

**American Heart Association®**  
life is why™



# It Takes HEART to be a HERO



**HEART HERO**

## Bran, Age 11

Bran has jumped his way to raising more than \$80,000 through Jump Rope For Heart, including \$25,000 this year. Within an hour of his birth, he was diagnosed with the most extreme form of Tetralogy of Fallot, called Pulmonary Atresia. So, when Bran asks friends and family to donate to Jump Rope For Heart to help the American Heart Association fund research to learn more about the heart and how to fix it, he's speaking from his own heart.

## Here's how you can get a jump start...

- 1 Return the permission slip so you can participate.
- 2 Set a dollar goal and ask friends and family to help you reach it. (Making your own Web page is the fastest and easiest way to raise money!)
- 3 Return the collection envelope and have a great time at the event!

[heart.org/jump](http://heart.org/jump)



SHAPE America is a proud program partner of Jump Rope For Heart.



SUBWAY® is a registered trademark of Doctor's Associates Inc.

## Join Our Pack! Collect all 6!

Your teacher has these 3 puppies now!



**First Donation**

With a \$5 donation, students receive **Super Pup** and a lanyard (see envelope for the coupon to tear off and send to school with your child to receive this pup).



**Online**

With their first online donation, students receive **Ninja Star**.



**Online**

With \$85 in online donations, students receive **Martia N. Mutley**.



**\$20**

When students raise \$20, they will receive **Capt'n Bark** after the event.



**\$35**

When students raise \$35, they will receive **Dr. Bow Wow** after the event.



**\$100**

When students raise \$100, they will receive **Soccer Pup** after the event.

Get your puppies today and show your support for the American Heart Association and living heart healthy!

## JUMP ROPE FOR HEART

### Parent/Guardian Permission

As the parent or guardian of the student listed below ("Child"), I hereby understand and agree that:

- 1) **Events** — My Child and I expressly assume all risks, including potential personal injury and fatality, which may arise out of my Child's participation in any school events that are sponsored by or affiliated with the American Heart Association ("AHA"). Such events may include but are not limited to Football For Heart, Hoops For Heart, Jump Rope For Heart, Red Out, and any other similar sponsored activities that my Child's school may offer ("Events"). My Child's school may on its own develop Events that follow the heart-healthy programs of the AHA, may involve online charitable fundraising for the AHA, and any such Events are also covered by this Form.
- 2) **Being Prepared** — It is my sole responsibility to ensure that my Child's clothing and any equipment are properly fitted and appropriate for use in any Event, and that my Child is physically fit and able to participate in any Events. Prior to any Event, I will instruct my Child to stop and request assistance if he/she experiences any adverse physical symptoms such as, but not limited to, dizziness, excessive fatigue, shortness of breath, pain or any other conditions that would make it difficult or unsafe to continue in the Event.
- 3) **Optional Online Participation** — Some of the Events may offer the option of my Child being able to register for an AHA online fundraising program. This program allows students to track their individual and team's progress while having access to the AHA's educational and fundraising resources. My Child would have the option of including a photo on his/her site as well as sending out emails to family and friends in support of his/her participation. For more information, go to [www.heart.org/jump](http://www.heart.org/jump). I acknowledge the Direct Notice to Parents and Children's Privacy Statement on that site. I understand and agree that if I do not want my Child to participate in such online activities, then it is my sole responsibility to prevent my Child from doing so.

### Release and Indemnity Agreement

I agree, for myself, my Child/Ward, and our heirs, executors and administrators, to not sue and to release, indemnify and hold harmless the American Heart Association, Inc., its affiliates, officers, directors, volunteers and employees and all sponsoring businesses and organizations and their agents and employees, from any and all liability, claims, demands, and causes of action whatsoever, arising out of my Child's participation in any American Heart Association sponsored or affiliated school Events and related activities, including but not limited to online activities, whether it results from the negligence of any of the above or from any other cause. This agreement shall be as broad and inclusive as is permitted by the State in which the event is conducted. If any portion of it is held invalid, the balance shall continue in full force and effect. I have read, understand and agree to the terms of this Release and Indemnity Agreement.

