**Lost Mountain Middle is proud to support the American Heart Association!**

* By participating in the American Heart Challenge, you can raise awareness and funds for congenital heart defects, CPR training, mental well-being and more as we work to end heart disease and stroke.
* Along the way you’ll meet some of the kids you’re helping while learning about mind and body health.
* Plus, our school can earn money for P.E. equipment and your student can earn fun thank you gifts!

Our Hoops for Heart **Gotcha (Knockout) Tournament** will be on **February 16 @ 8:20 am**. All students are invited to join us in the gym that morning.

To **participate** in the tournament, the charge will be **$5** and to **$1** to be a **spectator**.

The Gotcha Tournament winner will get prize for winning. Everyone participating will receive a gift for donating.

All students are invited to register and join in the fundraising campaign online and earn individual thank-you gifts! You can also access the 2-minute Hands-Only CPR video to become a true Heart Hero.

**Here’s how to get started:**

Download the free American Heart Challenge app or register online at <http://www2.heart.org/goto/LostMountainMiddle>

* Send texts or emails to friends and family to ask for donations.
* Watch the 2-minute Hands-Only CPR video and learn how to save a life.
* BONUS: Earn thank-you gifts for raising funds online!