



**2016 Cranston High School East
Burpees for the Brave
Wednesday, March 16, 2016, Period 3
In the Gymnasium**



Duty, Honor, Courage

**A fundraiser to support the
RI Department of Veterans Affairs Medical Center**

History behind the Challenge: Coventry High School has challenged Cranston H.S. East in a Burpee contest for the purpose of raising funds to support U.S. Military Veterans. CHSE has accepted the challenge and we will conduct our Burpee Challenge on Wednesday, March 16, 2016 in the gymnasium. Proceeds from the CHSE Burpee Challenge will benefit the Rhode Island Department of Veterans Affairs Medical Center.

About the Challenge: During the last period of the day (period 3 “G” day) on March 16, 2016, students who have registered for the Burpee Challenge will be called to the gymnasium to begin the challenge. Registered students/faculty members will have five minutes to complete as many burpees as they safely can. Our goal is to exceed the number of Burpees completed by Coventry High School during their Burpee Challenge completed on December 21, 2015. Additionally, all gym classes, under the direction of the Physical Education Department, will be conducting a continuous sequence of burpees during the entire school day leading up to the last period of the day and the official Burpee Challenge.

Registering for the Challenge: During the week of 7 through 11 March 2016, students and faculty who wish to register for the challenge may do so in front of the auditorium from 7:00 AM to 7:30 AM. Registration forms and your \$10 registration fee will be collected at that time.

Entry Fee: \$10 for students and faculty competing in the Burpee Challenge. Those wishing to make a donation, but not compete in the challenge, may do so during the registration period.

2016 CHSE Burpee Challenge Registration Form (registration runs from 7 thru 11 March 2016)

Make checks payable to Cranston High School East

Name: _____ Age: _____ Gender: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

I will compete in the Burpee Challenge and here is my \$10 registration fee

Sorry, I can't compete, but here is a donation of \$ _____

Waiver: I certify that I'm in good health and have trained for this event. Inconsideration of this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the organization holding this competition, their agents, representatives, successors and assignors for any injuries to me in said challenge. Furthermore, I hereby grant full permission to any and all to use my photographs of this event for any legitimate purpose.

Signature: _____ Date: _____

(Must be signed by a parent if under 18 years of age)