2016-2017 RSG! Checklist for Olympians & Paralympians

BEFORE THE FIRST SCHOOL VISIT:

- ☐ Prepare introduction and biography and send to RSG! staff.
- ☐ Review the protocol and example outlines.
- ☐ Have an orientation meeting by phone, email, or if possible in person with your school liaison. Discuss what you want to accomplish and how you want to increase FitnessGram scores. Be bold!
- ☐ Find pictures or videos of your Olympic/Paralympic year or sport to show on the first visit.
- ☐ Notify RSG! Director Bernadine Bednarz of the date of your school visits at bbednarz@lasports.org. Keep her updated on any schedule changes as well and feel free to call the RSG! office any time to ask questions. Don't be in doubt – we're all in this together!

THE DAY OF YOUR SCHOOL VISITS:

- ☐ Wear any Olympic/Paralympic apparel.
- ☐ Bring prizes or stickers for the students (especially if you are at an elementary school).
- ☐ Arrive on time, or notify both your school liaison and RSG! staff if you are running late.
- ☐ Send RSG! staff an invoice for each visit, using the approved format.

If you have a new idea that works, call or email the RSG! office (bbednarz@lasports.org) so you can share your thoughts and we can offer the concept to other schools!