### Media Release

I authorize the use, copyright, or publication of my Child's name, image or voice while participating in any Event and related activities, as may be captured by photograph or recording in any medium for any purpose, including illustration, promotion or advertisement.

I am the parent or legal guardian of the participant, and I hereby consent to his/her participation in Events and related activities. I have read and explained this Form to my Child, and I hereby agree to all of its terms and conditions on behalf of myself and my Child.

Parent/Guardian's Printed Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Yes, I will be a parent volunteer and help with this event. I may be reached at this phone number: \_\_\_\_\_

Student's Printed Name \_\_\_\_\_ Home Room Teacher's Name \_\_\_\_\_ Date \_\_\_\_\_

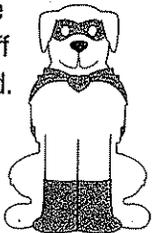
Student's Signature (required if 18 years or older) \_\_\_\_\_

### Heart Attack Warning Signs

- Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Breaking out in a cold sweat, nausea or lightheadedness.

**Not all of these warning signs occur in every heart attack. If some start to occur, get help immediately. Heart attacks are a medical emergency — CALL 9-1-1.**

Parents,  
When your child raises \$5 for Jump Rope For Heart — fill out this coupon, tear it off and send it back to school with your child. They will receive their first Heart Hero puppy, Super Pup, as well as a lanyard!



Homeroom Teacher \_\_\_\_\_

Grade \_\_\_\_\_

My child \_\_\_\_\_ has raised at least \$5 in donations for Jump Rope For Heart.

Signed by \_\_\_\_\_ (his/her parent)

Puppy  Donation



# PARTICIPANT'S SPONSOR FORM

STUDENT'S FIRST NAME \_\_\_\_\_ STUDENT'S LAST NAME \_\_\_\_\_

GRADE \_\_\_\_\_ ROOM # \_\_\_\_\_ TEACHER'S NAME \_\_\_\_\_

NAME OF SCHOOL \_\_\_\_\_

EVENT DATE \_\_\_\_\_ RETURN THIS ENVELOPE TO TEACHER BY THIS DATE \_\_\_\_\_

I'M JUMPING IN HONOR OF \_\_\_\_\_

I WANT TO GIVE MORE, SO PLEASE DO NOT SEND GIFTS. PLEASE CONVERT ALL CASH TO A CHECK(S) PAYABLE TO THE AMERICAN HEART ASSOCIATION.  
All donors who make donations online will receive a donation receipt.

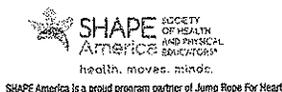
Paid	Sponsor's Name	Cash/Check or Money Order Donation	Online Donation	Company Matching Gift Forms	TOTAL Donations
<input checked="" type="radio"/>	Julie Jump Rope	\$25.00	INCLUDE DONATION REPORT	\$0	\$25.00
<input type="radio"/> 1.					
<input type="radio"/> 2.					
<input type="radio"/> 3.					
<input type="radio"/> 4.					
<input type="radio"/> 5.					
<input type="radio"/> 6.					
<input type="radio"/> 7.					
<input type="radio"/> 8.					
<input type="radio"/> 9.					
<input type="radio"/> 10.					
<input type="radio"/> 11.					
<input type="radio"/> 12.					
<input type="radio"/> 13.					
<input type="radio"/> 14.					
<b>TOTAL DONATIONS</b>		<b>\$</b>	<b>\$</b>	<b>\$</b>	<b>\$</b>

**If you have raised \$50 or more, you've earned a T-shirt! Please mark your size:**  
 Youth:  S  M  L    Adult:  S  M  L  XL  XXL  3XL

\*Double Your Donations! Ask your sponsors if they work for a matching gift company and ask for their company form to include in this envelope. Example: \$25 donation = \$50 for your total donation. (FORM MUST BE INCLUDED WITH DONATION.) Check out [matchinggifts.com/AHA](http://matchinggifts.com/AHA) for more information!



