

WIN \$\$ FOR UNIT REC FUNDS



DAYS OF SUMMER

CHALLENGE

PRESENTED BY  **USAA**

THE CHALLENGE BEGINS MAY 24

REGISTRATION INFO [760] 763-3793

NO DEFENSE DEPARTMENT, U.S. MARINE CORPS, OR MARINE CORPS COMMUNITY SERVICES ENDORSEMENT IMPLIED.



mccsCP.com/health

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 | 18 | 19 | 20 |
| 21 | 22 | 23 | CG Cup HITT Challenge 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

JUN

| S | M | T | W | T | F | S |
|----|----|---------------------------|---------------------------------|----|------------------------|----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | CG Cup MUD RUN 9 | 10 |
| 11 | 12 | 13 | CG Cup Kayak Challenge 14 | 15 | 16 | 17 |
| 18 | 19 | SMP Chili Bar 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | SMP Taco Tuesday 27 | CG Cup HITT Prelims 28 | 29 | 30 | |

JUL

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

AUG

| S | M | T | W | T | F | S |
|----|----|-------------------------------|--|----|----|----|
| | | 1 | CG Cup Water Warrior 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | CG Cup Tug-o-War and SMP BBQ 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | CG Cup Beach Volleyball 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | CG Cup Rock Climb & SMP Burrito Bar 23 | 24 | 25 | 26 |
| 27 | 28 | SMP Waffle Breakfast 29 | 30 | 31 | | |

101 DAYS OF SUMMER CHALLENGE



101 Days of Summer

Recreational Awareness & Safety Challenge

Sponsored By MCCS • Health Promotion • Athletics • Single Marine Program
HITT And Fitness • Marine and Family Programs • Base Safety

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 24 - Sep 4, 2017. 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

Registration forms can be found at MCCSCP.COM/HEALTH

Your unit will only begin receiving points **AFTER** the registration form has been turned in to the Health Promotion Office. To earn maximum points, turn in registrations forms before May 24.

No registration forms will be accepted after Jun 30, 2017.

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. 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 the registration form.

THE PRIZE

The top two units in each division that accumulate the most points will be rewarded with monetary incentive deposited into unit recreation funds. Divisions are based on unit size.

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. No registrations will be accepted after Jun 30, 2017.

For more information please contact the Health Promotion Office at (760) 763-3793 or email heather.d.williams@usmc-mccs.org

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 AA 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



| Activity | Points Available | Notes |
|---|---|---|
| Monthly Urinalysis Screening per months June, July, August | 15-25% of unit = 250 26-50% of unit = 500 51-90% of unit = 750 91% and up = 1000 | Points will be awarded per month. Maximum amount of points = 3000. More info on page 7 |
| Health Risk Assessments | 25% or more of unit = 1000 | Minimum of 25% of unit to be awarded points for participation. HRA is not online, see page 8 |
| Recreational Safety Briefs per brief. | 15-25% of unit = 100 26-50% of unit = 200 51-90% of unit = 300 91% and up = 400 | There are five subject areas briefs may be in. Please see page 9 for more information on topics and POCs |
| SMP Events | 50 points per participant | 500 points maximum (ten individuals). More can participate, no points awarded for more than ten participants |
| CG Cup Events (Per event) Combat HITT Challenge Kayak Challenge TAC HITT Challenge* Tug-O-War Challenge Beach Volleyball Climbing Challenge | 50 points per team | 500 points maximum per event. More can participate, no points awarded for more than ten teams per event. Additional points awarded for 1st, 2nd, and 3rd place teams. 1st = 75 2nd = 50 3rd = 25 |
| CG Cup World Famous Mud Run and Water Warrior Challenge (Per event) | 50 points per team | 500 points maximum per event. More can participate, no points awarded for more than ten teams per event. No additional points awarded for placing in top three. |

*TAC HITT Challenge will be a Preliminary event to a Marine Corps Wide Challenge taking place on Camp Pendleton on August 28-31. Special registration instructions found on page 15.

101 DAYS OF SUMMER CHALLENGE



URINALYSIS TESTING

Dates: June, July, August

Due Date: Last day to submit numbers is Sep 4, 2017

Unit Obligations

The unit must conduct preventative urinalysis testing on a minimum of 15% of their personnel during the months June, July, and August to be awarded points. Points will be earned per month based on the percentage of tests collected. Percentages are based off of on-board counts submitted on the registration form.

