



# KICKING FOR KIDS

## NORTH METRO MARTIAL ARTS

3791 South Cobb Drive, Ste. J, Smyrna, GA 30080 404-500-9701 [www.KickingForKids.org](http://www.KickingForKids.org) [www.NorthMetroMartialArts.com](http://www.NorthMetroMartialArts.com)

*2022 Strike-a-thon*

Thank you so much for supporting Kicking For Kids Foundation in our 1st annual Strike-a-thon to be held on March 26. And thank you all who participated in the t-shirt design contest as well. We are definitely looking forward to a successful campaign and hope that we can get 100% participation from our families here at North Metro Martial Arts and Kicking For Kids.

The Strike-a-thon is going to be a blast and our goal is to raise \$5,000 to provide scholarships to special needs kids and families that may not be able to participate in our programs because of financial need. Please consider donating to the fundraiser and also tell others about what we are doing.

In this packet you should have (1) a welcome letter from one of our families, (2) a pledge sheet for your child to track their donations, (3) a "sample" goal sheet and (4) a goal sheet (thermometer) for your child to fill out and hang in the studio. You will also be receiving additional information as the fundraiser progresses to help you succeed in your efforts.

Parents please discuss all of this with your child and help them set realistic goals for themselves. Please help them fill out the goal sheet and make sure they return it to the studio asap so we can track weekly progress. Every week they should check their pledge sheet and update the goal sheet at the studio. Look for weekly video updates from our very own Allen Varda on the progress we are making to achieve our goal.

Also, on the day of the event we will need several adult volunteers to help with the event. Please see Mrs. Jennifer at the front desk if you'd like to help out.

Below are a couple of things to help you and your child succeed:

1. Set a realistic goal and write it on your thermometer and pledge sheet
2. Discuss and list 10-12 people to ask for support.
3. Help your child write a script of what to say when they ask for support.
  1. 4-6 year old will be doing 200 strikes on a bag in under 3 minutes
  2. 7-9 year old will be doing 300 strikes on a bag in under 4 minutes
  3. 10+ year old will be doing 400 strikes on a bag in under 4 minutes
  4. Black belts will be doing 500 strikes on a bag in under 4 minutes
4. In the script your child should mention what they are doing, why they are doing it (to raise scholarship funding), and should include a specific ask for support.
5. This should not be a high pressure sales pitch. We want you and your child to enjoy this process and learn life skills while doing it.
6. Update your goals and progress regularly.
7. Ask Mr or Mrs Tasker if you have any questions or need help in any way.

BEST OF LUCK!

OH YEAH... there will be games, prizes for top earners, and opportunities to challenge your friends and family on the day of the event so make sure you all come ready to participate.

With our most sincere thanks

Scott and Jennifer Tasker