



**Board of Directors**

25 September 2018

**Trindy LeForge**  
Chair

Michelle Gerard  
Canyon Del Oro High School

**Julie Charters**  
*Treasurer*

Dear Michelle,

**Rebecca Ford**  
*Secretary*

Since 1983, our mission has been to promote academic excellence through the expansion of resources that enrich the education, development, and well-being of the students of the Amphitheater Public School District. The Amphi Foundation has, for most of its history, focused primarily on services that help make it possible for students to attend school and participate in activities and in recent years we have added Classroom Grants to support our students' teachers and their classrooms. Our Scholarships & Grants committee is proud to honor your grant request. Congratulations!

**Bruce Baca**

**Jenny Carrillo**

**Leah Coleman**

**Fabian Cordova**

Funding for this grant was provided by the Nova Home Loans Arizona Bowl. Our hope with this partnership is that the Amphi Foundation will receive this gift again next year and beyond. You can help us by sharing photos, thank you notes and success stories about the impact of this funding so that we can share with our partners at the Arizona Bowl.

**Todd Jaeger**  
*Superintendent,*  
*Amphitheater Public School*  
*District*

Please keep the following items in mind as you move forward with implementing your project and purchasing materials.

**Jon Lansa**

**Roseanne Lopez, Ed. D.**

- If, for some reason, you do not proceed with this project, we ask that you return this money to the Amphi Foundation so that we can assist another classroom in need.
- Please be sure to follow district and school procedures for procurement.
- For any equipment or durable goods that have been purchased with this funding we ask that you consider gifting items to an Amphi colleague or teaching partner should you choose to leave the district.

**Jacob Parduhn**

**Erica Rokop**

**Russ Smith**

**Julie Turpin**

On behalf of the Amphi Foundation Grants & Scholarships Committee, thank you for all that you do!

**Carol Tracy**

Best Regards,

Leah Noreng

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**Leah Noreng**  
*Executive Director*

The Amphi Foundation is a 501(c)(3) organization. Please contact us directly for our Tax ID number.



*yes-emailed*

# Amphi Foundation Grant Application

The mission of the Amphi Foundation is to promote academic excellence through the expansion of resources that enrich the education, development and well-being of the students in the Amphitheater Public School District.  
We are a 501(c) (3) organization.

Project Title: **Heart Rate Monitors (Heart rate and Exercise)**

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Applicant(s): **Michelle Gerard (PE Department)**

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Project Director: **Michelle Gerard**

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Project Site/School: **Canyon del Oro HS**

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Project Duration: Start Date: **10/18** Ending Date: **5/19**

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Impact/Target Population: # of Students: **250** # of Teachers: **5**

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Ages/Grades: **9-12 grade (14 -18 years)**

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### Budget Worksheet

Item Description	Cost Per Item	
<b>Heart Rate Monitors (Amazon) X 100</b>	<b>\$ estimate: 10-15.00 each</b>	
	\$	
	\$	
	\$	
	\$	
	\$	
	Estimate of Tax and Shipping	<b>\$ free</b>
	<b>TOTAL</b>	<b>\$1000-1500</b>
Total Expenses for entire project .....		\$
Funding from other sources.....		\$ 0
Foundation grant request amount .....		\$ 1000.00
*List Other Funding Sources		

This project  is / x  is not eligible for extra-curricular tax credit funds. (select one)



# Amphi Foundation Grant Proposal



Provide an objective and the purpose of the project.

**General purpose of the project:**

We would like to have students use heart rate monitors once a week to track heart rate when exercising. The purpose of this project is to have students correlate the rate of exertion and physical fitness level with heart rate. The overall goal is to have students understand the importance of increasing heart rate during exercise and how it affects their physical fitness level.

Describe the project and how it will enhance the learning environment and promote academic excellence.

List the subject areas involved in the project.

**Project Synopsis:**

**Physical Education Classes:** basketball, aerobics, sports conditioning, weight training, volleyball and team sports. Students will wear a heart rate monitor during fitness testing. They will log heart rates before, during and after a 5 minute recovery. Students will hopefully be motivated to keep improving their heart rate by giving maximum effort in class.

Provide the standards of measurement to be used to determine if goal(s) have been achieved and timeline for assessment of results. *If applicable, explain how the project will be sustained without committing district funds.*

**Evaluation and Sustainability plan:**

Students will be assessed during a physical fitness test (i.e. mile run, jump rope, bleachers etc.) once a week and will record heart rates before, during and after recovery. Students will comprehend that the lower the heart rate during exercise and the faster the recovery heart rate equals a better overall level of fitness. We will begin testing in as soon as we receive the monitors and will continue to test until May 2019. We can sustain this yearly, by testing in different types of exercises (i.e. anaerobic vs. aerobic, resistance training vs. endurance training, etc.). We would not need any further funds from the district after the initial cost of monitors.

**Principal/Department**

<b>Authorization:</b>	<i>Tara Bulley</i> <i>Signature</i>	<i>Tara Bulley 9/4/18</i> <i>Name, printed</i>	<i>9/4/18</i> <i>Date</i>
<b>Submitted by:</b>	<i>Michelle S. Gerard</i> <i>Signature</i>	Michelle Gerard <i>Name, printed</i>	9-4-18 <i>Date</i>
<p>By signing this document, I acknowledge that purchases must follow the district's required bidding/purchasing process and will adhere to USFR* regulations and any other reporting requirements of the funder. <i>All fixtures, equipment and instructional materials (or other improvements) received under this grant will become the property of the Amphitheater School District and not the applicant.</i></p>			
<b>Phone &amp; Email:</b>	520-696-5693 mgerard@amphi.com		<b>Date:</b> 9-4-18

\*USFR = Uniform System of Financial Records required by ADE and the Auditor General's office for bookkeeping & reporting methods on expenditures.

SECURITY FEATURES INCLUDE TRUE WATERMARK PAPER, HEAT SENSITIVE ICON AND FOIL HOLOGRAM

**AMPHITHEATER PUBLIC SCHOOLS  
FOUNDATION**  
701 W WETMORE RD  
TUCSON, AZ 85705

PIMA FEDERAL CREDIT UNION  
P.O. BOX 50267  
TUCSON, AZ 85703

1256

91-7479/3221

CHECK NUMBER 01

9/19/2018

PAY TO THE ORDER OF CDO High School

\$ \*\*1,000.00

One Thousand and 00/100\*\*\*\*\* DOLLARS

CDO High School  
25 W. Calle Concordia  
Tucson AZ 85704

TWO SIGNATURES REQUIRED FOR OVER \$5,000



*[Handwritten Signature]*  
\_\_\_\_\_  
AUTHORIZED SIGNATURE MP

MEMO  
Gerard, Heart Rate Monitors

⑆322174795⑆1090001331731⑈01256

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Date	Type	Reference	Original Amt.	Balance Due	9/19/2018 Discount	Payment
9/19/2018	Bill		1,000.00	1,000.00		1,000.00
					Check Amount	1,000.00

590-53-100-1001-500-1920

AF-19-AG