

# HCMS FITNESS FESTIVAL

Friday, April 12th, 2019

Thank you for signing up to present at our sixth annual HCMS Fitness Festival! We are excited to have you here! You will make a great impact on our students, inspiring them to make positive, healthy choices!

Below, you'll find all the information you need to have a successful day:

## HCMS FITNESS FESTIVAL

**Date:** Friday, April 12th, 2019

**Time:** 9:15 AM

**Location:** Hill Country Middle School  
1300 Walsh Tarlton Lane  
Austin, TX 78746



**Mission:** Foster a community effort to empower and educate students, staff, and their families about healthy choices concerning fitness, nutrition, and wellness that are specific to middle school-aged students.

The festival will take place during the school day and will be attended by all sixth, seventh, and eighth grade students, staff, and parents.

### Festival Logistics:

- Students will register for four sessions: one nutrition, one fitness, and one wellness, and an assigned fourth.
- The festival will begin with a keynote address by Mike Rosenthal in an all-school assembly.
- Students will then rotate among their selected 30-minute sessions.
- The culminating event will take place out on the track and field where students will participate in additional fitness activities (Field Day) and have the opportunity to purchase healthy food from local food vendors (Farmer's Market).

### Speaker Responsibilities:

- Have fun!
- Prepare an informative and interactive 30-minute presentation on your topic
- Arrive at Hill Country on April 12th at 9:15 AM
- Present at the four scheduled time slots ending at 12:50 PM (repeat your 30 minute presentation four times)
- Just a note that we are a public school, so please refrain from speaking about sex, religion, politics, etc
- Your sessions will have 25-30 students (let me know if you need exact numbers). You will also have a teacher assigned to your room to help you manage the students.

### Festival Day:

- Speakers Arrive: 9:15 AM
- Please park in the front of the school or the lot to the left - see maps on [THIS PAGE](#).
- Check in at the presenter table at the entrance of the school where you will receive a map of the facility,

schedule, and name badge (if you are already in our system). A student will escort you to your room and help you carry in supplies.

- If we don't have a name badge printed for you, you will need to go the office with your driver's license or ID.
- Once you have found your presentation room, your student will escort you to the hospitality room where you will have an opportunity to mingle with the other presenters and enjoy some light refreshments. The Presenter Hospitality room will be open the entire day. Please stop by anytime!
- Technology: If you are using technology in your presentation, please note that every room is equipped with an apple tv and has the ability to mirror an apple device using airplay. If you are not using an apple device, please bring your own VGA adaptor (each room has a VGA cord).
- Your first session will begin at 9:52 AM.
- Your last session ends at 12:50 PM (Fitness Presenters end at 12:13 PM) and you are free to leave or stay for the outdoor fitness activities and food vendors.

\* Some Fitness presenters will be staying later than 12:50

TIME	EVENT	NOTES
9:10 AM – 9:45 AM	KEYNOTE	Set-Up time
9:52 AM – 10:22 AM	SESSION 1	Everyone Presenting
10:29 AM – 10:59 AM	SESSION 2	Everyone Presenting
11:06 AM – 11:36 AM	SESSION 3	Nutrition Speakers Break (not presenting)
11:43 PM – 12:13 PM	SESSION 4	Wellness Speaker Break (not presenting)
12:20 PM - 12:50 PM	SESSION 5	Fitness Speaker Break (not presenting)
12:50 PM – 2:30 PM	OUTDOOR FITNESS ACTIVITIES FOOD VENDORS	Fitness presenters who elect to stay & food vendors

\* Presenter Break: feel free to hang out in your room or visit the Presenter **Hospitality room**

#### Media & Publicity:

- Website: <http://hcmsfitfest.weebly.com/info-for-presenters.html>
- We'd love for you to talk about the festival! Please post the event on your website, blog, facebook, twitter, YouTube, etc. Our website: <http://hcmsfitfest.weebly.com>
- **We encourage you to bring promotional materials to pass out to the attendees** (this is a great way to promote your healthy living initiative, products, business, etc)

#### CONTACTS:

General Contact:

Chelsea San Miguel	Cell: 512-709-2684 School Number: (512) 732-9220 x31953	Email: <a href="mailto:csanmiguel@eansisd.net">csanmiguel@eansisd.net</a>
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Feel free to contact us *anytime* if you need *anything*!