**NATIONAL FOUNDATION FOR GOVERNORS’ FITNESS COUNCILS**

**National Fitness Champion Campaign**

**Washington Fitness Center Award**

***Purpose*** The National Foundation for Governors’ Fitness Councils (NFGFC) aims to improve youth fitness by recognizing schools that actively promote physical activity and wellness to students. The NFGFC will select three schools in Washington to receive equipment for a state-of-the-art fitness center.

***Priorities***

* Funding priority will be given to applicants determined to have a significant low-income population demonstrated by a high percentage of students eligible to participate in free and reduced-price meal programs.
* Funding priority will be given to applicants that demonstrate a robust plan for using the fitness equipment and making it accessible to all students.

***Eligibility***

* The school is a public school or public charter school.
* The school is an elementary or middle school. (High schools or college prep schools are not eligible.)
* The school must have instructional physical education and access to a certificated physical education teacher responsible for training educators instructing students on equipment use.
* This school must have a preexisting space for the equipment to be installed that meets the requirements set forth in the Physical Requirements & Conditions section.

***Funding*** A donation of fitness equipment worth approximately $100,000 each will be granted to three eligible schools in Washington. The award is comprised of strength training equipment, cardio fitness equipment and interactive exercise games; and includes the design, delivery and installation of the equipment within the school's existing structure.

***Instructions*** Please complete the entire application (all sections in blue text) to receive full consideration for the fitness center award. Please save the application as a Word document (.doc or .docx) and email as an attachment to [nominate@natgovfit.org](mailto:nominate@natgovfit.org). Additional information and downloadable forms can be accessed on our website: [www.natgovfit.org](http://www.natfitgov.org).

***Deadline*** **May 31, 2016**

**Washington Fitness Center Award**

**School Nomination Form**

***Contact Information***

School Name:

School District:

Grades:

Physical Address:

Phone Number:

Principal’s Name:

Phone Number:

Email Address:

***Respondent’s Contact Information***

Your Name:

Affiliation/Job Title:

Phone Number:

Cell Phone Number:

Email Address:

Summer Email Address:

2015/2016 School Year Ends:

2016/2017 School Year Begins:

***Qualifying Criteria***

Current student enrollment:

Average class size:

Number of physical education specialists:

\*Percent eligible for free meals\*:

\*Percent eligible for reduced price meals\*:

*\*School, not district, free and reduced price meal program percentages will be used as scoring criteria.*

Does your school have an existing shared use agreement? Yes ☐ No ☐

If no, do you intend to develop or adopt a shared use agreement? Yes ☐ No ☐

***Narrative***

Please answer each of the following six (6) questions separately. *Please be as specific as possible.* List information and program examples specific to your school community. Please do not cut and paste your school’s wellness policy below.

1. Why does your school deserve a new fitness center?
2. Describe the top features of your school’s current physical education program.
3. Would a fitness center fill any unmet needs of your student population or community?
4. How would your school use the fitness center? Would it be open to the greater community and how would that work? What partners do you have in the community?
5. Does the school currently have a fitness center or fitness equipment? If so, how many pieces of equipment? What type of equipment? What condition is it in? Please attach photos of the existing equipment.
6. How would you evaluate the success of your new fitness center?

\*\* For this Narrative section, we will accept video submissions as an alternative to written responses. While we encourage fun and creative videos, you must answer all six questions in an organized and thorough manner to receive full consideration. Videos are limited to 5 minutes in duration.

\*\* Please provide a downloadable link to your video here:

**Physical Requirements & Conditions**

To be eligible for the fitness center award, *a school must have a preexisting room immediately available for the installation of equipment.* Please contact Program Director Kelly McKeag at (970) 331-6935 or email her at [kelly@natgovfit.org](mailto:kelly@natgovfit.org) to discuss any specific questions or issues regarding the following criteria.

* The space must be approximately 960-1500 square feet. This is equivalent to a 24-ft x 40-ft room.
* The space must be on the first floor of a building or the school must have a large elevator.
* The room must have a minimum ceiling height of 8 feet.
* Door openings must be at least 28-in x 84-in.
* The roof, floor and walls must be structurally sound and pass current public building codes and safety standards.
* The room must have a properly functioning 110 Volt/12 Amp grounded power outlet.
* The ventilation system must support a full class of students without concern for health or overheating issues.
* Athletic sports flooring is highly recommended (though not required).
* The room should be fully secured to prevent vandalism or theft.

***Fitness Center Room***

Please provide the following information about the designated room or space for the fitness center.

Floor level:

Square footage of room:

Height of ceiling:

Width of doors leading to room:

Flooring material and condition:

Earliest installation date:

***Facility Point Person***

Please list the contact information of the school’s lead facility person. We may be contacting this individual regarding building and installation details.

Name:

Title:

Phone number:

Cell phone number:

Email:

***Photos***

Please provide photos of: 1) the room (all angles), and 2) the outside loading area and door. Pictures taken with a camera phone are usually acceptable. Please imbed the photos into the end of your application and email as one document. These photos are *required* for your application to receive full consideration.

***Room Preparation***

Prior to installation of the fitness equipment, the room must be cleared of all items (e.g. desks, chairs, wall hangings) and painted. A 3-ft NFGFC logo will need to be created and mounted on the wall. We recommend that the room be prepped by students, parents, teachers and other stakeholders to help build community ownership of the fitness center.

***Installation***

If selected, building officials will need to coordinate with TuffStuff personnel to schedule the delivery and installation of the fitness equipment. The school will need to provide parking accessibility for a 40-foot commercial truck within 50-100 feet of the fitness center room. The parking area must be secure for up to 8 hours while the equipment is being installed.

***Insurance***

The fitness equipment includes TuffStuff’s standard commercial factory warranty and product liability insurance. The school must provide an insurance plan to cover theft or damage not covered by the TuffStuff warranty.

***Tracking Results***

Winning schools are required to answer occasional surveys.