Maximum amount of points per month = 1,000 maximum amount of points total = 3,000

Please see page 6 for breakdown of points.

To receive points: please have the Unit SACO Rep email Health Promotion, heather.d.williams@usmc-mccs.org, **a total number of tests conducted, please omit any personal identifiable information.**

**101 DAYS OF SUMMER
CHALLENGE**



HEALTH RISK ASSESSMENTS

Dates: May 24 – Sep 4, 2017

Due Date: Last day to submit numbers is Sep 4, 2017

Overview

A health risk assessment (HRA) will help determine the health of your unit and any areas of health that could be improved on. HRA's are completely anonymous. The commander will receive a group summary report. No individual data will be accessible to the administrators of the commanders.

A minimum amount of 25% of the unit's on-board count is required to receive points. If 25% of the unit's on-board count completes and submits the HRA the unit will be awarded 1,000 points.

HRA's are not found online, they are hard copies that will need to be picked up from the Health Promotion Office.

Health Promotion Office
Paige Fieldhouse Bldg. 1110
(760) 763-3793
Heather.d.williams@usmc-mccs.org

HRA's must be submitted no later than Sep 4, 2017 to be considered for points. When turning in HRA questionnaires, please bind together and attach POC, including name, phone number and UNIT.

101 DAYS OF SUMMER CHALLENGE



RECREATIONAL SAFETY BRIEFS

Dates: May 24 – Sep 4, 2017

Due Date: Last day to submit numbers is Sep 4, 2017

Overview

A brief on Alcohol Harm Reduction, Domestic Violence, Child Abuse Prevention, Tobacco Cessation, or Sexual Health may be submitted for points. Points will be based on the percentage of participants attending each brief. Percentages will be based on the on-board count submitted on the registration form. A roster must be submitted and signed by the instructor to count for points. Units will only receive points for one brief in each of the five subjects.

Experts from Marine and Family Programs and Semper Fit can be contacted to schedule a brief based on your unit's schedule.

Maximum amount of points per brief = 400 maximum amount of points total = 2,000

Points of Contact

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

For more information please contact Health Promotion at (760) 763-3793

101 DAYS OF SUMMER CHALLENGE



CG Cup Combat HITT CHALLENGE

Date: May 24, 2017

Location: 43 Area Football Field

Registration: 0730-0815

Event Starts: 0830

Uniform of the Day: Utilities

Overview

Participants compete as individuals in a 400 yard Tactical Shuttle for Time.

Commanding General's Cup Points are awarded in addition to 101 Days of Summer Points for this competition. The competition is open to active duty military aboard Camp Pendleton.

There will be a female category. There is NO entry fee. Show up the day of event and register.

Check out upcoming events and up-to-date CG Cup point standings at: www.mccscp.com.

Points for 101 Days of Summer: Each unit will receive 50 points per team entered with a maximum of 500 points (10 teams per unit for maximum points), more are welcome of course. In addition the top three teams will receive additional points:

1st place = 75 points

2nd place = 50 points

3rd place = 25 points

Information

Contact the HITT Office at (760) 763-5407/0657 or Doug Hall at the Intramural Sports Office (760) 763-0453 / hallde@usmc-mccs.org for information.

101 DAYS OF SUMMER CHALLENGE



CG CUP WORLD FAMOUS MUD RUN CHALLENGE

Date: Jun 9, 2017

Registration: Online registration is open Feb 15 - Jun 7, 2017 Day of on-site registration is also available

Race Start: 0800 (Please arrive by 0700 to check-in)

Location: Lake O'Neill, 27 Area

Uniform of the Day: Utilities

Overview

Teams of 5 (all men, all women or coed)

10K Mud Run with awards for top three teams across the line. You will receive a finisher medal when you cross the finish line. Race shirts will be available for \$10 (limit one per participant). **Bring your own hydration as there will be no aid stations on the course.** Bag Check and showers are available. Please bring a change of clothes and a towel. The Mud Run Store, food and beer are open for purchase.

