



Kid's Gincana · Saturday, March 21st

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 donation-per-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 capoeiristas 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 21st.**

Please help your children remember:

The Gincana is a fun 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.





abad -capoeira san francisco
CAPOEIRA ARTS CENTER

Hello Family and Friends,

On March 21st, my capoeira school, ABAD -Capoeira San Francisco, is holding a "**Gincana**" or "**Capoeira-thon.**"

This is an exciting event where I will perform *paradas* (handstands), *a s* (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 17th at our school (3221 22th 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*, *a s*, *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.

My Capoeira-thon goals are to do:

_____ <i>paradas</i> (handstands)	_____ <i>a�s</i> (cartwheels)
_____ <i>pontes</i> (bridges)	_____ <i>jogos</i> (games)

Please sponsor me as I participate in this fun event!

Sincerely,



*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 ABAD -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 22nd and March 31st.**

Sponsor's Name	E-mail and/or Phone Number	Mailing Address	\$ Amount Per A� (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 22nd and March 31st**.

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