



TOPS Missouri 2010 SRD

“Time to Shine”

June 4th and 5th, 2010

St. Charles Convention Center

Exhibit Hall South, Lower level

One Convention Center Plaza, St. Charles, MO 63303

Join us where the stars are shining brightly-Our TOPS Stars that is!

At the 2010 Missouri State Recognition Days in beautiful, historic St. Charles!

We will be rolling out the red carpet for our TOPS Celebrities at this event. So, let's come together for inspiration, motivation, recognition and fun as we honor our members who truly reached for the stars in 2009.

Please review and share the following information with your chapter members considering attending our event carefully. There are some guidelines and helpful hints to help your registration process go smoothly as well as information on the events planned for 2010 State Recognition Days!

Hotels: At all hotels, be sure to ask for the TOPS rate! **Important: Please release all unwanted rooms by April 17th!** There are members on a “waiting list” at the Embassy Suites, and others who may want rooms at this location that must reserve the rooms by May 4th in order to receive the TOPS rate!

Headquarters Hotel: Embassy Suites: 636-946-5544. Two Convention Center Plaza (attached to the convention center).. All rooms are two room suites with fold out sofa sleeper(king rooms could sleep 3-4, doubles could sleep 5-6). Hot, cooked to order breakfast and nightly manager's reception.

Fairfield Inn: 636-946-1900. 801 Veterans Memorial Parkway(within walking distance of the convention center) Free breakfast, including the “Jimmy Dean Breakfast Sandwiches”and build your own waffle station!

Quality Inn & Suites: 636-946-6936. 1425 South 5th Street. (a very short drive through the St. Charles Center parking lot and across an overpass) Free hot breakfast.

Please check with your hotel to confirm the earliest possible check-in time to your hotel rooms

Parking: For those not staying at the Embassy Suites: There is ample parking at the St. Charles Convention Center-and it is all FREE! Parking near the South Hall entrance will bring you right in to our registration area and meeting rooms!

All SRD Events, (registration, workshops, hospitality room, promotional room and sessions) will take place in the South Hall Area of the Convention Center

Charms/Shirts/Promotional Items: We will again this year have items for pre-sale. Order form is enclosed. Shirts will be available on pre-order basis only. So, be sure to order now. The charms and other promotional items will be available for sale at the event in quantities that are available after pre-sale amounts are filled. Pre-sales will be filled in the order they are received. We will do everything we can to fill all pre-sale items. However, should an item “sell out” before all pre-sale orders are filled, and we can not get more, a refund will be given to the chapter at the time of registration/order pick up.

Crowns for Chapter King and Queen: TOPS Crowns for the Royalty Parade are not required but add a “special touch” for your chapter royalty. Crowns are provided by the chapter. Order forms were sent to chapter leaders from TOPS Club, Inc. If you need a replacement order form, please contact your coordinator. Order forms should be mailed directly to TOPS Club, Inc.

SRD Skits-If your chapter is willing to do a skit for SRD, please notify your coordinator as quickly as possible.

Dress Codes: Please review dress codes for Saturday parade participation carefully! It is very disappointing for your member's to not be able to participate in their SRD event due to non compliance of the dress code. Dress codes for each day's events are listed in Basic Schedule and description of SRD events. **Saturday session participants: Ladies: NO SLACKS. Gents: SUIT AND TIE REQUIRED.**

Basic Schedule and Description of SRD Events

Friday, June 4th:

8:00 a.m.-11:00 a.m. Registration, Promotional room, Hospitality room: Chapters may reserve table space in the Hospitality room for giving away their “traders” by marking yes on the registration form. Please, no sales of items or raffles. .

11:15 a.m.-12:00 p.m. “Contests”. Contests are a great way to motivate chapter members to Take off and Keep Off Pounds Sensibly! Come hear about some of the contest ideas that were very motivating in our chapters! Be sure to send your contest ideas in to your coordinator by mail or email by April 15th ! Randy Paul:rpaulwmc@aol.com/Donna Karns: EarsB2Long@aol.com.

