



DEAR YMCA COACH,

WakeMed has teamed up with YMCA to add an exciting incentive to your soccer seasons. It's simple, it's fun and it will encourage your players and their families to develop healthy habits that will last a lifetime. We hope you'll join us and encourage your players to sign up and follow the five points of Twinkle's Challenge. They'll be rewarded with a cool backpack; but even more important, they'll learn the importance of safety and nutrition on and off the field. Here's how:



Each player gets a FREE drawstring backpack for participating!

- ★ Tell your team about the program and encourage everyone to sign up. Send the packets home with the players to share with their families.
- ★ Invite the players to sign the pledge card at the beginning of the season.
- ★ Once the pledge card is signed by all the players, team managers should mail it to WakeMed.
- ★ Keep track of everyone's participation with the log provided in your packet. Check off players who achieve all five points for each practice and game.
- ★ During the season, remind kids to follow the five challenges. Remember to set a good example!
- ★ Turn in the log at the end of the season, and WakeMed will reward each participant with a gift.

So kick off the soccer season the right way with Twinkle's Challenge. Additional copies of the log and pledge cards can be downloaded from www.wakemed.org. Simply visit our Children's Center to find Twinkle's Challenge for YMCA. If you have specific questions after reading the enclosed packet, please call 350-STAR. Have a healthy and happy soccer season.



WakeMed

YMCA
OF THE TRIANGLE

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