

# CATCH Training The Key to Success!



CATCH Training helps you maximize the benefits of the CATCH Program in your school or community. Planning and supporting training is the first step in changing your school's environment. Through training, your faculty and staff become more aware of what coordinated school health is and how CATCH is used as a resource to meet their wellness policy goals.



## TRAINING IS EASY!

Supporting CATCH and the growth of your coordinated school health program becomes even more important following implementation training because that's when the real work begins.

## WHAT IS CATCH TRAINING?

CATCH Training Workshops are fun, dynamic and multi-dimensional clinics designed to provide the knowledge, skills and tools to successfully implement and support your CATCH Program. Establishing a process that "sets everyone up to succeed" is the key — and training does just that!

## TRAINING WORKSHOPS:

- » Orient participants to the program
- » Use a variety of interactive techniques to teach and demonstrate strategies for effective implementation
- » Identify specific campus and after-school program needs, and facilitate solutions toward guiding communities in their efforts to help children be healthy

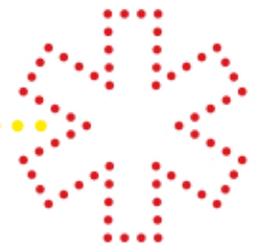
## TRAINING DESCRIPTIONS

- » CATCH School-Based Implementation Training
  - Kindergarten - 5th Grade
  - Kindergarten - 8th Grade
  - 6th Grade - 8th Grade
- » CATCH After-School Training (CKC)
- » CATCH Early Childhood Training - Ages 3-5
- » CATCH Booster Training
- » CATCH Component-Specific Training
- » CATCH Train the Trainer

### PLUS,

- » **NEW!** CATCH Online Training Support





Training can range from full-day sessions to 3-day workshops, depending on the format and type of training. These trainings teach your school and after-school personnel about coordinated health programming, expand awareness of healthy eating and physical behaviors, and offer guidance in utilizing the CATCH resources that are available.

### **1. CATCH SCHOOL IMPLEMENTATION TRAININGS**

This interactive, hands-on workshop blends the knowledge and practical skills necessary to implement the CATCH Program. Training covers the rationale and need for improving children's health, an overview of the CATCH Program, component-specific overview using the CATCH resource materials, and strategic planning for successful implementation utilizing the CATCH Coordination Guide.

The Guide is a tool developed to coordinate efforts of key CATCH Team players: Principals and Administration, Classroom Teachers, Child Nutrition, PE, Parent Leaders, and Specialized and Support Staff.

### **2. CATCH AFTER-SCHOOL TRAINING**

CATCH Kids Club (CKC) Training orients participants to the CKC Program, blending a variety of interactive techniques that both teach and demonstrate strategies for effective implementation. Participants utilize CKC materials, actively participate in activities, and subsequently use this framework to strategically plan how their programs can better guide youth in the process of being physically active for a lifetime.

### **3. CATCH EARLY CHILDHOOD TRAINING**

This training orients participants to the CATCH Early Childhood Program, blending a variety of interactive techniques that both teach and demonstrate strategies for effective implementation in programs that serve ages 3-5. Participants utilize the CATCH Early Childhood physical activity and nutrition curriculum, and actively participate in games. They are also introduced to gardening segments which include activity adaptations for students with disabilities, suggested scope and sequence, curriculum connectors to extend learning in multiple learning centers, as well as multilingual parent tip sheets.

### **4. CATCH BOOSTER TRAINING**

CATCH Booster Training revisit key objectives of the CATCH components, provide an opportunity for staff to share success and challenges, and introduce new CATCH activities and implementation strategies.

### **5. COMPONENT-SPECIFIC TRAINING**

Component Specific Trainings are for schools wanting to phase in or re-fresh individual CATCH components. Component-specific sessions deliver extensive hand-on training in the use of CATCH materials including CATCH PE, *Go for Health* in the classroom, and *Eat Smart* for school nutrition services.

### **6. CATCH TRAIN-THE-TRAINER ACADEMY**

CATCH Train-the-Trainer Academy is a 3-day training designed to give the organization's trainees the skills to build capacity for their local CATCH initiatives. At the conclusion, all trainers will be able to plan and conduct CATCH Implementation Trainings for their local organizations.



**Visit us at [CATCHinfo.org](http://CATCHinfo.org),  
or call us at 855-500-0050 to speak  
with a CATCH Team member today!**

