

WIN \$\$ FOR UNIT REC FUNDS

DAYS OF SUMMER

CHALLENGE

THE CHALLENGE BEGINS MAY 18

REGISTRATION INFO [760] 763-3793

PRESENTED BY

NO FEDERAL ENDORSEMENT IMPLIED



mccsCP.com/health
IN STEP WITH YOU



CALENDAR OF 101 DAYS EVENTS

MAY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	HITT Challenge 18	19	20	21
22	23	SMP BBQ 24	25	Group Ex Challenge 26	27	28
29	30	31				

JUN

S	M	T	W	T	F	S
			1	2	Marine Corps World Famous Mud Run CG Cup 3	4
5	6	SMP Movie Night 7	8	9	10	11
12	13	SMP BBQ 14	Cornhole Tournament 15	16	17	18
19	20	21	22	23	24	25
26	27	HITT Challenge and SMP BBQ 28	29	30		

JUL

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	SMP BBQ 12	13	14	15	16
17	18	3-On-3 Basketball 19	20	21	22	23
24	25	3-On-3 Basketball 26	27	28	29	30
31						

AUG

S	M	T	W	T	F	S
	1	SMP BBQ 2	3	4	5	6
7	8	9	10	11	12	13
14	15	SMP BBQ 16	17	18	19	20
21	22	5 on 5 Dodgeball 23	24	25	26	27
28	29	SMP BBQ 30	31			



101 DAYS OF SUMMER CHALLENGE



101 Days of Summer

Recreational Awareness & Safety Challenge

Sponsored By MCCS • Single Marine Program • Health Promotion
Fitness Programs • Drug Demand Reduction Program • Base Safety • Athletics

Objective: To create summer-long unit competitions and events utilizing programs that share the mission of eliminating illegal drug use decreasing recreational injuries and promoting responsible use of alcohol within the military.

Overview: This program will be held May 18-Sep 5, 2016. The program will include a variety of unit competitions, giveaways, entertainment, and educational opportunities. The various activities will raise awareness of substance abuse, educate service members about recreational safety, promote responsible alcohol use, and offer fun, healthy alternatives as a viable option.

Please fill out and return the Unit Registration form to
Health Promotion Office
Paige Fieldhouse, bldg 1110
Or fax to (760)763-5534

**You can find the registration form at mccscp.com/health
Registrations should be turned in by May 18, 2016 to be eligible
for maximum points and full benefits.**

Units begin earning points only **AFTER** their registration form is
received by the Health Promotion Office.

No registrations will be accepted after Jun 15, 2016.

The sooner you sign up, the sooner you can start earning points!



101 DAYS OF SUMMER CHALLENGE



THE CHALLENGE

To accumulate the most points by attending scheduled events, participating in competitions, participating in urinalysis testing and scheduling unit trainings as presented in this booklet. All events will have a safety, injury prevention and/or alcohol educational theme. Teams will register by unit. Points will be awarded for participation in events as described in this booklet. Points for attendance at events will be based on the percentage of the unit's on-board count reported to MCCS on registration form.

THE PRIZE

The units that accumulate the most points will be rewarded with monetary incentive deposited into unit recreation funds. First and second place will be awarded in three different divisions based on unit size. Unit size will be based on unit strength reported on registration form.

UNIT SIZE

Division One	>700	1st Place	\$1,100
		2nd Place	\$900
Division Two	300-699	1st Place	\$900
		2nd Place	\$700
Division Three	<300	1st Place	\$700
		2nd Place	\$400

Only **REGISTERED** units will be considered for prizes awarded during this competition. Registration form must be received by Health Promotion **NO LATER THAN 4pm, Jun 15, 2016.**

For more information concerning the point system, or any 101 Days of Summer event, please contact the Health Promotion Office at (760) 763-3793. Unit registration forms can be turned in at the Health Promotion office;