This seal signifies that the American Heart Association - National meets the BBB Wise Giving Alliance's Standards for Charity Accountability.



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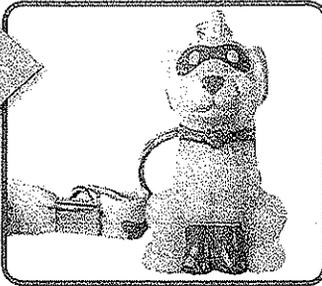
SUBWAY is a registered trademark of Doctor's Associates Inc.

[heart.org/jump](http://heart.org/jump)

# Thank-You Gifts

If any item becomes unavailable, we reserve the right to offer an alternate item of equal value. These gifts meet the requirements, where applicable, of the Consumer Products Safety Improvement Act and other product safety regulations.

**LEVEL 1**  
 \$5 to \$14.99  
**SUPER PUP AND LANYARD**  
Latex-free. Not for children under 3 years.



**LEVEL 2**  
 \$15 to \$49.99  
**JUMP ROPE**  
Jump rope should be used for its intended purpose only. Recommended ages 6+.

**BONUS**  
 Capt'n Bark  
Latex-free. Not for children under 3 years.

**BONUS**  
 DR. BOW WOW  
Latex-free. Not for children under 3 years.

Raise \$20 and Get

Raise \$35 and Get

**PLUS GIFT LEVEL 1**



**LEVEL 3**  
 \$50 to \$74.99  
**JUMP T-SHIRT**

**PLUS GIFT LEVELS 1-2**



**LEVEL 4**  
 \$75 to \$149.99  
**SOCCER BALL**  
Recommended ages 6+.

**BONUS**  
 Soccer Pup  
Latex-free. Not for children under 3 years.

Raise \$100 and Get

**PLUS GIFT LEVELS 1-3**



**LEVEL 5**  
 \$150 to \$249.99  
**MIL0 THE MISSION DOG**  
Recommended ages 3+.

**PLUS GIFT LEVELS 1-4**



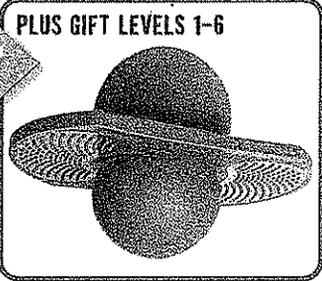
**LEVEL 6**  
 \$250 to \$499.99  
**HEADPHONES**  
Recommended ages 6+.  
 Choking Hazard: small parts.  
 Not for children under 3 years.

**PLUS GIFT LEVELS 1-5**



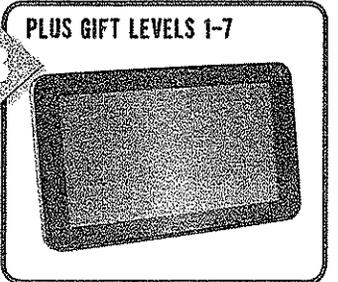
**LEVEL 7**  
 \$500 to \$999.99  
**AIR POGO JUMPER**  
Recommended ages 6+ Maximum weight 160 lbs.  
 Choking Hazard: small parts.  
 Not for children under 3 years.

**PLUS GIFT LEVELS 1-6**



**LEVEL 8**  
 \$1,000 and UP  
**ANDROID TABLET**  
Recommended ages 5+.

**PLUS GIFT LEVELS 1-7**



## BONUS GIFTS

with Online Donations!



**NINJA STAR** with your First Online Donation.



**MARTIA N. MUTLEY** once you reach \$85 in Online Donations.

- Visit [heart.org/jump](http://heart.org/jump) and search for your school using city and state.
- Join your school's team and set up your own Web page to email family and friends.
- Download the Mobile app by searching Jump/Hoops.



Apple iTunes



Google Play Store