



Program FAQs

What is SC FitMe?

SC FitMe is a new SCAHPERD sponsored, educational based online program designed to assist schools with fund raising while promoting physically active lifestyles and wellness in our students, schools, communities and throughout the state of South Carolina. Bottom line, it all begins with a strong, active, fit ME!

Why should my school participate in SC FitMe?

SC FitMe is flexible. Teachers choose the structure and theme of the program, the culminating event, when to host the event, the student incentives, the non-profit to support, and how to use the money raised. SC FitMe uses an online fundraising platform but allows for offline donations as well. Teachers have access to a "Teacher Toolkit" that provides lesson plan ideas, timelines, event and incentive ideas, and more.

Where do our donations go?

- **60%** of funds raised go back to program/school (gross, in the form of cash—not gift certificates). Schools are encouraged to “pay it forward” by giving 10% of the designated funds to a non-profit of their choice.
- **25%** covers program administrative fees (in line with non-profit best practices, includes online platform & teacher “give back” incentives).
- **15%** to SCAHPERD to support the development of essential resources for physical educators and critical advocacy efforts at the district, state and national level.

How does the non-profit receive the money from our school?

At the end of your fundraising campaign, you will complete a *SC FitMe Fundraising Campaign Summary* and a *Charity Consent Form*. If your school collects offline donations, a check for the lump sum should be sent to SCAHPERD within 2 weeks of the event date. SCAHPERD will send the check for 10% to your selected non-profit and the school check for 50% will be sent directly to your school.



How is SC FitMe different from other fundraising programs?

SHAPE America's, Health.Moves.Minds. - *SC FitMe* is similar to *Health.Moves.Minds.* in that there is flexibility in choosing the event and student incentives. They give 50% back to the school in the form of a *Gopher* gift certificate. If schools "pay it forward", 25% of school's designated funds go to the non-profit. The remaining funds go to SHAPE America for program expenses (25%), state AAHPERDs (if signed on to program (up to 15%) and SHAPE America to support advocacy efforts and development of resources (10%).

American Heart Association's (AHA), *Kids Heart Challenge* - The program has a very similar set up to the former Jump Rope/Hoops for Heart. AHA provides student incentives. Schools receive approximately 10% (net amount) of funds raised - majority of the 10% in the form of a *US Games* gift certificate and remainder is a contribution to the school. Participating schools are also eligible for small grants.

Both programs specifically address social and emotional learning. *SC FitMe's* focus is to promote a strong, active and healthy lifestyle. While both of these programs are good programs, *SC FitMe* offers more flexibility, more choice, and more overall return on investment for school.

What if my school does its own fundraiser with 100% of the funds going back to the school?

That's great! If your school is interested in using an online platform for your event, SCAHPERD will work with you to provide this service. This would also include personalized event website. Administrative fees for the online platform would be 15% of total funds raised. If interested, please contact us at www.scahperd@columbiasc.edu and we will set it up.

How do I get more information or register to participate in SC FitMe this year?

Please complete the registration/inquiry form at <http://bit.ly/scfitme> and someone will contact you.

FOR MORE DETAILS, CONTACT US AT

803-786-3384

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WWW.SCAHPERD.COM