Mainside Paige Fieldhouse, Bldg 1110



101 DAYS OF SUMMER CHALLENGE



**Division One
Unit Strength >700**

1ST MAINT BN	9TH COMM BN
1ST MARDIV	11TH MARINES
1ST MARINES	HQ REGT 1ST MLG
1ST SUPPLY BN	HQSPT BN/MCB
3RD AAS BN	I MEF
4TH MARINES	MAG-39
5TH MARINES	NHCP
7TH ESB	

**Division TWO
Unit Strength 300-699**

1ST CEB	1MHG
1ST INTEL BN	MCASCP
1ST LAR BN	MWSS-372
1ST MED BN	SES BN
1ST MSOB	SOI
1ST TSB	WFT BN
ACU-5	LE BN

**Division Three
Unit Strength <299**

1ST ANGLICO	CLB-1
1ST CAG	CLB-5
1ST DENTAL BN	CLR-1
1ST RADIO BN	CLR-15
1ST RECON BN	DPC / RSU
3RD RECON BN	FMTB
4TH LAAD	MARSOC
11TH MEU	MASS-3
13TH MEU	MCTSSA
15TH MEU	NEMTI
AAS BN	WWBN-WEST



**101 DAYS OF SUMMER
CHALLENGE**



POINTS SYSTEM

Activity	Points Available	Notes
Monthly Urinalysis Unit Testing	15 - 25% of unit = 250 26 - 50% of unit = 500 51 - 90% of unit = 750 91% and up = 1000	3000 points maximum for participation in these events (see event details for explanation)
Health Risk Assessment	25% of unit = 1000 pts	
Recreational & Safety Briefs	15 - 25% of unit = 100 26 - 50% of unit = 200 51 - 75% of unit = 300 76% and up = 400	Points are based on percent of unit participating.
Marine Corps World Famous Mud Run - CG Cup	50 points per team	500 points maximum for participation in this event (see event details for explanation)
Group X Challenge	10 points per participant	1000 points maximum for participation in this event (see event details for explanation)
SMP Movie Night	10 points per participant	
SMP BBQ	50 points per participant	500 points maximum for participation in these events (see event details for explanation)
HITT Challenge*	50 points per team	
3-on-3 Basketball*	50 points per team	
Dodgeball*	50 points per team	
Corn hole*	50 points per team	

*Bonus points for these events will be given for placing 1st, 2nd and 3rd as follows:

- 1st Place 75 points
- 2nd Place 50 points
- 3rd Place 25 points



101 DAYS OF SUMMER CHALLENGE



HEALTH RISK ASSESSMENTS

Date: Turn in by Sep 2, 2016

Time: At your convenience

Location: You Decide

Overview: A health risk assessment (HRA) will help determine the health of your unit. HRA's are completely anonymous. An individual taking the HRA will receive a summary report about their health. The commander will receive a group summary report. No individual data will be accessible to the administrators or the commanders.

Units will receive 1000 points for completing HRA's from a minimum of 25% of their submitted on-board count. Please contact Heather Williams at (760) 763-3793 or Heather.D.Williams@usmc-mccs.org to pick up your HRA questionnaires. Points will be awarded when the completed HRAs are returned to the Health Promotion Office.

* HRA's must be submitted by Sep 2 to be considered for points. When turning in HRA questionnaires, please bind together and attach POC including name, phone number and UNIT.

Registration: For more information, please contact

Health Promotion at (760) 763-3793.



101 DAYS OF SUMMER CHALLENGE



RECREATIONAL SAFETY BRIEFS

Date: May 18 - Sep 2, 2016

Time: TBD

Location: TBD

Overview: A brief on Harm Reduction, Domestic Violence, Child Abuse Prevention, tobacco awareness, or sexual health awareness may be submitted for points. Each brief must be at least 45 minutes in length to receive points. Points will be based on the percentage of the unit attending the brief. A roster must be submitted and signed by the instructor in order to count for points.

