Welcome to the 2018 Riding for Focus Grant Application. The following application is broken down into three sections: School and Demographic Information, Essay Questions, and Champion/Community questions. We encourage you to read through the entire application, gather all the required information, then tell us all about you, your school, and your community. Once you begin the application you will have to complete all 29 questions. If you have successfully passed Phase 1, you will receive information on the final phase. Thank you and good luck!

2019-2020 Riding for Focus Grant Application

1

School and Demographic Information

We will use this section to collect contact information on you, your school, and your district.

1a

What is your FIRST, LAST name?

1b

What is your email address?

1c

What is your role at the school?

PE Teacher
STEAM Teacher
School Counselor
School Administrator
District Administrator

1d

What is the [formal] name of your school?

1e

What is the name of your school district?

2

What is your school address?

2a

Street Number and Name:

2b

City:

2c

State:

Alabama
Alaska
Arizona
Arkansas
California
Colorado
Connecticut
Delaware
> View all choices

2d

Zip Code:

3

How did you learn about the Riding for Focus grant?

The Specialized Foundation Website
A current Riding for Focus School

Facebook Ad
Active Schools Grant Page
An event hosted by The Specialized Foundation; please additionally type name of event in 'Other'
Word of Mouth
Specialized Retailer
BikeNWA
> View all choices

4
Is your school enrolled in the national Active Schools (https://www.activeschoolsus.org/) initiative or any other program that promotes physical activity during the school day? If yes, please describe.

5
Does your school currently have access to bikes?

6
What Learning Management System (LMS) does your school utilize for teaching, evaluationg, and communicating with student?

7
What is the projected total student enrollment at your school for 2019-20?

8
How many students do you have in...

8a
6th Grade:

8b
7th Grade:

8c
8th Grade:

8d
Other Grades and Students:

9
How many students at your school do you predict will be positively impacted by the program per year once fully implemented?

10
What is the largest number of students per PE class you predict for the upcoming school year?

11
How many days a week is PE offered per student? If this varies by grade level, please explain.

12
Are you currently using heart rate monitors to track heart rate and activity in any school program? If yes, please describe the program.

13
Please describe your schools weekly academic schedule. How long is each class? If it varies by day please explain. How many meetings per class per week....etc

14
What percentage of your students receive free or reduced lunch?

15
What percentage of your students have an Individual Education Plan (IEP)?

16
Your School's Social Media handles:

16a
Facebook:

16b
Twitter:

16c
Instagram:

17
Essay on School Program Fit:

17a
We would love to learn more about what makes your school unique! Tell us about your learning community:

17b
Please tell us about any unique or innovative programs related to physical activity and academic performance you already administer at your school. Describe your experience and success in execution, including: Why was the program(s) started and how long has it been running? What were the goals and results?

17c
Has your school ever applied to any other cycling grants in the past? If Yes, please list all grants applied to in the past two years.

17d
Have you or your school ever executed a cycling program/grant before (e.g. safe routes to school)? If Yes, please describe you experience and success in execution.

17e
How do you think your school/community will most benefit from the Riding for Focus program?

17f
Taking students off campus to ride has the benefit of setting up students for success in hitting target heart-rates during the cycling program. Do you anticipate any barriers to taking students off campus to ride? Please explain, including a description of where your students will ride and how you will transport them and the bikes to ride if not adjacent to your school.

18
What are the top three reasons you want to bring a curricular cycling program to your school?

18a
Reason 1:

18b
Reason 2:

18c
Reason 3:

19
Proposed Champion Information
Program Champion will lead the program, be a point of contact to The Specialized Foundation, and report back on program results.

19a
Proposed Program Chamion FIRST, LAST name:

19b
Is the Champion employed by the school full time? If no, please describe their role and relationship to the school.

19c
Proposed Program Champion email:

19d

Has the Champion ever led a program like this before? Please describe.

19e

Does the Program Champion have cycling experience? If yes, please explain, including any safety training (e.g., League of American Bicyclists LCI Training or Traffic 101 Skills, etc).

19f

If awarded grant training in Morgan Hill, CA is mandatory. We highly recommend the implementer (typically lead PE teacher) to attend; however, the Program Champion, if a different a individual than the PE teacher, has fulfilled this requirement. Training will be held in mid July for 2019. Do you foresee any problems with attendance?

19g

Please explain:

19h

Does your Champion or core school team have first aid or first responder training? If so, please list:

20

Does your Champion or core school team have first aid or first responder training? If so, please list:

20

School Administration Support Information:

An Administrator to assist with budgeting, risk assessment, and approvals.

20a

Do you have administrative sponsor pre-approval for this program at the school and/or district level?

20b

Administrative Sponsor FIRST, LAST name:

20c

Administrative Sponsor Position:

20d

Administrative Sponsor Email:

21

Physical Education Staff Information:

In some schools the Physical Education teacher is not the main Champion. If this is the case at your school please provide the PE instructors information below.

21a

PE Leader FIRST, LAST Name:

21b

PE Leader Email:

22

Please describe community members or organizations who will support the Riding for Focus program. Be sure to include pertinent contact information (email, phone, name, title..etc):

Community Support Team that will leverage local cycling resources such as League Cycling Instructors (LCI) and school support organizations such as the PTA.

23

How would you inform parents, district level administrators, and other key stakeholders about the Riding for Focus program and its mission?

24

Describe your succession plan should the Program Champion no longer be able to lead the program in subsequent years?

25

Riding for Focus program goal is 6:3:20. (The goal of the program is for students to ride a for at least 6-8 weeks, for a minimum of 3 days/week at 20 minutes at a moderate to vigorous intensity. Typically a 60 minute period. Schools should be prepared to run the school program to enable this goal for a minimum three days/week, with a target of four days/week). Are you prepared to implement a cycling program that meets these requirements?

26

Contact time with students is a precious commodity. Do you have a secure bike storage plan that will maximize riding time during the class period? Please describe your proposed set up.

27

The Specialized Foundation is focused on measuring benefits of the program in a HIPPA COPPA compliant manner. Is your school willing and able to track, record, and report back on program metrics and performance measures? This may include but is not limited to test scores, attendance records, disciplinary records, health mood and attention behaviors records. (Please note that we respect student privacy and data will be collected anonymously for purposes of the research study.)

28

Is there anything else you would like to tell the selection committee about you or your school that would aid them in making their determination?

29

You are applying to a highly competitive grant. If found qualified to move to the final round you will be notified on 28 February. this essentially allows you to automatically enter the final phase of the grant selection process. However, for schools that would like to use alternative funding, there is an opportunity to bypass the grant selection process and secure a spot in the Fall 2019 cohort. Note, 1) this still requires completing the final phase of qualification and being approved as a school that can successfully adopt the program and 2) all funds must be received by The Specialized Foundation by May 1, 2019. Would you like to receive more information on this option?

30

Thank you for your grant application submission! You will be notified on 28 February if you have made it to the final phase.