

UNITED STATES MARINES YOUTH FOUNDATION, INC.

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20 February 2010

Dear Coach:

The 2010 National High School Physical Fitness Championships, sponsored by the United States Marines Youth Foundation, Inc., will be held May 13-15 at the Marine Corps Recruit Depot, San Diego, California.

This letter serves as an invitation for your school to enter a team into the National High School Physical Fitness Championships. In order to compete at the National Championships, teams must meet the qualifying score as outlined in the National High School Physical Fitness Program Book and complete and return the enclosed documents no later than 20 April 2010.

Teams are requested to arrive in San Diego no earlier than 11 May and depart no later than 17 May. Each team is responsible for transportation to and from San Diego, as well as in and around San Diego.

Teams must be registered with the United States Marines Youth Foundation in order to compete. Registration forms can be found with this package or on the Foundations website at www.marineyouthfoundation.org. Each team is required to complete the High School Registration Form and the Competition Registration Form. These forms can be mailed or faxed to the Foundation Headquarters (See above).

Lodging for teams is available at the MCRD Barracks. No linen will be provided. One coach or adult chaperone must stay in the barracks with each team. There will be no exceptions. In the event of unacceptable behavior or disciplinary problems, teams will be directed to find off-base lodging at their own expense and may be subject to disqualification from the competition.

MCRD will provide ground transportation to the depot from the San Diego airport for teams utilizing base lodging arrangements. Return ground transportation to San Diego departure points will also be arranged.

The majority of meals during the competition may be consumed at the Base Dining Facility. A roster of the total number of people that anticipate eating each meal at the dining facility is required. Meal schedules will be available upon arrival. Payment for all planned meals that are to be consumed at the base dining hall are to be paid by check on the first day of use of the dining facility.

The United States Marines Youth Foundation, Inc., and the United States Marine Corps will not assume liability for injuries incurred during your stay in San Diego. Each athlete must complete and sign the enclosed release form. Coaches are required to provide the form for each participant upon arrival and prior to boarding transportation to the base. A social & coaches meeting is being planned for May 13. The awards banquet will be held at the Bay View Club on

May 15 at MCRD, and will include a sit down dinner with your choice of entree. Please make note of your entree on the team registration form. The costs of these events are outlined in the price sheet located near the end of this package. It is requested that teams have payment available for both events during the coaches meeting. It is further requested that if at all possible, teams pay for these events by check, made payable to the U S Marines Youth Foundation. All money for the Social and Awards Banquet will be collected during the Thursday evening social.

It is imperative that all the documents included with this letter be returned to the United States Marines Youth Foundation at the address listed on the previous page no later than April 24.

If you have any questions, please call me at (717) 774-5892 or send me an e-mail at PHasti4321@aol.com. I look forward to seeing each of you in May.

Semper Fidelis,

Paul F. Hastings (Cell Phone 717-576-8600)
Executive Director
United States Marines Youth Foundation, Inc.

AS A LAST REMINDER NOTE: It is imperative that **all information** on **all forms** be filled out completely. Last year we had a difficult time trying to finalize details simply because all the information in regards to their team was not completed.

2010 National High School Physical Fitness Championship

Schedule of Events

11-12 or 13 May 2010

| <u>TIME</u> | <u>EVENT</u> | <u>LOCATION</u> |
|-------------|---------------|-------------------|
| All Day | Teams Arrival | San Diego Airport |

13 May 2010

| <u>TIME</u> | <u>EVENT</u> | <u>LOCATION</u> |
|-------------------|--------------------------|--------------------|
| 1 p.m. | Event Rehearsal | Track/Soccer Field |
| 6:00 – 10:00 p.m. | Social & Coaches Meeting | Boat House |

14 May 2010

| <u>TIME</u> | <u>EVENT</u> | <u>LOCATION</u> |
|--------------------|--|--------------------------------------|
| 8:30 a.m. – 1 p.m. | Opening Ceremony Female Competition | Track/Soccer Field MCRD San Diego |

15 May 2010

| <u>TIME</u> | <u>EVENT</u> | <u>LOCATION</u> |
|---------------------|------------------|--------------------------------------|
| 9 a.m. – 1 p.m. | Male Competition | Track/Soccer Field MCRD San Diego |
| 6 p.m. – 6:30 p.m. | Social Gathering | Bay View Club, MCRD |
| 6:30 p.m. – 10 p.m. | Awards Banquet | Bay View Club, MCRD |