1:00 p.m.-1:45 p.m. “Everything You Always Wanted to Know About TOPS (and weren’t sure who to ask!)” Regional Director, Carol Micetich, will spend a little Q & A time with us to answer any questions we may have about TOPS!

2:00 p.m.-2:45 p.m. “TOPS Jeopardy”TOPS members will be given an opportunity to play for fun and prizes. Members interested in possibly competing will drop their Jeopardy registration cards into collection basket and players will be randomly drawn. Everyone else can cheer the players

3:00 p.m.-4:00 p.m. “Lighten Up, Laugh and Live! Getting a Natural High From Life (versus food!)Carol Clendinen. Carol is a dynamic, humorous speaker who has a practical and sensible approach to stress management, relationships, love and life. Learn how important physical well-being is to emotional health; how to set priorities and goals; increase flexibility; and the value of hugs and laughter.

Please ensure that all Friday evening costumes and stage dress are appropriate for stage wear.

Friday Evening Session: 7:00 p.m.

Baggy Clothes Parade: This is open to all who have maintained a loss of **50 pounds, or more**, from their highest recorded weights at TOPS Club, Inc. Please encourage participants to bring their large size “before” clothing to bring on stage with them. Be sure to list the participants “before” and “after” sizes on the registration form.

Officers Parade: Please list all officers that will participate in the parade on the registration form. These are the 2009-2010 term officers. Special recognition for chapters who had an average loss of 5 or more pounds (as reported on their 2009 resume).

Celebrity Dress Alike: An informal, fun parade for any of our members who would like to dress as a well known, distinct celebrity or would like to portray a movie as a chapter (i.e. 101 Dalmations-with everyone dressed as spotted dogs!- or maybe your chapter would like to portray the characters of The Wizard of Oz). No pre-registration is required for this parade.

Entertainment: The Platters! “Only You”, “The Great Pretender” and “Smoke Gets In Your Eyes” are just a few of the hits of this phenomenal group!

Line Dancing: Fun and great exercise in the hospitality/promotions room after the entertainment until 11:00.

Saturday, June 5th:

8:00 a.m.-10:00 a.m. Registration/Promotional Items:

Dress Code for on stage all Saturday Sessions:

Ladies: Mid-calf or longer dresses or skirts and blouse(Palazzo pants are acceptable), any color. Military uniforms. No slacks or pant-suits **Gentlemen:** Tuxedo, suit and tie or military uniform.

Morning Session: 10:00 a.m.

Coronation of State Royalty and Division Winners,

Past State Royalty: This parade is for members who had been STATE Queens, Kings, or Runner-ups in previous years and who are presently maintaining their KOPS status. Please list the year and award earned on the registration form.

Chapter Royalty Parade: This parade is for your chapter’s 2009 Chapter Royalty who are still maintaining their KOPS status. If Chapter King and/or Queen can not attend, or are no longer eligible, the Chapter King and/or Queen runner-up may attend in their place. Remember to list the number of pounds lost to goal weight on the registration form.

Century Award: This award is earned by members who have lost 100or more pounds from their highest recorded weight at TOPS Club, Inc and have maintained that loss for 52 consecutive weeks. Be sure to order the award previous to the event, the award must be verified and sent from TOPS Club, Inc prior to the event. New: members being presented the award. Alumni: Members who have previously earned the award and are still maintaining their 100+ loss.

Afternoon Session: 2:00 p.m.

KOPS Longevity Award: This award is for your KOPS members who have maintained continuous KOPS status for 5, 10, 15,20 or more years. Please make sure to order this award using the L-051 form prior to the event, the award must be verified and sent by TOPS Club, Inc . Be sure to list the number of years being awarded on the registration form.

KOPS Alumni Parade: This parade is for all your KOPS.(except those graduating at the event)Remember to list the number of accumulated KOPS years for each participant. If unsure, your coordinator can give you this information.

Graduates: For those members receiving their KOPS diplomas at this year’s event. Please be sure to list the number of pounds lost from highest recorded weight to goal weight. If unsure, your coordinator can provide this information. Must have reached goal by December 31, 2009 and been registered at TOPS Club, Inc by January 31, 2010.