Commanding General's Cup Points are awarded in addition to 101 Days of Summer Points for this competition. The competition is open to active duty military aboard Camp Pendleton. **There will NOT be a female category.** There is NO entry fee. Show up the day of event and register. Check out upcoming events and up-to-date CG Cup point standings at: www.mccscp.com.

Points for 101 Days of Summer: Each unit will receive 50 points per team entered with a maximum of 500 points (10 teams per unit for maximum points), more are welcome of course. No additional points will be awarded for top three placing teams.

Information

Please contact Intramural Sports Office (760) 763-0453/6806/6195.

101 DAYS OF SUMMER CHALLENGE



CG Cup 2 Person Kayak Race

Date: Jun 14, 2017

Registration: 0730-0815

Event Starts: 0830

Location: Kids Cove - Del Mar Beach Resort

Uniform: Rainbow

Overview

Tournament style will be determined day of. Out and back style race. Kayaks and life jackets will be provided. Teams of 2, coed competition.

Commanding General's Cup Points are awarded in addition to 101 Days of Summer Points for this competition. The competition is open to active duty military aboard Camp Pendleton. **There will NOT be a female category.** There is NO entry fee. Show up the day of event and register. Check out upcoming events and up-to-date CG Cup point standings at: www.mccscp.com.

Points for 101 Days of Summer: Each unit will receive 50 points per team entered with a maximum of 500 points (10 teams per unit for maximum points), more are welcome of course. In addition the top three teams will receive additional points:

1st place = 75 points

2nd place = 50 points

3rd place = 25 points

Information

For additional information call the Intramural Sports Office at (760)725-6195 or Health Promotion (760) 763-3793.

101 DAYS OF SUMMER CHALLENGE



SMP Chili Bar

Date: Jun 20, 2017

Event Starts: 1100

Location: 22 Area SMP Bldg. 22174

Overview

Please join us for an SMP Chili Bar. The first 200 attendees will be fed.

101 Days of Summer Points are awarded for participation. These events are open to active duty military aboard Camp Pendleton. **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.** There is NO fee. Show up the day of event and sign in. Check out upcoming events at: www.mccscp.com.

Points for 101 Days of Summer: Each unit will receive 50 points per participant with a maximum of 500 points (10 participants per unit for maximum points), more are welcome of course.

Information

For additional information call the Single marine Program Office at (760) 763-1261 or Health Promotion (760) 763-3793

101 DAYS OF SUMMER CHALLENGE



SMP Taco Tuesday

Date: Jun 27, 2017

Event Starts: 1100

Location: 43 area SMP Bldg. 430314

Overview

Please join us for an SMP Taco Tuesday. The first 200 attendees will be fed.

101 Days of Summer Points are awarded for participation. These events are open to active duty military aboard Camp Pendleton. **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.** There is NO fee. Show up the day of event and sign in. Check out upcoming events at: www.mccscp.com.

Points for 101 Days of Summer: Each unit will receive 50 points per participant with a maximum of 500 points (10 participants per unit for maximum points), more are welcome of course.

Information

For additional information call the Single Marine Program Office at (760) 763-1261 or Health Promotion (760) 763-3793

101 DAYS OF SUMMER CHALLENGE



CG Cup HITT TACTICAL ATHLETE COMPETITION (Preliminary Event)

Date: Jun 28, 2017

Location: 11 Area Football Field

Registration: 0730-0815

Event Starts: 0830

Uniform of the Day: Utilities

Overview

HITT TAC consists of events testing your speed, agility power, strength, and endurance. Top male and female winners will be invited to compete at the Marine Corps Wide HITT Tactical Athlete Championship held on August 28 – 31 Hosted this year by Camp Pendleton. **Serious competitors who wish for a chance to attend the finals must fill out separate registration form and submit to command for approval. Only active duty marines will be eligible to attend finals in August. You can find registration form at: mccscp.com/getfit**

Commanding General's Cup Points are awarded for this competition in addition to 101 Days of Summer Points. The competition is open to active duty military aboard Camp Pendleton. **There will be a Female category.** There is NO entry fee. Show up the day of event and register. Check out upcoming events and up-to-date CG Cup point standings at: www.mccscp.com.

