

BARBELLS FOR BOOBS®

HOW TO PLAN YOUR BARBELLS FOR BOOBS EVENT

HOW TO MAXIMIZE YOUR FUNDRAISING.

2018



THE BASIC BASICS

We're going to show you how to run a basic event with activities and involvement options for your adult athletes, kids, non-crossfit friends, and ways to generate fundraising leading up to the event.

For this event we're going to do the following activities to raise funds.

- "Grace" 30 Clean and Jerks (Any WOD really) for time (adult athletes)
- Burpees for Boobs (kids)
- Raffle (for everyone)
- Burpee Jars leading up to the event (for the coaches)
- Potluck BBQ



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BASIC EVENT LAYOUT

9am	Opening Ceremonies
9:30am	Grace Heats
10:30am	Burpees for Boobs
10:45am	Raffle Results
11:00am	Thank You
11:05am	Let's BBQ!



OPENING CEREMONIES

* Gather everyone together and go over what Barbells for Boobs is and why you've chosen to support them.

* If there is a survivor in your community or anyone that has been affected by breast cancer, this is a great opportunity to let them speak and share their story.

- Go over the workout, movement standards, and order of events.
- If you have a raffle this is a great opportunity to highlight and promote.
- Start warming up!



GRACE HEATS (PART 1/2)

"Grace" 30 Clean and Jerks for time, is an easy and efficient way to run your BFB event. With proper scaling all of your athletes can finish the workout in a 10 minute timecap allowing for quick heats, fast transitions, and a lot of excitement (and hopefully lots of PRs).

Let's assume that you have 30 people that want to participate. If you run 4 heats of 8 you can be done in an hour if you follow this flow:

- 10 minute timecap for the WOD
- 5 minute transition between heats

This will allow plenty of time for all of your athletes to finish (if scaled properly) and easily transition the floor for the next heat.



GRACE HEATS (PART 2/2)

It's super easy to add judges to your event. We recommend having the heat that just finished judge the following heat. Going back to our example of 4 heats:

- Have those going in Heat 4 judge Heat 1
- Once H1 is finished have them judge H2
- H2 judges H3
- And so on...

You can also do different variations of Grace to make things more interesting like:

- Scaled Grace
- Partner Grace (2 partners complete 30 or 60 alternating lifts)
- Heavy Grace (heavier than Rx)
- Beer Grace (3 rounds of 10 C&J plus 1 beer)



BURPEES FOR BOOBS (FOR THE KIDS)

This is a great way to get the kids in your community involved while generating additional fundraising. It's also pretty adorable. After all the Grace heats are done call for all the kids to come to the floor. Explain to them that it's their turn to work out but first a scavenger hunt.

For their scavenger hunt they need to go find \$5 from someone in the crowd. The only way they can participate is if they can find \$5. (We recommend letting the parents know ahead of time).

Once they all bring back their \$5 you start the workout, 30 burpees for time. Sit back and prepare to be impressed.

We recommend having some kind of treat for the kids when they finish. Something simple like stickers or snack work great.



RAFFLE (PART 1/3)

Raffles are an easy addition to any event to increase your fundraising total.

You will need:

- Raffle tickets
- A person to run the raffle
- A bucket to take donations
- Prizes

You'll want to set your prizes up in a visible area with a ticket jar accompanying each one. Have your Raffle person sell tickets throughout the event. Whoever buys the tickets then places them in the jar for whichever prize they hope to win. The more tickets they put in the jar the better their chances are of winning.



RAFFLE (PART 2/3)

HOW TO RUN A RAFFLE

You can sell tickets for whatever amount you please. A popular method is selling tickets for \$5 a piece or 5 tickets for \$20.

Wait for all of the workouts to be completed to do the raffle drawings. We recommend revealing the winners for the least popular to most popular prize.

Get kids involved by having them draw the winning tickets. No peeking!



RAFFLE (PART 3/3)

HOW TO GET RAFFLE ITEMS

This is a great way to get members of your community involved. Many of them work for or might own companies that are willing to donate prizes for your raffle. This is also a great opportunity to reach out to local businesses that might not be affiliated with your gym to get them involved. Some popular ideas are:

- Local restaurant gift cards
- Workout gear
- 1-month free gym membership
- Massages
- Haircuts
- Kids prizes (skateboards, scooters, etc.)



THANK YOU

Recap the day.

If you have prizes for Grace winners hand those out

Announce your fundraising progress



BBQ OR FOOD

Potluck

BBQ or catered

Food truck?

Let's members from different classes interact and hang out with people they don't usually see.



WRAP UP

Remember, this is just an example of what you can do for an event. You're free to be creative and do whatever you want for your fundraiser.