

## Kid's Gincana · Saturday, March 21<sup>st</sup> 1:10-2pm (5-7 year olds) · 2-3pm (8-12 year olds)

The "Gincana" (or "Capoeira-thon") is a fun event that promotes the benefits of an active and healthy lifestyle to raise funds for our Kids' Batizado Graduation Ceremony.

### How to Participate:

- Get pledges now and encourage your family and friends to donate. The pledges can be a flat dollar amount or a donationper-play (for example, a certain amount per parada that will be multiplied by the number of paradas your child does). No amount is too big or too small, and sponsors are allowed to set a maximum amount they are comfortable donating. Remember, this is a fundraising event and 100% of your donations will go directly to supporting the Kids' Batizado Graduation Ceremony.
- Help your child set goals for the Gincana. How many capoeira movements – aús (cartwheels), paradas (handstands), and pontes (bridges) – does your child think s/he can do? How many jogos (games) do they want to play? Having goals adds to the challenge and the fun. They may just surprise themselves with what that little push can do!





### What to do on Saturday, March 21st:

Start your child's day with a healthy breakfast and arrive at your normally scheduled class time. All children are welcome—and encouraged—to come to both classes to cheer on the other students. Kids should wear their uniform if they have one, and bring their completed sponsor sheet.

Parents and families are encouraged to come and cheer their little ones on! Our teens and adult capoeristas will be assisting and counting the *aús*, *paradas*, *pontes* and *jogos*.

We will provide you with the final counts so that you can collect your donations over the following week. All donations will be due by April 21<sup>st</sup>.

### Please help your children remember:

The Gincana is a <u>fun</u> event. It is not a competition. Kids of all levels can participate, from brand new to old pro. Every child should push him or herself to do the best they can. Please help us by supporting your children and encouraging them to participate and have a good time.





Hello Family and Friends,

On March 21<sup>st</sup>, my capoeira school, ABADÁ-Capoeira San Francisco, is holding a "**Gincana**" or "**Capoeira-thon**."

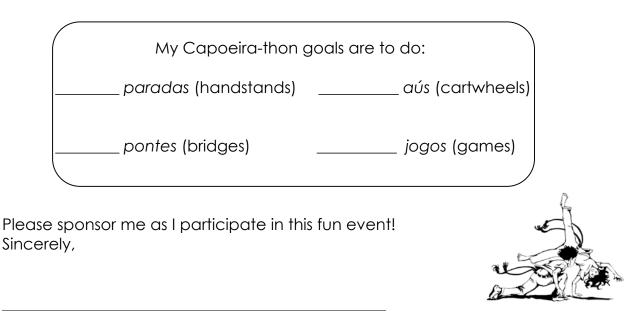
This is an exciting event where I will perform paradas (handstands), aús (cartwheels), pontes (back bridges) and play jogos (capoeira games) for one hour.

All students are getting sponsors and asking people like you to show your support by making a donation for our Youth Graduation Ceremony, which will be on May 17<sup>th</sup> at our school (3221 22<sup>th</sup> Street at Mission Street) from 1-3pm.

All donations are 100% tax- deductible\*, and can be made in two different ways:

- 1. A flat dollar amount
- 2. A specific amount for each parada, aú, ponte or jogo I am able to do (you can indicate a maximum amount)

Please fill your information out in my sponsorship form. In the first week of April, I will share my results with you to collect your donation.



\*Your tax receipt will be sent to you, so please provide your e-mail or mailing address!



# Kids' Gincana

Sponsorship Form

### Capoeirista's Name:

Nickname:

The Capoeira-thon will take place at ABADÁ-Capoeira San Francisco on Saturday March 21<sup>st</sup> from 1:10-2pm (5-7 year olds) · 2-3pm (8-12 year olds)

Capoeiristas will collect your confirmed donation amount between March 22<sup>nd</sup> and March 31<sup>st</sup>.

Sponsor's Name	E-mail and/or Phone Number	Mailing Address	\$ Amount Per Aú (cartwheel)	\$ Amount Per Parada (handstand)	\$ Amount Per Jogo (game)	\$ Amount Per Ponte (bridge)	Maximum Amount OR Flat Donation



# Kids' Gincana



Sponsorship Form

### Capoeirista's Name:

Nickname:

The Capoeira-thon will take place at ABADÁ-Capoeira San Francisco on Saturday March 21st from 1:10-2pm (5-7 year olds) 2-3pm (8-12 year olds)

Capoeiristas will collect your confirmed donation amount between March 22<sup>nd</sup> and March 31<sup>st</sup>.

Sponsor's Name	E-mail and/or Phone Number	Mailing Address	\$ Amount Per Aú (cartwheel)	\$ Amount Per Parada (handstand)	\$ Amount Per Jogo (game)	\$ Amount Per Ponte (bridge)	Maximum Amount OR Flat Donation