent or Designee
South San Antonio ISD

March 31, 2014

2014 FFC Program Budget and Expenditures

Category	Budget	Description of Expenditures	Amount Spent
Admin	\$ 600		
Participant Snacks & Drinks	\$ 1,000		
Participant Incentives or Additional Snacks & Drinks	\$ 2,400		
Total	\$ 4,000		\$ -

Attach receipts to report and submit to San Antonio Sports by no later than September 12, 2014