Experts from Marine and Family Programs and Semper Fit can be contacted to schedule a brief based on your unit's schedule. All briefs must be conducted between May 18-Sep 2, 2016. Rosters must be submitted by Sep 2 to be counted for points. A unit may receive points for each brief. Units will only receive points for one brief in each subject area, receiving points for a maximum of five different briefs (a maximum of 2,000 points). Points will be awarded based on percentage of the unit in attendance, so the more people attending this function the more points the unit will receive.

(See points system page.)

Points of Contact:

Alcohol Harm Reduction	Jerry Cole	(760) 725-5330
Domestic Violence	M&FP Prevention & Education	(760) 725-6636
Child Abuse Prevention	M&FP Prevention & Education	(760) 725-6636
Tobacco Awareness	Health Promotion	(760) 763-3793
Sexual Health	Health Promotion	(760) 763-3793

For more information, contact Heather Williams in the Health Promotion Office at (760) 763-3793



101 DAYS OF SUMMER CHALLENGE



URINALYSIS TESTING

Start Date: May 18, 2016

End Date: Sep 2, 2016

Unit Obligations: The unit **MUST** conduct preventative urinalysis testing on at least 15% of their personnel during the months (Jun, Jul and Aug) to be awarded points. Points will be earned for each month (Jun, Jul and Aug) based on the % of the unit participating during that month. Percentages are based off the on-board count submitted on the registration form.

Maximum amount of points for urinalysis is 3,000 points.

* Please submit rosters by Sep 2 to be considered for points. As units deploy or return from deployment, adjustments to on board count may be made at the discretion of the 101 Days of Summer Committee.

*To receive points please have the unit SACO e-mail total urinalysis count to **heather.d.williams@usmc-mccs.org**



101 DAYS OF SUMMER CHALLENGE



4 Person HITT Challenge *CG Cup HIGH INTENSITY TACTICAL TRAINING (HITT) CHALLENGE

Date: Tue, May 18, 2016

Time: Registration: 0730 | Competition Begins 0830

Location: 11 Area CFT Field

Overview: This challenge will consist of a combination of functional fitness events. Units will have teams of four people. Each person on the team will do all events. There will be a women's and men's category. Co-ed teams will compete with the men. There must be a minimum of three teams for the women's category otherwise the teams will compete with the men. The team with the highest combined score will win the event.

Uniform: Boots and utilities

Obstacles: Tire Flip, Farmers Walk with Ammo Can, Buddy Carry, Agility Course

* Both commanding general cup points and 101 days of summer challenge points will be awarded for this competition.

Please visit mccscp.com/athletics for information on CG cup points.

Each unit will receive 50 pts per team entered with a max of 500 points (10 Teams per unit for maximum points), more are welcome of course. In addition the, 1st, 2nd, and 3rd place teams will receive additional points:

1st place = 75 points, 2nd Place = 50 points, 3rd Place = 25 points

Registration: For more information, please contact Health Promotion 760-763-3793

COMMANDING GENERAL'S CUP AND 101 DAYS OF SUMMER 4 PERSON HITT CHALLENGE

Team Name: _____

Players' Names (First and Last):

Captain's Name/Command:

1. _____

2. _____

Phone Number (W): _____

3. _____

4. _____



101 DAYS OF SUMMER CHALLENGE



GROUP EXERCISE CHALLENGE

Date: Thu, May 26, 2016

Time: 0600 - 0730

Location: Paige Fieldhouse

Registration begins 0600 – Paige Fieldhouse Football Field

Overview: This event will feature a Group Exercise all hands unit PT. Come out and get a great workout outdoors with our Combat Fitness instructors.

Registered units will receive 10 points per participant when they complete the challenge. A maximum of 1,000 points (100 participants per unit for maximum points can be earned for this event.

Uniform: Rainbow

For more information, please contact
Fitness Programs Office
(760) 763-0657
Combat Fitness Coordinators
(760) 763-4070



101 DAYS OF SUMMER CHALLENGE



WORLD FAMOUS MARINE CORPS MUD RUN *CG CUP

Date: Fri, Jun 3, 2016

Time: 0700 - 1100

Location: O'Neill Lake, Camp Pendleton North, CA 92058

Overview: This event is for active duty only. Come experience the World Famous Mud Run course and earn CG's Cup participation points and 101 day safety challenge points!

