

4HG SIGNING DAY EVENT PLAN

- + In conjunction with the principal, select a day early in the school year to introduce **4HG** to students and their parents, preferably prior to any sports practices or functions.
- + Determine the approximate number of student-athletes participating in various school-sponsored sports programs throughout the school year.
- + Go to bit.ly/4hgswag to request shoelaces and wristbands for every student-athlete in your school. Visit www.4HG.co for specifics and additional information.
- + Review the introductory video on the **4HG** website.
- + Familiarize yourself with the **4HG Student Code of Conduct**, **Coach Code of Conduct** and **Parent Creed** (found on the **4HG Credo Card**).
- + Review the Signing Day sequence of events and enlist volunteers to assist in executing the plan. Encourage your volunteers to become familiar with the materials.
- + Contact the student-athletes' parents via your school's preferred method and invite them to **4HG Signing Day**.
- + Host your school's **4HG Signing Day!**

4HG SIGNING DAY SEQUENCE OF EVENTS

- + Prior to the event, set up a signing table with spots for two or three students to sit. Be sure to have ample copies of the **4HG Student Code of Conduct** and pens or markers to use when signing, as well as wristbands and shoelaces for all student-athletes participating.
- + Welcome the student-athletes, coaches and parents to the **4HG Signing Day**.
- + Play the **4HG Introductory Video** found on the **4HG** website.
- + Read the **4HG Mission Statement** and **4HG Student Code of Conduct**. Use this as a teachable moment to explain the concepts found in the code. Give the student-athletes the opportunity to ask questions.
- + Read the **Parent Creed** and the **4HG Coach Code of Conduct**.
- + Issue a rally cry, asking the audience to voice their support for the principles and virtues behind the **4HG** movement.
- + Call the students to the signing table two or three at a time and have them sit and sign the **4HG Student Code of Conduct**. After he or she signs, give the student a 4HG wristband and pair of shoelaces to wear during sporting events and practices.
- + Serve refreshments (optional).