Points for 101 Days of Summer: Each unit will receive 50 points per team entered with a maximum of 500 points (10 teams per unit for maximum points), more are welcome of course. In addition the top three teams will receive additional points:

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

Information

Contact the HITT Office at (760) 763-5407/0657 or Doug Hall at the Intramural Sports Office (760) 763-0453 / hallde@usmc-mccs.org for information.

101 DAYS OF SUMMER CHALLENGE



SMP Barbeque

Date: Jul 18, 2017

Event Starts: 1100

Location: 62 Area SMP Bldg. 62527

Overview

Please join us for an SMP Barbeque of all your favorites. The first 200 attendees will be fed.

101 Days of Summer Points are awarded for participation. These events are open to active duty military aboard Camp Pendleton. **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. There is NO fee. Show up the day of event and sign in. Check out upcoming events at: www.mccscp.com.

Points for 101 Days of Summer: Each unit will receive 50 points per participant with a maximum of 500 points (10 participants per unit for maximum points), more are welcome of course.

Information

For additional information call the Single marine Program Office at (760) 763-1261 or Health Promotion (760) 763-3793.

101 DAYS OF SUMMER CHALLENGE



SMP Nacho Bar

Date: Jul 25, 2017

Event Starts: 1100

Location: 33 Area SMP Bldg. 3348

Overview

Please join us for an SMP Nacho Bar. This is Nacho average meal! The first 200 attendees will be fed.

101 Days of Summer Points are awarded for participation. These events are open to active duty military aboard Camp Pendleton. **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.** There is NO fee. Show up the day of event and sign in. Check out upcoming events at: www.mccscp.com.

Points for 101 Days of Summer: Each unit will receive 50 points per participant with a maximum of 500 points (10 participants per unit for maximum points), more are welcome of course.

Information

For additional information call the Single marine Program Office at (760) 763-1261 or Health Promotion (760) 763-3793

101 DAYS OF SUMMER CHALLENGE



CG CUP Water Warrior Challenge

Date: Aug 2, 2017

Registration: Pre-register online at www.mccscp.com/cgraces. Day of on-site registration is also available beginning at 0730

Race Start: 0800 (Please arrive by 0730 to check-in)

Location: Del Mar Beach Resort Kid Cove

Uniform of the Day: Utilities

Overview

Team check in and day of registration begins at 0730. This event is only for active duty stationed aboard Camp Pendleton. All equipment needed is provided. Check flyer download for more information.

Commanding General's Cup Points are awarded in addition to 101 Days of Summer Points for this competition. The competition is open to active duty military aboard Camp Pendleton. **There will NOT be a female category.** There is NO entry fee. Show up the day of event and register. Check out upcoming events and up-to-date CG Cup point standings at: www.mccscp.com.

Points for 101 Days of Summer: Each unit will receive 50 points per team entered with a maximum of 500 points (10 teams per unit for maximum points), more are welcome of course. No additional points will be awarded for top three placing teams.

Information

Please contact Intramural Sports Office (760) 763-0453/6806/6195.

101 DAYS OF SUMMER CHALLENGE



CG Cup 5 on 5 Tug-O-War Challenge

Date: Aug 9, 2017

Registration begins: 0730-0815

Event Starts: 0830

Location: 41 Area Football Field

Uniform of the Day: Utilities

Overview

Max 5 Competitors on a team. Team rosters are frozen once your first match has started. No switching player(s) from one eliminated team to another team still in the tournament. Teams may be co-ed. SMP BBQ to follow event, see next page for more information.

Commanding General's Cup Points are awarded in addition to 101 Days of Summer Points for this competition. The competition is open to active duty military aboard Camp Pendleton. **There will NOT be a female category.** There is NO entry fee. Show up the day of event and register. Check out upcoming events and up-to-date CG Cup point standings at: www.mccscp.com.

Points for 101 Days of Summer: Each unit will receive 50 points per team entered with a maximum of 500 points (10 teams per unit for maximum points), more are welcome of course. In addition the top three teams will receive additional points:

1st place = 75 points

2nd place = 50 points

3rd place = 25 points

Information

For additional information call Heather Williams at 763-3793 or email heather.d.williams@usmc-mccs.org

101 DAYS OF SUMMER CHALLENGE



SMP Barbeque

Date: Aug 9, 2017

Event Starts: 1100

Location: 41 Area SMP Bldg. 4159

Overview

Please join us for an SMP Barbeque immediately following the 5 on 5 Tug-O-War Challenge. The first 200 attendees will be fed.