All teams must have 5 people and all members must be in boots & utes.
Please bring personal hydration as there will not be any aid stations along the course.

Each team will be awarded 50 points, with a maximum of 500 points per unit (10 teams per unit for maximum points, more are welcomed of course). Day of: when team captain checks in please alert registration attendant that you are participating in 101 Days of Summer Challenge

Register online mccscp.com/cgraces. Event is for Active Duty Only.

Please visit mccscp.com/athletics
for information on the CG cup points
or call: (760) 763-5519



101 DAYS OF SUMMER CHALLENGE



SMP MOVIE NIGHT

Date: Tue, Jun 7, 2016

Time: Sunset

Location: 22 Area Parade Deck

Overview: Come enjoy a movie night viewed on our 16 x 20 blow-up movie screen. Snacks and non-alcoholic drinks will be available for the first 200 participants. Bring your own chair and blanket. Movie is to be determined by the audience, but will be a newly released movie.

Units will receive 10 points per participant with a maximum of 1000 points (100 participants per unit for maximum points). There will be a sign in roster at event.

For more information please call 22 SMP
(760) 763-3214



101 DAYS OF SUMMER CHALLENGE



CORN HOLE TOURNAMENT *CG Cup

Date: Wed, Jun 15, 2016

Time: Registration 0730, Competition Begins 0830

Location: Del Mar Beach Resort

Overview: Teams of two compete against another team of two. Tournament style will be determined the day of the event based on the number of teams that register.

*Both commanding general cup points and 101 days of summer challenge points will be awarded for this competition. Visit mccscp.com/athletics for more information on CG cup points.

Uniform: Rainbow

Each unit will receive 50 pts per team entered with a max of 500 points (10 teams per unit for maximum points), more are welcome of course. In addition, 1st, 2nd, and 3rd place teams will receive additional points:

1st place = 75 points, 2nd Place = 50 points, 3rd Place = 25 points

Registration: For more information, please contact Athletics, Doug Hall at (760) 763-0657.

COMMANDING GENERAL'S CUP AND 101 DAYS OF SUMMER CORN HOLE TOURNAMENT

Team Name: _____

Players' Names (First and Last):

Captain's Name/Command:

1. _____

2. _____

Phone Number (W): _____



101 DAYS OF SUMMER CHALLENGE



4 Person HITT Challenge HIGH INTENSITY TACTICAL TRAINING (HITT) CHALLENGE

Date: Tue, Jun 28, 2016

Time: Registration: 0900 | Competition Begins 0930

Location: 62 Fitness Center

Overview: This challenge will consist of a combination of functional fitness events. Units will have teams of four people. Each person on the team will do all events. There will be a women's and men's category. Co-ed teams will compete with the men. There must be a minimum of three teams for the women's category otherwise the teams will compete with the men. The team with the highest combined score will win the event.

Uniform: Boots and utilities

Obstacles: Tire Flip, Log Carry, Buddy Carry, Agility Course

Each unit will receive 50 pts per team entered with a max of 500 points (10 teams per unit for maximum points), more are welcome of course. In addition, 1st, 2nd, and 3rd place teams will receive additional points:

1st place = 75 points, 2nd Place = 50 points, 3rd Place = 25 points

Registration: For more information, please contact Health Promotion 760-763-3793

101 DAYS OF SUMMER 4 PERSON HITT CHALLENGE

Team Name: _____

Players' Names (First and Last):

Captain's Name/Command:

1. _____

2. _____

Phone Number (W): _____

3. _____

4. _____



101 DAYS OF SUMMER CHALLENGE



3 ON 3 BASKETBALL TOURNAMENT

Date: Tue, Jul 19, 2016

Time: Registration 1000, Competition Begins 1100

Location: 33 Area Fitness Center, Bldg 330362

Overview: This event will feature a 3-on-3 Basketball tournament. Tournament style will be determined the day of the event based on the number of teams that register.

