



Parents and Guardians,

CHP CHAMPIONS is excited to be entering its 18th year of a program spanning across more than 40 elementary and middle schools in Leon, Wakulla, Gadsden, Jefferson, Liberty, and Calhoun Counties. Over the years CHAMPIONS has become a large part of your child's physical education curriculum, working alongside schools' physical education departments to enhance your child's overall fitness and long-term health and well-being.

In 2006, CHAMPIONS began as a partnership between Capital Health Plan and Titus Sports Academy, founded as a public health and wellness campaign molded to train five physical qualities in speed, strength, agility, mobility/flexibility, and endurance. CHAMPIONS coaches that work with your child are trained at Titus Sports Academy to implement evidence-based fitness routines and movements alongside the physical education teachers.

To ensure the efficacy and continually reassess the program's effectiveness, measurements of the student's height and weight for a youth body mass index average (BMI-Y), a Standing Broad Jump to determine lower-body muscular strength and coordination, and a 300-Yard Shuttle Run to determine lower-body muscular endurance and cardiovascular conditioning. Measurements are collected four times per school year, at the beginning and end of each semester.

Participation in the program is voluntary. If you would like to opt out of the program, please provide a written statement to your child's principal or their designee.

Looking forward to another great year!