



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 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 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 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.*

## STEP 2: SELECT ATTENDANCE TYPE

### OPEN TRAINING

A CATCH national trainer will come to you to lead a training for your district or organization. **A discount will be applied for allowing up to 5 external attendees.**

### PRIVATE TRAINING

A CATCH national trainer will come to you to lead a training for your district or organization. **This training is closed to outside attendees.**

## 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**

MAX 30 ATTENDEES

**\$4,000**

**PRIVATE TRAINING**

MAX 35 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**

**DAY 1: MAX 30 ATTENDEES**  
**DAYS 2-3: MAX 12 ATTENDEES**

**\$10,000**

**PRIVATE TRAINING**

**DAY 1: MAX 35 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:**

**info@catch.org • 855-500-0050**