Each unit will receive 50 pts per team entered with a max of 500 points (10 teams per unit for maximum points), more are welcome of course. In addition, 1st, 2nd, and 3rd place teams will receive additional points:

1st place = 75 points, 2nd Place = 50 points, 3rd Place = 25 points

Uniform: Rainbow

Registration: For more information please contact 33 Area Fitness Center at (760) 725-8737

101 DAYS OF SUMMER 3 ON 3 BASKETBALL CHALLENGE

Team Name: _____

Players' Names (First and Last):

Captain's Name/ Command:

1. _____

2. _____

Phone Number (W): _____

3. _____



101 DAYS OF SUMMER CHALLENGE



3 ON 3 BASKETBALL TOURNAMENT

Date: Tue, Jul 26, 2016

Time: Registration 1000, Competition Begins 1100

Location: 21 Area Fitness Center, Bldg 210750

Overview: This event will feature a 3-on-3 Basketball tournament. Tournament style will be determined the day of the event based on the number of teams that register.

Each unit will receive 50 pts per team entered with a max of 500 points (10 teams per unit for maximum points), more are welcome of course. In addition, 1st, 2nd, and 3rd place teams will receive additional points:

1st place = 75 points, 2nd Place = 50 points, 3rd Place = 25 points

Uniform: Rainbow

Registration: For more information please contact 21 Area Fitness Center at (760) 725-2951

101 DAYS OF SUMMER 3 ON 3 BASKETBALL CHALLENGE

Team Name: _____

Players' Names (First and Last):

Captain's Name/ Command:

1. _____

2. _____

Phone Number (W): _____

3. _____



101 DAYS OF SUMMER CHALLENGE



5-ON-5 DODGE BALL TOURNAMENT

Date: Tue, Aug 23, 2016

Time: Registration 1000, Competition Begins 1100

Location: 53 Area Fitness Center, Bldg 530301

Overview: This event will feature a 5-on-5 Dodge Ball tournament. Tournament style will be determined the day of the event based on the number of teams that register.

Each unit will receive 50 pts per team entered with a max of 500 points (10 teams per unit for maximum points), more are welcome of course. In addition, 1st, 2nd, and 3rd place teams will receive additional points:

1st place = 75 points, 2nd Place = 50 points, 3rd Place = 25 points

Uniform: Rainbow

Registration: For more information please contact Health Promotion 760-763-3793

101 DAYS OF SUMMER 5-ON-5 DODGE BALL TOURNAMENT

Team Name: _____

Players' Names (First and Last):

Captain's Name/ Command:

1. _____

2. _____

Phone Number (W): _____

3. _____

4. _____

5. _____



101 DAYS OF SUMMER CHALLENGE



SINGLE MARINE PROGRAM BARBEQUES

Dates:	Tue, May 24, 2016	22 SMP, Bldg 22174
	Tue, Jun 14, 2016	21 SMP, Bldg 21704
	Tue, Jun 28, 2016	62 SMP, Bldg 62527
	Tue, Jul 12, 2016	33 SMP, Bldg 3348
	Tue, Aug 2, 2016	43 SMP, Bldg 430314
	Tue, Aug 16, 2016	41 SMP, Bldg 4159
	Tue, Aug 30, 2016	53 Area Softball Fields

Time: 1100-1300

Location: SMP Recreation Centers

Overview: Each one of these BBQs is open to ALL active duty personnel; the first 200 will be fed. Come on over and grab some free food, non-alcoholic beverages and then sit back and enjoy a movie or play a video game. Each of the centers offers free internet access, ping-pong, air hockey, billiards, and video games. Fifty points will be awarded per participant with a max amount of 500 points (10 participants per unit for maximum points), more are welcome of course.

