



Schools to Vie for New Fitness Center, \$1,000 Awards in “Governor’s Challenge” Competition

In January of 2007, the Governor’s Council on Physical Fitness and Sports will announce its **Governor’s Challenge Competition**, challenging schools across the state to re-commit themselves to their students’ fitness and well being.

Based on the results of the competition, the Governor’s Council will provide one school in each of the state’s **11** regions with **\$1,000 awards** for physical activity equipment and will provide the winning school a **BRAND NEW FITNESS CENTER!!!** Awards made possible by the Blue Cross of California Foundation.

How to participate and win

To participate in the 2007 *Governor’s Challenge Competition* a school must have students sign up for and complete the Governor’s Challenge by May 31st, 2007 - the Governor’s Challenge is to be active 30-60 minutes a day at least 3 days a week for 4 weeks. The schools with the highest percentage of students completing the Governor’s Challenge in each of California’s 11 regions will be named regional award winners and finalists for the competition’s grand prize, a brand new fitness center.

To win the *Governor’s Challenge Competition* grand prize a school will need to be selected as a regional award winner, demonstrate a strong commitment to promoting healthy eating, and make a compelling case as to why a new fitness center would significantly benefit its students. The California Nutrition Network will help determine which regional award winner has the policies and practices in place to promote healthy eating most effectively.

How to sign up

Students and teachers should go to www.CalGovCouncil.org to sign up for the Governor’s Challenge and participate in the *Governor’s Challenge Competition*. When signing up for the Challenge, students and teachers will be prompted to enter their school’s name.

Student Incentives and Rewards

Thanks to generous support from General Mills each student completing the Governor’s Challenge will earn an official certificate of completion signed by Governor Schwarzenegger and a patch of the Governor’s Council seal. High School Students signing up for the Governor’s Challenge will be able to work out for free at 24 Hour Fitness facilities during selected times (see www.CalGovCouncil.org for more details).

For more information

Email info@CalGovCouncil.org or call 310 689-0841.





Governor's Challenge Competition

Rules/Frequently Asked Questions

How will the *Governor's Challenge Competition* regional award winners be determined?

One school from each of 11 regions in the state will be named a regional award winner and finalist for the grand prize based on the percentage of its overall student population that completes the Governor's Challenge.

How will the *Governor's Challenge Competition* Grand Prize winner be determined?

The Governor's Council will work with the California Nutrition Network to determine which school of the 11 regional award winners, has the policies and practices in place to promote healthy eating most effectively

Is there a minimum enrollment a school must have to qualify as a regional or grand prize winner? – Yes, to qualify as a regional or grand prize winner in the *Governor's Challenge Competition*, schools must have a minimum enrollment of 100 students.

Who can participate in the *Governor's Challenge Competition*? Any student actively enrolled in an accredited California school in grades k-12 may participate in the *Governor's Challenge Competition* by taking the Governor's Challenge on behalf of his or her school. All students completing the Governor's Challenge will qualify for a Governor's Council patch and certificate. Students can earn one patch and one certificate per academic year.

What counts as Physical Activity in the Governor's Challenge? – To successfully complete the Governor's Challenge, students must be active 30-60 minutes a day at least 3 days a week for a 4 week period *in addition to* the physical activity they engage in as part of their school's regularly scheduled physical education classes. For the purposes of this competition, physical activity is broadly defined and can include any and all forms of physical activity including, but not limited to such things as playing basketball, biking, boarding, diving, hiking, lacrosse, soccer, surfing, swimming, volleyball, walking, and wrestling.

What is the duration of the competition? – Students must complete the Governor's Challenge and log their active days by May 31, 2007 in order for their school to get credit for their efforts in the *2007 Governor's Challenge Competition*.

Where do students and teachers record students' physical activity in the Governor's Challenge? –In order to get credit for taking and completing the Governor's Challenge, students (or teachers on behalf of students) must record active days on-line at www.CalGovCouncil.org

How does the Governor's Council know if students are really being active? – Students (and teachers on behalf of students) are asked to record their own active days. The *Governor's Challenge Competition* and the Governor's Challenge are based on the "honor system." The honor system is a critical part of many sports and fundamental to fair play. Note: in determining the finalists for the *Governor's Challenge Competition*, the Governor's Council on Physical Fitness and Sports does reserve the right to ask school leaders to verify its Governor's Challenge completions.



Governor's Challenge Competition **Competition Timing**

- **Announcement of Competition**
January 24 in Monterey, California
- **Last day of 2007 Governor's Challenge Competition**
May 31, 2007
- **Announcement of Finalists**
June, 2007, exact date tbd
- **Review of Finalists**
July, 2007
- **Announcement of Governor's Challenge Champion**
September 2007, exact date tbd



Governor's Challenge Competition **Regions by County**

One school in each of the state's 11 regions will qualify as a finalist in the Governor's Council on Physical Fitness and Sports' 2007 ***Governor's Challenge*** Competition. Below is a listing of these 11 regions and the Counties that comprise them:

<u>Region</u>	<u>County</u>	<u>Region (cont.)</u>	<u>County</u>
North Coast	Del Norte	Gold Country	Alpine
	Humboldt		Amador
	Lake		Calaveras
	Mendocino		El Dorado
	Napa		Mono
	Sonoma		Placer
Sierra Cascade	Butte		Sacramento
	Colusa		San Joaquin
	Glenn		Solano
	Lassen		Stanislaus
	Modoc		Sutter
	Nevada		Tuolumne
	Plumas		Yolo
	Shasta		Yuba
	Sierra	Central Coast	Monterey
	Siskiyou		San Benito
	Tehama		Santa Cruz
	Trinity	Central Valley	Fresno
Bay Area	Alameda		Kern
	Contra Costa		Kings
	Marin		Madera
	San Francisco		Mariposa
	San Mateo		Merced
	Santa Clara		Tulare
		Gold Coast	San Luis Obispo
			Santa Barbara
			Ventura
		Los Angeles	Los Angeles
		Desert Sierra	Inyo
			Riverside
			San Bernardino
		Orange County	Orange
		San Diego and Imperial	San Diego
			Imperial