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. Beyond being educational and informative, this hands-on training is fun and encourages communication and teamwork!

**STEP 1: SELECT PROGRAM**

### CATCH - SCHOOL-BASED
**Grades K-5 / K-8 / 6-8**

- Ideal for those wanting to create a culture of health that aligns with the Whole School, Whole Community, Whole Child approach
- Covers the link between health and academics, reviews resource materials, and gives hands-on practice using the CATCH Coordination Kit

### CATCH EARLY CHILDHOOD
**Ages 3-5**

- Ideal for preschools, daycare and early learning centers
- Reviews program materials and health & nutrition lessons, and also demonstrates techniques to lead physical activity appropriate for this age group

### CATCH KIDS CLUB
**Out-Of-School • K-5 / K-8 / 5-8**

- Ideal for before school, after school, and summer programs
- Teaches and demonstrates strategies to encourage and increase moderate-to-vigorous physical activity and awareness of healthy eating

### CATCH PHYSICAL EDUCATION
**Grades K-5 / K-8 / 6-8**

- Ideal for those wanting to implement CATCH solely in P.E. classes or dedicated physical activity sessions
- Teaches and demonstrates strategies to encourage and increase moderate-to-vigorous physical activity

Looking for a different type of training? CATCH also offers customized trainings including component-specific and boosters trainings.
Participants will be trained to implement the selected CATCH program at their school or organization. Includes Implementation Training (day 1) with the option to attend all three days to become a certified CATCH Community Trainer to train additional staff.

STEP 3: SELECT TRAINING LEVEL

IMPLEMENTATION

1-Day Training • 6 Hours
Participants will be trained to implement the selected CATCH program at their school or organization.

$3,500 OPEN TRAINING
$4,000 PRIVATE TRAINING
MAX 30 ATTENDEES

IMPLEMENTATION + TRAINING ACADEMY

3-Day Training • 6 Hours / Day
Includes Implementation Training (day 1) with the option to attend all three days to become a certified CATCH Community Trainer to train additional staff.

$8,500 OPEN TRAINING
$10,000 PRIVATE TRAINING
DAY 1: MAX 30 ATTENDEES
DAYS 2-3: MAX 12 ATTENDEES

DAYS 2-3: MAX 15 ATTENDEES

INCLUDED IN TRAINING COSTS:

- CATCH National Trainer
  Instruction, travel, and associated costs for an experienced CATCH trainer to deliver your training on-site.

- Training Day Materials*
  Training manuals, handouts, evaluations, name tags, certificates, physical activity equipment used for demonstration, etc.

- Planning
  CATCH staff will provide support and guidance to complete training preparations.

- Post-Training Support
  The CATCH team provides lifetime support and follow-up to attendees after training to ensure the success of the program.

*Please note that training fees DO NOT include CATCH curriculum and additional equipment.

FOR MORE INFO / TO BOOK A TRAINING:
Lindsay Edgar, CATCH Community Consultant
lindsay@catch.org • 855-500-0050 x805