Logistical Needs

TRANSPORTATION FROM/TO AIRPORT

REQUIRED _____ NOT REQUIRED _____

ARRIVAL DATE AND TIME _____

AIRLINE AND FLIGHT NUMBER _____

NUMBER OF PASSENGERS _____

DEPARTURE DATE AND TIME _____

AIRLINE AND FLIGHT NUMBER _____

NUMBER OF PASSENGERS _____

LODGING, MCRD

REQUIRED _____ NOT REQUIRED _____

NUMBER OF FEMALES _____

NUMBER OF MALES _____

MEALS, MCRD

REQUIRED _____ NOT REQUIRED _____

*11 MAY (Tues) B _____ L _____ D _____

*12 MAY (Wed) B _____ L _____ D _____

*13 MAY (Thurs) B _____ L _____ SOCIAL/MEETING _____

*14 MAY (Fri) B _____ L _____ D _____

*15 MAY (Sat) B _____ BANQUET _____ BEEF _____ CHICKEN _____

*16 MAY (Sun) B _____ D _____

*17 MAY (Mon) B _____

***PLEASE INDICATE THE NUMBER OF PEOPLE ATTENDING AT EACH MEAL**

Waiver of Liability

The National High School Physical Fitness Championships INFORMED CONSENT AND WAIVER OF LIABILITY

This is a voluntary release of liability and complete assumption of risk. I hereby release Marine Corps Recruit Depot San Diego (hereinafter "MCRD"), the United States Marine Corps, the Department of the Navy, the United States Government, and all agencies and instrumentalities thereof, its agents, officers, servants, and personnel (hereinafter "the government"), from any and all liability, claims, demands and actions whatsoever resulting from my presence on MCRD, utilizing government provided transportation or my involvement in this event.

This release applies to myself, and to my parents, spouse, children, guardian, executors, future heirs, assigns, creditors, and administrators. This release of liability includes, but is not limited to claims based on negligence, both passive and active, of the government arising out of, or relating to any loss, damage, illness, death, or injury that may be sustained while on the Depot. This release also applies to all dangers inherently involved in the event in which I desire to participate. I understand that the risks involved in this visit include, but are not limited to, risks resulting from equipment, terrain, my personal physical condition, vehicles, other participants and lack of hydration.

Known risks aboard military installations include, but are not limited to: (1) injuries or death resulting from strenuous activities; (2) injuries or death resulting from recreational activities; (3) high volume of traffic by civilian and military vehicles; (4) interaction with animals, both wild and domestic; (5) significant distances from recreational areas to medical treatment facilities or hospitals; and (6) potentially hazardous training activities, including but not limited to, range firing, aircraft operations, and field maneuvers.

I hereby authorize emergency medical treatment in the event of injury or illness. I also authorize trained health care providers, including, but not limited to physicians, nurses, nurse practitioners, and hospital corpsmen, to administer routine and/or emergency medicines and treatments, as needed.

I understand that no special measures have been taken to specifically address the needs, tendencies, and care of minor children. I agree that this release applies, not only to myself, but also to my minor children who accompany me, and to any minor children entrusted to my care of guardianship.

I further state that I, _____ (PRINT NAME) have carefully read the foregoing release, know the contents thereof, and sign this release as my own free act, on behalf of myself and/or my children or children for whom I am authorized to act as legal guardian.

Date

Signature of Releaser (Relationship to participant)

Participant: _____

Witness Signature: _____

UNITED STATES MARINES YOUTH FOUNDATION, INC.

The 2010 High School Physical Fitness Championships

Team Roster / Registration Form

(Please print clearly)

SCHOOL NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACHES NAME: _____

EMAIL ADDRESS: _____

PHONE NUMBER:(Work) _____ (Home) _____

(Cell) _____

ASSISTANT COACHES / ESCORTS: _____

This is a: COMPETITION TEAM: PILOT TEAM:

I am registering my team for competition in:

NATIONAL:

TEAM NAME: _____ TEAM QUALIFYING SCORE: _____

| STUDENT NAME | AGE | GRADE | IND. SCORE | T-SHIRT SIZE |
|-----------------|-----|-------|---------------|-----------------|
|-----------------|-----|-------|---------------|-----------------|

Submit **ONE** form for **EACH** team entered into competition (male / female) and pilot teams (male / female).

