Program Report

1. How many athletes visited the Performance Stations? \_\_\_\_\_\_\_\_\_\_
   1. Please explain what method you used for counting the athletes attending the stations.
2. Describe your experience in piloting the event. Explain in detail:
   1. Brief explanation of where and when the event occurred
   2. Steps you took to organize the event
   3. Time you spent planning the pilot
   4. Average amount of time athletes and families took going through the stations
   5. Other staff involved in planning (and their role)
   6. Major costs
3. Please describe the involvement of volunteers in the event. Specifically, provide information on the number of volunteers, the training that was provided to volunteers (including content, who conducted the training, how long the training was), and the general profile of the volunteers (i.e., college students, fitness professionals, health professionals, parents).
4. What are the pros and cons about running the Performance Stations?
5. Did you make any adaptations or additions to the Performance Station model as laid out in the manual? If yes, please describe.
6. If you had Healthy Athletes events at your competition, what was the impact of having Healthy Athletes and Performance Stations? Think about planning, volunteer numbers, attendance numbers, etc.
7. The goal of the Performance Stations is to help athletes, coaches, caregivers, and other supporters to understand the connection between fitness and sport, and to connect with opportunities to engage in fitness. Do you feel that the Performance Stations at your event accomplished this goal? Why or why not?
8. Is the Performance Stations model something you will follow again in the future? Why or why not?
   1. If yes, where would you hold Performance Stations?
9. Please submit pictures and videos of your event.
10. Please submit any additional resources that were created by your Program for the Performance Stations.