

CATCH Training

Why CATCH?

For over 25 years, the CATCH platform has been proven to launch kids and communities toward healthier lifestyles. CATCH is the most cost effective means of preventing childhood obesity, in an environment that's fun and easy to sustain. A variety of programs are offered to suit your organization's needs.

Why CATCH Training?

CATCH Training is an integral part of a successful CATCH program. Planning and supporting training is the first step in changing your school or organization's environment and helps maximize the benefits of the CATCH program. Through training, your faculty and staff are given the information and tools they need to begin implementing the CATCH program. Beyond being educational and informative, this hands-on training is fun and encourages communication and teamwork!



CATCH Programs

School-Based

Focus: Kindergarten through 5th grade, Kindergarten through 8th grade or 6th through 8th grade
School-based training covers an overview of the CATCH program, component specific review of CATCH resource materials (including PE, Child Nutrition, Classroom and Family), and time for strategic planning. Participants will leave with a clear sense of action items to support program implementation.

CATCH Kids Club

Focus: Out-of-school time (before school, afterschool and summer programs)
CATCH Kids Club training teaches and demonstrates strategies to encourage an increase in physical activity and awareness of healthy eating in their program. Participants will utilize CATCH Kids Club materials and actively participate in games and activities.

Early Childhood

Focus: Ages 3-5 (preschools, daycare and early learning centers)
Early Childhood training participants will utilize CATCH physical activity and nutrition curriculum. They are also introduced to garden segments, adaptations for students with special needs, and other management tools for working with this age group.

*In addition to the listed programs, CATCH also offers booster trainings for staff that may need a refresher and component-specific training, such as CATCH PE or the CATCH nutrition manuals.

CATCH Implementation Training (1 Day)

Participants will be certified to implement the CATCH program specific to their training.

Cost: \$3,500

Length: 6 hours

Maximum Number of Participants: 35



CATCH Train the Trainer (3 Days)

Includes an implementation on Day 1 and prepares attendees to train additional staff in their district or organization on Days 2 and 3.

Cost: \$8,500

Length: 6 hours each day

Max Number of Participants: 35 (Day 1), 15 (Days 2 and 3)

Training Costs Include:

1. **A CATCH Master Trainer** – An experienced trainer will come to your site on an agreed upon date. Our CATCH trainers have many years of experience in the CATCH program and will share their expertise with participants.
2. **Transportation/Lodging** – The cost of training includes all travel, lodging and incidental costs for our Master Trainer.
3. **Training Day Materials** – Training manuals, handouts, evaluations, names tags and physical activity equipment for the day of training will be shipped directly to the training site at no additional cost.
4. **Planning** – CATCH staff will support you by assisting with any questions or guidance in the planning of your training.
5. **Post-Training Support** – The CATCH team provides lifetime support and follow-up to attendees after training to assure the success of the program.

*Please note that training fees DO NOT include CATCH curriculum and additional equipment. A CATCH team member can connect you to a member of the team at Flaghouse, Inc. for pricing on these items.

Interested in booking a CATCH Training?

Contact Lindsay Edgar, CATCH Community Consultant, at 855-500-0050 x805 or ledgar@catchglobalfoundation.org.