I certify that the above named athletes are full-time students in grades 9-12 and meet the age requirement for competition. (Students cannot reach their 20th birthday prior to competition)

High School Principal

UNITED STATES MARINES YOUTH FOUNDATION

2010 NATIONAL HIGH SCHOOL PHYSICAL FITNESS CHAMPIONSHIPS

San Diego, California

May 11 - 17, 2010

Meal rates at MCRD Base Dining Hall (Duncan Hall) are broken down between regular costs and youth discounted costs. Costs were increased over last year and are reflected herein. Monday to Friday Breakfast costs are \$2.30 adult cost and \$1.95 student cost. Monday to Friday Lunch/Dinner costs are \$4.25 adult cost and \$3.65 student cost. Saturday or Sunday Breakfast Brunch and Dinner Brunch costs are below. Please calculate amount due.

Breakfast \$2.30/1.95 x Number ___/___ x ___ days = \$ _____

Lunch \$4.25/3.65 x Number ___/___ x ___ days = \$ _____

Dinner \$4.25/3.65 x Number ___/___ x ___ days = \$ _____

Sat/Sun Brunch \$4.85 adult/\$4.20 student x ___/___ = \$ _____

Sat/Sun Dinner \$5.95 adult/\$4.95 student x ___/___ = \$ _____

Separate Checks for use of Dining Facility meals are to be made separately and paid on first day of use for entire stay. No changes once paid.

Social \$10 X _____ \$ _____

Awards Banquet \$40 X _____ \$ _____

Separate checks for the Social and Awards Banquet inclusive are to be made payable to U. S. Marines Youth Foundation, Inc.

Hours of Operation:

Monday – Friday

Weekends & Holidays

Breakfast 0600 - 0730

Lunch 1100 – 1300

Dinner 1630 – 1800

Brunch 0800 - 1100

Dinner 1500 - 1700

UNITED STATES MARINES YOUTH FOUNDATION, INC.

National High School Physical Fitness Program

State, Regional and National Competition Guidelines

High school physical fitness teams are eligible to compete at the state, regional and national level. The state level of competition will be broken down by state. The complete list of states, state organizing committees and dates of competition can soon be found at www.marineyouthfoundation.org.

Qualifying Criteria:

- 1.) Each high school team will consist of at least five or six members and accompanied by at least one adult chaperone for each team and/or coach.
- 2.) Team members must be full-time students in high school grades 9-12.
- 3.) In order to qualify for competition, students in grades 9-12 must not have reached their 20th birthday during the current school year.
- 4.) Teams must attain a qualifying score of 1875 points for male teams (375 point individual average) and 1250 points for female teams (250 point individual average) in order to compete at sanctioned state, regional or national events. Team scores can be verified prior to state and national events by calling your state organizing committee and have a member of that committee present during qualifying.
- 5.) Teams competing at state, regional or national events must be registered with the United States Marines Youth Foundation at least four weeks prior to competition.

Competition Rules:

The Executive Director, United States Marines Youth Foundation, Inc. is the governing authority for all Regional and National competitions. The Marine Corps League (MCL) National Youth Physical Fitness Committee serves as the organizing body for regional and national competitions. The MCL committee members will also be present during the National Championship Meet to ensure consistency within the competition.

The sequence in which teams will compete will be determined just prior to the start of the national competition by drawing numbers. Once the team sequence is established, teams should complete the course as described herein. If any team is not on the ready line when it is their turn to compete, that team may be disqualified.

Prior to the start of the competition, a member of the National MCL Committee, judges, monitors and counters will be assigned to each competition event. There should be enough monitors and counters to provide one for each team member competing. The head judge at each event has the final say on any disputes concerning his/her particular event. Judges, monitors and counters at all sanctioned regional and national events will be made up of volunteers from active duty, retired or reserve Marines or members of the Marine Corps League.

Escorts will be assigned to each team prior to the start of competition. The escort will be responsible for maintaining the teams official score sheet. The escort is the only one authorized to handle or write on the score sheet.

Each exercise event area should include six (6) exercise positions, if possible, with a like number of monitors and counters, thus enabling each team member to compete at the same time. Each team member will abide by the time limit for each specified exercise.

Each team is allowed a three (3) minute rest period between events.

Teams must be staggered at the start so as not to create a backup of competitors at any one event. All team members will begin the sit-ups and proceed through the entire course as a unit.

