



March, 2009

Dear Athletic Director/Principal:

AthletiCare, the Sports Medicine Center of St. John's Hospital, wants to help our area schools enhance physical education and related programs. Research shows that physically fit children tend to perform better in school and maintain healthy habits throughout their lives. To help support the health of the children in our community, we developed Team AthletiCare, a fund from which grants are awarded to area schools to purchase items that make exercise fun.

The first Team AthletiCare grants were given in May of 2005. Four schools received grants of \$250 each toward various projects. This year, we are pleased to announce we are able to offer five (5)-\$500 grants to schools in the Central Illinois Community.

Attached, please find a grant application form. **You may duplicate the form to distribute to your coaches or physical education teachers.** Grant applications need to be postmarked by May 30, 2009 to be considered. Grants will be distributed on Saturday, June 13 during the awards ceremony of the Bob Goldman Scholastic Challenge 5K race.

We hope to hear from you or one of your teachers or coaches soon. If you have any questions, please feel free to call AthletiCare at 744-PLAY.

Sincerely,

Pete Stoll, LAT, EMT-B
Facilitator of Athletic Training Services
AthletiCare, St. John's Hospital

Diane Hillard-Sembell, M.D.
Medical Director
AthletiCare, St. John's Hospital

The Team AthletiCare Fund is a partnership between AthletiCare and The Friends of St. John's Hospital. Individuals can make direct contributions to the fund or money can be raised in a variety of ways such as soliciting sponsors when participating in a sports activity, such as road races, distance walks, triathlons, etc. Because St. John's is a not-for-profit organization, all gifts are tax deductible to the full extent of the law.



St. John's Hospital