

# Sacramento Spinal Foundation Board Break-A-Thon

**Saturday, November 3rd 11AM-1PM**  
**ATA Karate 3170 Jefferson Blvd #120,**  
**West Sacramento, CA 95691**



Sacramento  
Spinal  
Foundation

## **Step 1. Set A Fundraising Goal**

We suggest at least \$25-\$50 per person

## **Step 2. Form a team of up to 5-15 people per team.**

They do not have to be ATA students. Invite your friends, neighbors, family members, teachers, classmates, etc. Make sure they all have donor forms and envelopes to collect donations. We have extras if you run out.

## **Step 3. Collect Donations**

When you are out collecting donations, make sure to go in your uniform with your parents (if you are a child and student at ATA). Don't forget to be respectful, courteous, and confident when asking for donations.

Ask for flat donations, such as \$10 or \$20, rather than a pledge for each broken board. This will keep things simpler for you and the donors. It saves time from having to go back and collect pledges after the event.

Don't forget to ask for businesses to sponsor you.

## **Step 4. Turn in all donations by Friday November 2nd**

There will be opportunities to donate on that day with events such as specialty board breaks (where you can bid on an instructor or parent to break a board) and more. Make sure your entire team has turned in their donations.

## **Step 5. Choose a board break technique for your team.**

We recommend a simple technique like a hammer fist or palm heel strike, which any size/age person with any experience level will be able to perform.

## **Step 6. Break Boards**

Your Team will form a line. The first person in line breaks their board then runs to the back and the next person steps forward to break. This continues until the time is up.

There will be 1 board counter, 1-2 board holders and 1-2 board preparers in each line. After your turn, the counter will announce how many boards the line broke and they will write the total on the mirrors.

## **Step 7. Have Fun!**

There will be lots of fun things to do throughout the day, break your boards and have fun cheering on the other teams.

At the end of the event(12:30PM) we will announce the winners for top fundraisers.

We will announce the Team that broke the most boards, had the most spirit and best technique etc.

Each team member will also receive a certificate for participating and prizes based on their fundraising.

# Sacramento Spinal Foundation Board Break-A-Thon

## Board Break A Thon —Participant Info.

Name [Please Print]

Address

City, State, ZIP Code

Phone Number

Email Address

**Goal \$** \_\_\_\_\_

**Turn in to Team Captain or ATA by November 2nd**

### HOLD HARMLESS AND LIABILITY RELEASE WAIVER AGREEMENT

In consideration for my attendance and participation in the martial arts training offered by ATA Martial Arts of Southport, and their employees, and students. I, the student/parent, acknowledge the existence of certain inherent risks in this type of training and hereby agree to assume all risks. I further relieve the school, its management, assigned staff and fellow students from any liability resulting from loss, whether personal belongings or bodily injury. I also hereby state, that myself or my child is physically fit to take the prescribed course of instruction and do so of my own free will.

Participant or Legal Guardian's (If participant is under the age of 18) Signature

Date

**The individual who raises the most money will receive a family of 4 subscription from B street theatre valued at \$284 . More prizes announced on our facebook event page including Sacramento Zoo passes and Sacramento Kings Swag bag for 2nd , 3rd place and more**

**Raise \$100 and receive an ATA Stainless Steel Water Bottle or T-shirt**

**Raise \$50 and receive an ATA nylon cinch bag and 1 Item below**

**Raise \$25 and receive ATA Tiger Team Book or ATA Car Magnet**

Please turn in donations by November 2nd (Friday)



# Donor Form

## Sacramento Spinal Foundation Board Break-A-Thon

Saturday, November 3rd 11AM-1PM



Sacramento  
Spinal  
Foundation

Hello, my name is \_\_\_\_\_ and I am participating in a board break-a-thon for Sacramento Spinal Foundation. Sacramento Spinal Foundation is dedicated to enhancing the life of individuals with spinal cord injuries and their families in Sacramento & Yolo County. Their goal is to raise awareness of this disability, provide resources and financial assistance to SCI individuals for home safety improvements, smarthome technologies, personal care, and intensive physical & occupational therapy rehabilitation.

The money I raise will go directly to the provide scholarships to individuals with spinal cord injuries.

**Will you help me help my community? Any amount will be greatly appreciated.**

If you prefer donations can be made via paypal at [sacspinalfoundation.org](http://sacspinalfoundation.org) (please include my name so my team gets credit)

*If you donate \$50 or more, you will receive 2 weeks of free martial arts classes at ATA Southport. (New members only) [They will contact you directly when I turn in my donation form]*

# Donor Form

## Sacramento Spinal Foundation Board Break-A-Thon

Saturday, November 3rd 11AM-1PM

**Dear Donors,**

**Thank you for supporting our West Sacramento community with your donation. Any amount will be greatly appreciated. Donations are tax deductible. Sacramento Spinal Foundation is a 501.c.3 Public Benefit Non-Profit**



Sacramento  
Spinal  
Foundation

Donor's Name [Please Print]	Donor's Address (Street City State Zip)	Phone Number	Donation	Total
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				

**Grand Total Collected \$ \_\_\_\_\_**