The next team to compete will not begin the sit-ups until the previous team has reached the third exercise event, creating a gap between competing teams. There is only to be three teams on the competition field at any given time.

Coaches and assistant coaches are not allowed on the competition field while their team is competing. All coaches and assistant coaches are to remain outside the roped area of the field. Coaches may communicate with their teams during periods of rest. Coaches and assistant coaches who fail to comply with these rules may cause their team to be disqualified from the competition.

Only two people from each team may be permitted on the field during competition to take pictures or shoot video. Additionally, those individuals will be identified prior to the start of competition. The escort for each team will brief the photographers on the rules of the field and annotate their names on the teams score sheet. Failure to check in with the escort prior to the start of competition will result in the photographers being asked to leave the field.

Performing the Exercises for Competition:

The exercises used for state, regional and national competition are the same as described in the National High School Physical Fitness Program Book, which can be found on our website under "[High School Program Book.](#)" The five exercises are:

A) Sit-Ups - Two (2) minute time limit (maximum 100 reps for 100 points)

Position: Competitor lies on back with legs bent and feet flat on the mat. Thighs must form a 45-degree angle with the ground. Hands are placed behind the head with fingers interlocked and touching the mat. Feet are held in place by an official counter. The counter will hold the feet at the competitors' ankles. If a competitor is unable to be held in this manner, the official counter will kneel on the competitors' feet. The counter cannot hold the feet in any manner, which would assist the competitor, i.e., the counter sits on the competitor's feet with arms locked behind the competitors' legs.

Execution: Sit up, bending forward until the forehead is directly above or extended in front of the knees. Elbows must remain to the outside of the knees and need not touch any part of the leg. Return to the starting position, ensuring that the knuckles of the fingers or the back of the hand touch the mat before resuming the next repetition.

Important: 1) Fingers must remain interlocked. 2) Hands must remain behind and at the base of the head. 3) Head must come directly above or past the top of the knees. 4) Knees and feet cannot be spread further than shoulder width apart at any time during the exercise period. Feet must remain flat on the mat and legs must remain at a 45-degree angle during the entire exercise. 5) The buttock and/or small of the back cannot be raised more than one (1) inch above the mat when beginning each repetition. 6) Competitors may rest in either the up or down position as long as they maintain the correct body position while resting.

B) Push-Ups - Two (2) minute time limit, a non-stop exercise. Competitors can rest in the up position (maximum 60 reps for 100 points).

Position: Competitors must place some part of their hand or fingers under the shoulder (most competitors place their thumbs under the shoulder). Girls must keep their head and neck straight and head cannot drop as chin is touching fist. The body is held in a straight line (parallel to the ground) from the shoulders to the feet with no part of the body touching the ground other than hands and feet. Elbows are locked with arms forming a straight line (perpendicular to the ground) from the shoulders to the wrists. Feet may be spread no further than one foot apart. Counter lies face down on the ground opposite the competitor, placing his/her hand palm down under the competitors chest for males, and fisted (the thumb will be at the top of the fist when placed on the ground) under the chin for females.

Execution: The competitor lowers his/her body by bending the elbows and bringing his/her torso downward until the chest touches the back of the counters hand for males, or until the chin touches the top of the counters fist for females. The body must maintain a straight line from the shoulders to the feet. The competitor then returns to the starting position, again maintaining his/her body in a straight line. The elbows must lock straight before the next repetition begins. Broken form (hands are too wide, piking, hips or stomach touching mat) will result in repetitions not being counted. The judge will notify the competitor that he/she has broken form. If the competitor continues to break form, the judge will ask that competitor to stop, ending the event for that competitor. If the competitor corrects his/her form after the first warning, counting of repetitions will resume.

Important: 1) Sternum must touch counter's hand for males and the chin must touch the counter's fist for females. 2) No part of the body, other than the hands and feet may touch the ground. 3) Body must be maintained in a straight line at all times from the shoulders to the feet. 4) Arms must lock straight to complete return to the starting position. 5) Competitors can rest in the up position, however, the body must remain straight. 6) At no time during the exercise, including rest periods, can the competitor let his/her back arch or sway.

C) Standing Long Jump - Three (3) minute time limit to complete three (3) jumps, with best out of three (maximum 9' 10" jump for 100 points).