For more information regarding these events,
Please contact Eddie Hadley (760) 763-1261



101 DAYS OF SUMMER CHALLENGE



UNIT CHECKLIST

Use this check list to make sure your unit is on task and earning as many points as possible. Most events and tasks are time sensitive. Be sure to turn in material on time.

Date	Event	Time	Location	Completed
May 18, 2016	4 Person HITT Challenge *CG CUP	Registration opens 0730	11 Area CFT Field	
May 24, 2016	SMP BBQ	Event Begins 1100	22 SMP	
May 26, 2016	Group Ex Challenge	Registration opens at 0600	PFH	
Jun 3, 2016	Marine Corps World Famous Mud Run *CG Cup	Event Begins 0700	Lake O'Neill	
Jun 7, 2016	SMP Movie Night	Event begins at sunset	22 Area Parade Deck	
Jun 14, 2016	SMP BBQ	Event Begins 1100	21 SMP	
Jun 15, 2016	Corn Hole Tourney *CG CUP	Registration opens 0730	Del Mar Beach Resort	
Jun 28, 2016	4 Person HITT Challenge	Registration begins 0900	62 Fitness Center	
Jun 28, 2016	SMP BBQ	Event Begins 1100	62 SMP	
Jul 12, 2016	SMP BBQ	Event Begins 1100	33 SMP	
Jul 19, 2016	3 on 3 BBALL	Registration Begins 1000	33 Fitness Center	
Jul 26, 2016	3 on 3 BBALL	Registration Begins 1000	21 Fitness Center	
Aug 2, 2016	SMP BBQ	Event Begins 1100	43 SMP	
Aug 16, 2016	SMP BBQ	Event Begins 1100	41 SMP	
Aug 23, 2016	5 on 5 Dodgeball	Registration Begins 1000	53 Fitness Center	
Aug 30, 2016	SMP BBQ	Event Begins 1100	53 SMP	

Deadline	Task	POC	Completed
Sep 2, 2016	HRA	Heather Williams (760) 763-3793	
Sep 2, 2016	Urinalysis Screening	Unit SACO emails Heather Williams	
-	June		
-	July		
-	August		
Sep 2, 2016	Safety Briefs		
-	Alcohol Harm Reduction	Jerry Cole (760) 725-5330	
-	Domestic Violence	Julio Perez (760) 725-6636	
-	Child Abuse Prevention	Julio Perez (760) 725-6636	
-	Tobacco Awareness	Heather Williams (760) 763-3793	
-	Sexual Health	Heather Williams (760) 763-3793	



101 DAYS OF SUMMER CHALLENGE



FAQ

1. How do I register?

Log on to mccscp.com/health and download the registration form. You will need to print it out and turn a hard copy in.

2. How can I find out how many points I have?

It is always a good idea to keep track of your participation; you can use the check list in the back of the packet to help. Health Promotion will send out updates periodically throughout the competition, and will update units upon request.

3. Who wins the prizes?

The top two units in each division will win a cash prize that goes to their recreation funds.

4. Will there be food provided?

Yes, food will be provided for the first 200 at the SMP BBQ and Health Promotion will provide fruit and snacks at the fitness competitions.

5. Can I get points for safety briefs other than what is listed?

No, in order to keep the competition level, only the topics discussed in the packet will count toward points, you can however, have an instructor other than those listed give the brief. Please turn in the roster to Health Promotion to be recorded.

6. How do I turn in the urinalysis testing results?

In order to get points for the urinalysis tests, the unit's SACO rep should email Health Promotion the total number of tests conducted for that month. A physical roster is not required for points.

7. Is there a female category?

There will be a female category for every fitness challenge; however, in order to activate the female category a minimum of three female teams will need to compete, otherwise the team will compete in the male category.

8. Are all events Boots and Utilities?

Not all events are boots and utilities, in the pack it will clearly state what the uniform for the event will be. Only the HITT challenges will be boots and utilities.

9. When is the last day to register?

The last day to register is JUN 15.

10. When is the last day to receive points?

The last day to receive points is SEP 2.



101 DAYS OF SUMMER CHALLENGE

