



ULTIMATE DODGEBALL



Get free
dodgeballs
and get
started!



supports
ULTIMATE DODGEBALL

Raise money for your school/youth
group and the nation's heart charity

GET ACTIVE, GET CREATIVE AND GET INVOLVED



Ultimate Dodgeball is one of the British Heart Foundation's (BHF) newest fundraising events. Not only is it a great way for children to get active but it is also a fantastic way to raise funds for the nation's heart charity and for your school or youth group. To organise your own fun tournament, just choose your teams and create a team identity for each one. Don't forget everyone of all ages and abilities can play.



**Free kit
worth
£30!**

5 minutes to learn it, 6 minutes to love it!

If you're not familiar with dodgeball, you'll soon pick it up. It takes just five minutes to learn and you don't need a lot of equipment – just three dodgeballs, which we'll send you for free. We'll also send you a simple guide with lots of helpful hints and tips, so you can teach your children how to play in minutes.



It's good for you too

Ultimate Dodgeball is simple to organise. All you need is an area the size of a badminton court (inside or outside) and you can get started.

Dodgeball is also a recognised sport by the four UK Sports Councils and is great for children's health too, as it gets them active and develops team-building and strategic thinking. With Ultimate Dodgeball, we've introduced a creative element too, by encouraging the children to create their own team identity – with dress and face painting.

Best of all, by organising a fundraising tournament for the British Heart Foundation, you can raise some much needed cash for your school or youth group too, as you get to keep 20% of any money raised, to spend on any new resources or activities.

How to play Ultimate Dodgeball

- Each team is made up of six to ten people (six players and up to four substitutes).
- There are five, two-minute games, with different players playing each game.
- Players throw the ball at each other (no head shots). If you're hit, you're out. If you dodge it, you're not.
- If you catch the ball, the thrower is out instead. And you can bring one of your 'out' players back on.

There's a full list of rules in your free Ultimate Dodgeball kit. Just complete the form on the back and we'll send it to you. You can also visit www.bhf.org.uk/dodgeball to find out more.

Everyone wins with Ultimate Dodgeball

Your children win

Kids love Ultimate Dodgeball. **All ages and abilities can play**, which makes it the ultimate way to keep fit.

You win

It's **simple to organise, simple to play**, and you get a great organiser's kit to help you create a fun and successful event. It can also contribute to the achievement of a Healthy Schools Award, if you are a school.

Your school or youth group wins

You get to keep **20%** of any money you raise, plus the **free** dodgeball kit worth **£30**.

The nation's heart health wins

The money you raise will help the British Heart Foundation to educate and prevent heart and circulatory disease in the future, and to save lives **now**.



Everything you need to play Ultimate Dodgeball

Fill in the form on the back and we'll send you a free Ultimate Dodgeball kit (worth £30), containing:

- three dodgeballs for your school or youth group to keep
- an organiser's guide, which contains the basic rules, as well as hints and tips on organising your own event
- posters to publicise your event
- a variety of teaching resources
- sponsorship forms for the participants - to make it simple to raise money for both the British Heart Foundation and your school or youth group.



We're always on hand to answer any questions you have (the number's on the back too).

Why Ultimate Dodgeball is good for everyone's heart

Heart and circulatory disease is the UK's biggest killer, affecting men, women and children of all ages. But with your help, we can change that. By organising an Ultimate Dodgeball fundraising tournament, you and your children can have fun, and help us to save lives by:

- funding pioneering research into the causes, prevention, diagnosis and treatment of heart disease
- providing essential equipment like echocardiograph machines and life saving defibrillators to hospitals, as well as to the ambulance, fire and police services
- training BHF Nurses to support and care for heart patients and their families
- providing vital information to help people reduce their own risk of dying prematurely from a heart or circulatory related illness.

Raise funds for your school/ youth group and the nation's heart charity. Complete the form on the back, get your free dodgeballs and get playing!

Ultimate Dodgeball registration form

We hope you're keen to give Ultimate Dodgeball a go. We're sure you and your children will love it – and you'll still be playing long after your fundraising tournament is over. Complete the form below and we'll send you everything you need to run a successful event within two weeks. Remember, we're always here to help. So if you have any questions, you can call us on **01892 893 913** or email **dodgeball@bhf.org.uk**

In order to process your registration, questions marked with a ** symbol need to be completed. In case you need to contact us, please keep a copy of your completed form.

Full name of school/youth group**

Agrees to organise a sponsored Ultimate Dodgeball event on behalf of the British Heart Foundation.

We anticipate organising our event during the month of**

(You need to allow at least **four weeks** to organise your event, so children can build their dodgeball teams and raise funds).

Please send the Ultimate Dodgeball kit to (**must** be the contact details of a member of staff at the above school/youth group):

Dr/Mr/Mrs/Miss/Ms/Other**

First name**

Surname**

Job title/Position**

Address of school/youth group**

Town**

County**

Postcode**

School/youth group telephone no.**

Mobile telephone no.

Email address**

How many sponsor forms should we enclose in your Ultimate Dodgeball kit?**

100 200 300 Other quantity (please specify)

How did you hear about Ultimate Dodgeball?**

BHF website BHF kids' & schools' catalogue

BHF mail shot Local BHF representative

Recommended Magazine/newspaper article

Past participant Food4Thought campaign

Other (please specify)

Conditions of registration:

The Ultimate Dodgeball kit is provided on the understanding that your school/youth group will hold a sponsored fundraising event during 2010/11. Should your Ultimate Dodgeball fundraising event not be held, it is a requirement that your school/youth group reimburse the BHF for the £30 cost of the kit. This is not an offer for sale of the kit as an alternative to holding an Ultimate Dodgeball fundraising event. You have obtained the agreement of your headteacher/group leader to hold an Ultimate Dodgeball fundraising event.

I have read and agree to the above conditions of registration

Signature of the person opposite**

Date** / /

The name of your headteacher/group leader**

Please make sure you have completed ALL the sections marked with a ** symbol, as we will not be able to send you your pack until we have received all this information.

Please return this form by post to:

Ultimate Dodgeball, British Heart Foundation,
PO Box 296, Tunbridge Wells TN2 9DA

Or fax it to: 01892 891 655

Keeping in touch

The British Heart Foundation (BHF) will use your personal information for administration purposes related to this event.

The BHF greatly value your support and would like to keep you informed about future events, like Ultimate Dodgeball, using the contact information you have provided. Please tick this box if you would prefer NOT to hear about upcoming events. (MP25)

Please tick this box if you do NOT wish the BHF to contact you by email about our work. (MP08)

Please tick this box if you do NOT wish the BHF to contact you by phone or post about our work. (MP38)

We may want to share your information with other organisations that are in partnership with the BHF and who support our aims and objectives. Please tick this box if you would prefer us NOT to share your details. (MP02)