



Do you remember how much fun you had at summer camp? The fresh air, the arts and crafts, the time spent with friends, the campfires. We want to bring this all back this year at "CAMP YUGOTTAWANNA". So dust off the tents, haul out your sleeping bags and act like a kid at camp again. We will have hikes, water sports, learn about nutrition, enjoy arts and crafts and singing around the campfire. You can even bring a friend along.

Fall Rally  
"CAMP YUGOTAWANNA"  
Sat. Oct. 29, 2011  
Oasis Inn and Convention Center  
Springfield, MO

Are you ready for the Summer Contest as we get ready for Fall Rally and "CAMP YUGOTAWANNA"? Remember to receive any of the awards for the summer contest you must attend Fall Rally and have a weight loss for TOPS and be in leeway for KOPS. With camp this summer we will be singing around the campfire. I hope you will be able to enjoy this contest. Let's enjoy the summer that leads up to camp, after all you know "YUGOTAWANNA".

Camp Councilor

Cindy Story



## Summer Contest "CAMP YUGOTTAWANNA"

The summer contest is for the months of June, July and August. You must have a **minimum of 9 weigh-ins** with **NO absents (AB)**. You **MUST** show a **weight loss** if you are a **TOPS** or must be in **Leeway** if you are a **KOPS**. You must attend Fall Rally to win; **NO awards will be given to members who do not attend Fall Rally**. You may only win one time in each category. All the songs listed are in the TOPS song book.

1. "My Body" (pg. 24) EXERCISE: -4 times a week  
Exercise can be any activity that you do that is in addition to your normal daily activities. The point of exercise is to add something to what you are doing in your normal daily activities. This means that regular daily house work or the numbers of steps you take at work do not count. You must set aside time to do something extra. Enjoy a dance, lift weights or use the exercise bands. You must exercise all three months- June, July and August. You will notice this does not include walking.
2. "TOPS Drinking Song" (pg. 23) WATER: 6-8oz daily  
Drink at least 6 glasses of 8 ounces of water a day. (You may not count any drink that contains caffeine.) You must do this every day for the entire contest time.
3. "Write It Down" (pg. 27) MENU:  
Keep a daily menu of what you eat. Keep a daily journal of what you eat. You will need to do this every day of the contest.
4. "Hooray" (pg. 18) TOPS Best Loser:  
Chapter Best loser for TOPS member (not KOPS). 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place will receive an award for weight loss for each chapter. This will be awarded to the TOPS members with the most weight lost during June, July and August and are attending Fall Rally.
5. "The Choice is Mine" (pg. 46) KOPS at or Below Goal:  
This is for KOPS members who **DO NOT GO OUT of LEEWAY** during the entire contest period. If you go out of leeway even-one weigh in during June, July or August you do not qualify.

6. "Welcome New Member" (pg. 46) New and Former Members Joining:  
Chapters with new or former members (member must have been out of TOPS for 3 months at least to qualify) that join the chapter in June, July or August. The New member and the TOPS friend who brought them to chapter will receive an award. (Remember you will only receive 1 award even if you bring in 3 new members).
  
7. "We Are Losing" (pg. 24) Best Average Weight Lost Chapter:  
All chapters that can average a 5lb or better Average Loss per member for the months of June, July and August will be honored in this category. Take the total weights of ALL members' last weigh in of May (or 1<sup>st</sup> weigh in of new member) and the total weights of ALL members the last weigh in of August. Subtract the August number from the May Member then divide that number by the TOTAL NUMBER OF MEMBERS in the chapter. This is your Average loss per member. (If you have trouble call Cindy for help). This average needs to be 5.00 or better. This is just like you do for your yearend resume.
  
8. "Take Me Out of The Bakery" (pg. 29) NO GAIN MEETING:  
Any chapter with a no gain meeting during the contest period will be honored in this category. The chapter will receive this award not each member.
  
9. "This Is My Lose Year" (pg. 30) Camper of the Summer:  
This is the person in your chapter that has motivated you the most through the Summer. Each chapter should vote on this member. Only one person will be awarded this honor. This member **MUST** be attending Fall Rally. You may not take this award back to someone who does not attend the Fall Rally.
  
10. "Walk To Stay Fit" (pg. 30) Walk with Area Captain:  
This summer the Cindy will hold walks in several locations if you attend and walk with her you will help her reach her miles before the Fall Rally. Members who walk with Cindy will receive an award at Fall Rally.

I think we will have a lot of fun with summer contest but will have to work to earn the awards. Remember you must have a minimum of 9 weigh-ins with NO absents (AB), have a weight loss (even if it is a ¼ pound) and you must attend Fall Rally to win any of the awards. You do not have to do everything, however the more you do the more awards you will receive. Hope to see you all at "CAMP YOU GOTAWANNA".