



TEAMING UP FOR THE COMMUNITY

1st Annual Food Drive

Saturday, November 21, 2009

11:00am – 3:00pm

78b Olympia Avenue, Woburn, MA 01801

Athletic Evolution is teaming up with the Greater Boston Food Bank this Thanksgiving in an effort to help with food donations for needy families in the area. Given the current state of the economy, the GBFB (www.gbfb.org) needs your help more than ever to make sure nobody goes without a warm meal this Thanksgiving.

AE is opening the doors of its new & improved 30,000 square foot athletic training facility for local student athletes and their parents to enjoy a full day of interactive demonstrations and competitions – all to benefit a worthwhile cause. AE's expert trainers and sports-specific instructors will be here all day demonstrating our unique training techniques and showcasing all of the new amenities within the facility, plus we'll have lots of fun games, competitions, giveaways, raffles & more! Come help out your community and have fun while doing it – bring canned goods and get free raffle tickets!

Local Celebrity Appearances

Boston Celtics 2007-2008 *World Championship trophy* on display for photo opportunities with Celtics dancers
Boston Breakers soccer player *Angela Hucles* along with her 2008 Beijing Olympic Gold Medal
Members of the 2009 New England Revolution team

Demonstrations

AE expert trainers and instructors will run training demonstrations for all sports – attendees allowed to participate

Games & Contests

Basketball – 3-point & foul shot competitions

Baseball/Softball – Guess your pitch speed

Lacrosse – Fastest shot & most accurate shot

Football – Skills Challenge

SPARQ Training – Obstacle course & vertical jump

* Prizes awarded to all contest winners

Prizes & Raffles

Tickets – Celtics, Red Sox, Patriots, Bruins, Revolution

Football autographed by entire 2009-2010 Patriots team

Basketball autographed by entire 2009-2010 Celtics team

Soccer ball autographed by entire 2009-2010 Revolution team

Gift certificates to local restaurants & stores

Sporting good equipment & AE apparel

ALL ATTENDEES ARE ENCOURAGED TO BRING CANNED GOODS THAT AE WILL DONATE DIRECTLY TO THE GREATER BOSTON FOOD BANK

EVERY 5 CANNED GOODS GETS YOU 1 FREE RAFFLE TICKET (MAX. OF 5 TICKETS PER PERSON)

www.athletic-evolution.com



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Games & Contests

AE will have plenty of fun games and competitions throughout the day so everyone in attendance can either participate or watch and cheer on their friends. Each contest will be broken down into boys & girls division as well as age groups.

Sport	Competition	Description
Baseball/Softball	Guess Your Pitch Speed	2 pitches each to guess your pitch speed
Lacrosse	Hardest Shot	2 shots each – hardest shot wins
	Most Accurate Shot	5 shots each to hit specified targets in the goal – most hits wins
Basketball	3-Point Shootout	1 minute for 10 shots around the 3-point line – most makes wins
	Foul Shots	2 minutes for 20 foul shots – most makes wins
Football	Skills Challenge	5 throws at a specified target – most hits wins
	Obstacle Course	1 run each – fastest time wins
	Vertical Jump	2 jumps each – highest vertical wins

Prizes

ALL WINNERS WILL RECEIVE PRIZES RANGING FROM THE FOLLOWING:

- Tickets – Celtics, Red Sox, Patriots, Bruins, Revolution
- Football autographed by entire 2009-2010 Patriots team
- Basketball autographed by entire 2009-2010 Celtics team
- Soccer ball autographed by entire 2009-2010 Revolution team
- Gift certificates to local restaurants & stores
- Sporting good equipment & AE apparel

ALL CONTESTANTS ARE ENCOURAGED TO BRING CANNED GOODS THAT AE WILL DONATE DIRECTLY TO THE GREATER BOSTON FOOD BANK



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The goal of this community based event is collect 1,000 pounds of food to help with the effort to provide everyone in the local area with a warm meal this Thanksgiving. All of the food collected will go to the Greater Boston Food Bank to benefit hungry families across eastern Massachusetts. This is a wonderful opportunity to help those less fortunate in these difficult times. I encourage you join in our efforts and make a difference in someone's life today. The Greater Boston Food Bank is New England's largest hunger-relief organization and is working hard to help end hunger in eastern Massachusetts. They distribute over 30 million pounds of food per year to more than 600 hunger relief agencies throughout eastern Massachusetts.

We need your help in donating gift cards to be given away as prizes to our contest and raffle winners. Raffles tickets will be offered in exchange for food donations as well as cash contributions so the more gift cards we have the more food and money we can raise to help out this worthy cause!

Platinum Sponsor – \$1,000 in gift cards

Gold Sponsor – \$500 in gift cards

Silver Sponsor – \$250 in gift cards

Bronze Sponsor – \$100 in gift cards

Other – all other donations are welcomed

* All sponsors will be mentioned in post-event media in local newspapers, television stations and AE's website

YES! I want to sponsor the Food Drive!

Company Name: _____

Contact Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Sponsorship Level: (please circle) PLATINUM GOLD SILVER BRONZE OTHER

Number of Gift Cards: _____ Gift Card Denominations: _____

**Please return form and gift cards to: *Athletic Evolution Strength & Conditioning, Inc.*
Attn: Stephanie Simone
78b Olympia Avenue, Woburn, MA 01801



Athletic Evolution is holding a food drive on Saturday November 21st from **11:00am to 3:00pm!**

Our goal is to collect **1,000lbs of non perishable foods!**

All of the food collected will go to the Greater Boston Food Bank to benefit hungry families across eastern Massachusetts. This is a wonderful opportunity to help those less fortunate in these difficult times. I encourage you join in our efforts and make a difference in someone's life today.

The Greater Boston Food Bank is New England's largest hunger-relief organization and is working hard to help end hunger in eastern Massachusetts. They distribute over 30 million pounds of food per year to more than 600 hunger relief agencies throughout eastern Massachusetts.

Once the food you donate is collected by the Food Bank, it is checked for compliance with food safety guidelines and then sorted into about 20 food categories. Hunger-relief agencies, such as pantries and soup kitchens, then order the food by category. This allows the agencies to order exactly what they need, whether that be juice, protein products, or canned vegetables.

Here are some hunger facts about Eastern Massachusetts:

- 320,000 people or 7% of the population uses emergency food programs annually
- More than one in three households served has a child under the age of 18
- Over 10% of those who receive emergency food assistance are 65 or older
- 57% of the people served have to choose between food and rent, medicine, or heat
- 84% have a place to live but cannot get the food they need

Please join us in helping these hungry families by donating non-perishable items.

Some examples of desirable foods are:

- Canned tuna, chicken, or other meats
- Canned soups or chili
- Plastic bottles or cans of 100% fruit juice
- Pasta, rice, or other grains
- Healthy Cereal
- Dry or boxed shelf-stable milk
- Canned Beans
- Peanut butter
- Canned Vegetables

Thank you for your participation in this worthwhile event.



The Greater Boston Food Bank
70 South Bay Avenue
Boston, MA 02118
617-427-5200



Athletic Evolution
78B Olympia Ave
Woburn, MA 01801
781-935-7701