

mini-THON

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What is a mini-THON?

A mini-THON is a small rendition of Penn State's THON, a 46 hour dance marathon. The event lasts for 12 hours beginning in the evening until early morning. Students raise money for the Four Diamonds Fund and spend the night playing fun games and activities.

What is the Four Diamonds Fund?

The Four Diamonds is an organization that battles pediatric cancer at the Penn State Hershey children's Hospital. More specifically, it provides full financial support to any family who deals with pediatric cancer and funds cancer research.

*you also have the option of supporting a different charity that means something to you or your school

How to Begin:

- Discuss the idea with your student council and advisor(s). This is a BIG endeavor.
- Talk to your administration about approval and support for the event.
- Come up with a creative theme (internet search mini-THONS for ideas)
- Set a fundraising goal and create a thermostat to show progress
- Make a rough outline of how you want the night to go
 - What activities will you have to keep students awake and moving?
 - When will you serve food?
 - When will it begin and end?
- Find teacher chaperones and volunteer nurses
- Distribute jobs to select committees (i.e. food, decorations, fundraising...)
- Get the word out to the student body and community
- Start planning ASAP!

Fundraising Ideas:

- FTKoffee
- Jeans Day for teachers
- Face painting at sports events
- Bake sales
- Canning
- Rita's night/Applebee's/Chili's etc..
- Local businesses
- Parent's Night Out

Activity Ideas:

Volleyball	Matball
Zumba	Basketball
Dodge ball	Four Square
Relay Races	Team Building Events
Sumo wrestling	Whiffle ball
Giant Twister	Ultimate Frisbee
Minute to Win It	Inflatables
Don't Forget the Lyrics	
Talent Hour	
Face painting	

*Are you going to let students drop in and out of activities or have sign up's?

*On the night of the event, hang up a large schedule of where and when the activities will occur so students know where to go.

What is a Line Dance?

A line dance is a student-made dance that is first taught to the student and then executed periodically throughout the night. The purpose is to get student awake, motivated, and stretching out their muscles. It can include current events is music, technology, politics, sports, and especially events in your school. Add simple motions for everyone to follow along and look forward to doing!

For super success:

- Give the option for student to 'pledge to stand' all 12 hours
- Incorporate Locks of Love where student can donate hair during the event
- Contact Four Diamonds about a family to speak at your event
- Divide students into color teams; encourage friendly competition between teams
- Have a rally day at the start of registration to introduce the event to students and pass out information
- Schedule students to work shifts throughout the night at different stations (concessions...)
- Organize, organize, organize!
- Keep a coat check room manned at all hours for student's belongings

Sample Schedule:

5:30 – Registration
6:15 – Welcome to mini-THON
6:30 – Four Diamonds family guest speakers
7:15 – Locks of Love
7:30 – Color Team Spirit Activities
8:00 – Learn line dance
9:00 – *Food hour/volleyball tournament and relay races
10:00 – Line dance/ volleyball tournament and giant twister
11:00 – Live music/ volleyball championship
12:00 – *Food hour/ line dance and minute to win it competition
1:00 – Team building activity, ultimate Frisbee, and dodge ball
2:00 – Line dance/ Zumba and whiffle ball
3:00 – *Food hour/ ping pong tournament and mat ball
4:00 – Line dance/ tug of war and dance off
5:00 – Superlatives and reveal money raised

*FOOD HOURS

- encourage students to eat and drink
- have student council members donate water
- have parents donate food and snacks