Position: Competitor stands with feet comfortably apart, toes just behind an established take-off line. Knees may be flexed, and arms may be swung forward and backward in a rhythmical motion to build momentum.

Execution: Jump forward as far as possible. Landing may be on one or two feet.

Important: 1) Only the best of three jumps will be recorded for score. 2) Measuring is from the take-off line to the nearest point of contact on the landing. 3) Stepping over the line and continuing the jump is a foul and counts as an attempt. Foul jumps are not measured. 4) Falling or stepping backward after the landing will result in measurement to that point of contact rather than where the feet first touched.

D) Pull-Ups - Two (2) minute time limit (hands will remain on the bar with no shaking-out permitted (maximum 30 reps for 100 points).

Position: Hang from the bar with palms away from the body. Hands will be placed on the bar no closer than 12" or no further than 32" apart. Arms and legs must be completely extended with feet off the deck. Ankles may be crossed to keep legs together.

Execution: Pull body straight up, placing the chin over the top of the bar. Return to the starting position with arms fully extended.

Important: 1) Chin must be placed over the top of the bar. 2) Arms must be fully extended when body is lowered to the starting position. 3) Legs (knees) may be bent, while executing the pull-ups as long as there is no kicking of the legs to propel the body upward. 4) No swinging, jerking or kipping of the body is permitted. However, a slight "natural" swing is permissible. A counter will hold an arm extended in front of the competitor to keep body alignment straight during the exercise and prevent any excessive swinging. 5) Competitors are permitted to rest in the down position only. 6) Hands must remain on the bar at all times during the exercise, unless a relatively minor repositioning of the hands is necessary to keep from slipping off the bar. Hands and arms cannot be "shaken-out" during the exercise. 7) Competitors must come to a dead hang following the last pull-up in order for the final repetition to be counted. Failure to do so, dropping from the bar while in the downward motion, will constitute a no count for that particular repetition. 8) Females have the option of placing their thumbs over or under the bar during the exercise.

E) 300-Yard Shuttle Run - Scored in ratio to elapsed time needed to complete (maximum 44 second run for 100 points).

Position: Runners may use a standing, distance-type start or a crouched, sprinters start. No part of the body may be extended over the starting line and no device such as starting blocks or depressions, may be used to assist the competitors.

Execution: Each competitor runs the 60-yard distance five times, making a complete turn around each marker. On the fifth leg of the run, the competitors' total elapsed time for the event is clocked and recorded as he/she crosses past the pylon.

Important: 1) The run is continuous without stopping. 2) If a competitor fails to complete the run, he/she receives no points. 3) If a competitor knocks over a pylon while making a turn, he/she must return that pylon to the upright position and as close to the proper location as possible before continuing the event. If a competitor fails to return a toppled pylon to an upright and proper position, he/she will receive no points for the event. 4) Provided adequate equipment and times are available, more than one competitor may run the event at one time. 5) Running area should be level.

Competition Uniforms:

The uniform for competition will be appropriate shorts and shirts as commonly worn by track teams. Sweatshirts may be worn during the sit-ups and standing broad jump only - elbows must be exposed during the push-ups and pull-ups portion of the competition. Footwear will be sneakers or appropriate gym shoes. No spikes or cleated footwear will be allowed. Socks may be worn, but are not mandatory. The same footwear and uniform must be worn during the entire course of the competition, except as noted with the sweatshirt.

Scoring of Events:

The state and national competition will utilize the same scoring standards (identified in the scoring charts as "Meet") and basic exercises for both male and female as outlined in the National High School Physical Fitness Program chapter of the Program Book. No modified exercises or scoring standards will be used. All events will be strictly judged and scored in accordance with the descriptions as outlined in the Program Book.

Breaking a Tie:

Although six (6) members will compete on each team, only the score of the five (5) highest competitors will count towards the team's overall score. Adding the score of the sixth team member to each team's score will break a tie. If one of the tied teams only has five (5) competitors, then the team with six (6) competitors will win the tie. If both teams have six (6) members and the scores are still tied after adding the sixth score, a comparison of team scores by event, beginning in reverse order (300-Yard Shuttle Run) will be the deciding factor on breaking a tie. The team with the fastest run time will be declared the winner. If for any reason a tie still exist, then both teams will be declared the winner for that particular place - 1st, 2nd, 3rd, 4th etc. This same method will be used to determine individual ties.