



STAFF DEVELOPMENT TRAINING

A CATCH (school-based) or CATCH Kids Club (before/after-school/summer-based) 1-Day workshop is designed to provide attendees with the components to begin implementing the CATCH or CKC program at their school/site.

Training Costs Include:

A. Planning: All assessment, planning, and organizational time by CATCH staff, all preparation time for trainers, early set-up and late take down, 6 hours of active instruction.

B. Consultation/Support: For all CATCH Programs, the CATCH team provides consultation for each attendee. This is not limited to year one, but is open ended and unlimited assuring school/agency success.

C. Transportation/travel: Reimbursement for CATCH Certified Trainer for travel to and from the one-day demonstration

D. Training Day Materials: Training manuals, name tags, evaluations, handouts and Physical Activity Equipment are shipped at no charge, and host site keeps equipment

Choose from any of the following programs for your School Based or After School Programs, then contact CATCH to schedule your training:

Brooke Isakoff
Training Coordinator
800-793-7900 ext 7626
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Karen Doramus-Burnell
National CATCH Training Director
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**Coordinated
Approach
To
Child
Health**

School Training

CATCH Implementation Training

CATCH Implementation Training is an interactive, hands-on workshop which blends the knowledge and practical skills necessary to implement the CATCH Program. Training covers the rationale and need for improving children's health, an overview of the CATCH Program, component specific training using the CATCH materials, and strategic planning for successful implementation.

It is suggested that each campus send a delegation consisting of a mix of the following team members: Classroom teachers, Physical Education Teachers, Food Service Managers, administrators, parents, school nurse, counselor, community representatives (e.g., local health department personnel, health association representatives, etc.)

Component Specific training available upon request: CATCH Physical Education, CATCH Eat Smart, and CATCH Go for Health Classroom.

Length of training: 6 hours

Number of Trainers: 1

Max # Participants: 35

Fee: Call for pricing

*larger numbers can be accommodated

Before/After School Training

1. CATCH Kids Club Physical Activity

CATCH Kids Club Training orients participants to the CATCH Kids Club Program blending a variety of interactive techniques that both teach and demonstrate strategies for effective implementation. Participants utilize the CATCH Kids Club materials, actively participate in activities, and subsequently use this framework to strategically plan how their programs can better guide youth in the process of being physically active for a lifetime.

Participants: Health Fitness Directors, Child Care Directors, Multi-Site Coordinators Part Time Child Care Workers, etc.

Length: 6 hours

Number of Trainers: 1

Max # Participants: 35

Fee: \$3500

2. CATCH Kids Club Physical Activity plus Nutrition

Includes CATCH Kids Club Physical Activity Training plus training on CKC Nutrition Education and snack activities component.

Participants: Health Fitness Directors, Child Care Directors, Multi-Site Coordinators Part Time Child Care Workers, etc.

Length: 6 hours

Number of Trainers: 1

Max # Participants: 35

Fee: Call for pricing



Outcomes of CATCH Implementation Training

CATCH Implementation Training is an interactive, hands-on workshop which blends the knowledge and practical skills necessary to implement the CATCH Program. Training covers the rationale and need for improving children's health, an overview of the CATCH Program, component specific training using the CATCH materials, and strategic planning for successful implementation.

As a result of a 6 hour Implementation Training, participants will:

- Become familiar with the CATCH Program and all its components.
- Identify how CATCH can be used as a means to improve the health of children.
- Utilize effective implementation strategies and instructional best practices.
- Commit to concrete actions which support program implementation.

Specifically, attendees will know and be able to:

1. Identify components of Coordinated School Health Model
2. Clarify and identify the objectives of each of the 4 CATCH Components
 - CATCH PE
 - Eat Smart
 - Classroom & Family
3. Assemble a CATCH Committee and begin the process of developing a plan to implement CATCH.
4. Establish procedures to continue & maintain CATCH program implementation
5. Action plan to coordinate CATCH activities
6. Target strategies to begin implementing CATCH immediately.
7. Coordinate strategies throughout the school that support the CATCH Philosophy.

Training Site Coordinator will receive:

CATCH Implementation Training manuals for all participants

CATCH Implementation Training physical activity equipment for 30 participants (Training facility keeps the equipment)

Post Training Follow-up Support for participants (upon request) from CATCH Team



Outcomes of CATCH Kids Club After School Training

CATCH Kids Club Training orients participants to the CATCH Kids Club Program blending a variety of interactive techniques that both teach and demonstrate strategies for effective implementation.

Participants will:

Utilize the CATCH Kids Club Physical Activity materials

Utilize the CATCH Kids Club Nutrition Education materials

Actively participate in activities

Use the CATCH Kids Club framework to strategically plan their programs

Review and reinforce CATCH strategies to maximize student participation and enjoyment

Additionally, participants will know and be able to:

1. Establish procedures to continue & maintain CATCH program implementation
2. Action plan to coordinate CATCH activities
3. Target strategies to begin implementing CATCH immediately.

Training Site Coordinator will receive:

CATCH Kids Club Training manuals for all participants

CATCH Kids Club Training physical activity equipment for 30 participants (Training facility keeps the equipment)

Post Training Follow-up Support for participants (upon request) from CATCH Team

