Jump Rope for Heart 2019

Welcome!

Thanks for taking action to help your child be physically active, healthy and learn some awesome skipping skills! At the same time, they’ll be giving back to the community by raising money to help fight heart disease.

To make fundraising fun and easy, you can create your own secure webpage at jumprope.org.au

Sign up to share your child’s progress and let the funds roll in. Your child can earn virtual badges along the way and your page will highlight the prizes up for grabs.

Happy skipping!

sign up at jumprope.org.au
Thank you
Prizes 2019

Jump online and sign up today!
1. Go to jumprope.org.au to create your own fundraising page.
2. Flick the link to family and friends.
3. Skip and watch the donations roll in!

$5000
Go Pro Action Camera or Red Balloon Gift Voucher
+ 1 prize from every level

$1000
Red Balloon experiences

$2500
Ezyroller
+ 1 prize from every level

$500
Giant Inflatable Watermelon Slice

$250
Phlat Ball
+ $250 Bonus Prize

$100
Sip and Spray

$60
Hand Ball

$35
Mystery Skipping Rope

$500
Jump Rope Show Bag

$100
Bonus Prize
Counter Skipping Rope
If you raise $250 or more

Please note: Students will receive only the prize indicated for the fundraising level achieved. Prizes will not necessarily be the same as depicted and colours, designs and models supplied may vary to that shown. The Heart Foundation reserves the right to substitute a prize with a similar product should the prize initially offered no longer be available. *Students that raise $250 or more will be entitled to receive the $250 bonus prize as well as the respective prize for the total amount they have raised. ** Prize images displayed for the $5000 Red Balloon gift voucher are for indicative purposes only, based on current experiences available at time of printing – specific experiences are not guaranteed. Students who raise $5000 can choose either the Go Pro or the red balloon gift voucher to the value of $500. Prizes will be sent out from the commencement of Term 2, 2019.

Terms and conditions for participation (in addition to the above): 1. Prizes cannot be redeemed for their cash value. 2. Prizes will normally be delivered to the participants school for distribution. 3. The Heart Foundation relies on information provided by each participant and cannot be held responsible for any information provided incorrectly in relation to funds raised by a participant. 4. Participants collecting cash donations must return the full amount raised, as detailed on the sponsorship form available at jumprope.org.au. 5. Heart Foundation Jump Rope for Heart concludes at the end of the 2019 school year. Funds and paperwork for participants collecting cash donations are required to be returned to the Heart Foundation by 18 February 2020. Heart Foundation cannot guarantee prizes will be provided to schools if funds and paperwork are received after this date.
Here are some tips to help you reach your supporters and encourage donations to help raise funds to fight heart disease.

1. **Set yourself a fundraising goal**
   Show everyone what you’re trying to accomplish. Your goal should be a challenge but also achievable with a little help from your friends and family (and co-workers, neighbours…)

2. **Make the first donation**
   Get the ball rolling and set the bar for friends and family.

3. **Let people know**
   Share your progress with friends and family and show how they can help make your little one’s skipping count.

4. **Say thanks**
   Thank your supporters for their donations.

Thank you for supporting us in our mission to prevent heart disease and improve the heart health and quality of life for all Australians.

email: jump.rope@heartfoundation.org.au
phone: 1300 724 804
Cian’s Story

Last year, Cian was one of Australia’s Jump Rope for Heart superstar skippers. He raised an amazing $6,065 to help the Heart Foundation fight heart disease.

Cian understands how important it is to help people with sick hearts.

At the age of 5, he was quickly airlifted to Sydney for open heart surgery to treat a rare condition called cardio myxofibrosarcoma. This usually affects elderly people.

Cian is the youngest in the world to be diagnosed and the first to have it in his heart.

Cian’s mum supported his Jump Rope journey by sharing his online fundraising page with family, friends, colleagues and the community.

Cian now takes daily medication which allows him to continue to enjoy skipping, dancing and horse riding.

Please support the Heart Foundation and people like Cian. Get online and raise funds to help fix Australia’s sick hearts.

Your donations can make a real difference:

- **$99** can pay for a DNA test that can help determine the genetic factors that are important in heart disease.
- **$205** can pay for a research assistant for one day to help a cardiovascular researcher continue their lifesaving work.
- **$552** could cover the cost of an MRI scan, which examines damage and abnormalities in the structure and function of the heart.
- **$1197** can pay for a CT angiogram to allow a researcher to examine the arteries that supply blood to the heart.