101 Days of Summer Points are awarded for participation. These events are open to active duty military aboard Camp Pendleton. **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.** There is NO fee. Show up the day of event and sign in. Check out upcoming events at: www.mccscp.com.

Points for 101 Days of Summer: Each unit will receive 50 points per participant with a maximum of 500 points (10 participants per unit for maximum points), more are welcome of course.

Information

For additional information call the Single marine Program Office at (760) 763-1261 or Health Promotion (760) 763-3793.

101 DAYS OF SUMMER CHALLENGE



CG Cup 4 on 4 Beach Volleyball

Date: Aug 16, 2017

Registration begins: 0730-0815

Event Starts: 0830

Location: Del Mar Beach Resort

Uniform of the Day: Rainbow

Overview

Come hang out at the beach and compete in a 4 on 4 beach volleyball tournament. Tournament style will be determined day of. Make sure to bring sunscreen and hydration.

Commanding General's Cup Points are awarded in addition to 101 Days of Summer Points for this competition. The competition is open to active duty military aboard Camp Pendleton. **There will NOT be a female category.** There is NO entry fee. Show up the day of event and register. Check out upcoming events and up-to-date CG Cup point standings at: www.mccscp.com.

Points for 101 Days of Summer: Each unit will receive 50 points per team entered with a maximum of 500 points (10 teams per unit for maximum points), more are welcome of course. In addition the top three teams will receive additional points:

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

Information

For additional information call Intramural Sports Office at 763-0453 (Doug Hall) or Heather Williams at 763-3793 or email heather.d.williams@usmc-mccs.org.

101 DAYS OF SUMMER CHALLENGE



CG Cup Rock Climbing Challenge

Date: Aug 23, 2017

Registration begins: 0730-0815

Event Starts: 0830

Location: 21 Area SMP Bldg. 21704

Uniform of the Day: Rainbow

Overview

This is a climbing competition “bouldering”. Please wear comfortable clothes to climb in. This is a team challenge. Four people per team. No experience needed.

Commanding General’s Cup Points are awarded in addition to 101 Days of Summer Points for this competition. The competition is open to active duty military aboard Camp Pendleton. **There will NOT be a female category.** There is NO entry fee. Show up the day of event and register. Check out upcoming events and up-to-date CG Cup point standings at: www.mccscp.com. SMP Burrito Bar to immediately follow challenge, see next page for more information.

Points for 101 Days of Summer: Each unit will receive 50 points per team entered with a maximum of 500 points (10 teams per unit for maximum points), more are welcome of course. In addition the top three teams will receive additional points:

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

Information

For additional information call the Intramural Sports Office at 760-725-6614 or 760- 725-6195 or call Heather Williams at 763-3793 or email heather.d.williams@usmc-mccs.org.

101 DAYS OF SUMMER CHALLENGE



SMP Burrito Bar

Date: Aug 23, 2017

Event Starts: 1100

Location: 21 Area SMP Bldg. 21704

Overview

Please join us for an SMP Burrito bar immediately following the CG Cup Rock Climbing Challenge. The first 200 attendees will be fed.

101 Days of Summer Points are awarded for participation. These events are open to active duty military aboard Camp Pendleton. **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.** There is NO fee. Show up the day of event and sign in. Check out upcoming events at: www.mccscp.com.

Points for 101 Days of Summer: Each unit will receive 50 points per participant with a maximum of 500 points (10 participants per unit for maximum points), more are welcome of course.

Information

For additional information call the Single marine Program Office at (760) 763-1261 or Health Promotion (760) 763-3793.

101 DAYS OF SUMMER CHALLENGE



SMP Waffle Breakfast

Date: Aug 29, 2017

Event Starts: 0800

Location: 53 SMP

Overview

Please join us for an SMP Waffle Breakfast. The first 200 attendees will be fed.

101 Days of Summer Points are awarded for participation. These events are open to active duty military aboard Camp Pendleton. **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.** There is NO fee. Show up the day of event and sign in. Check out upcoming events at: www.mccscp.com.

Points for 101 Days of Summer: Each unit will receive 50 points per participant with a maximum of 500 points (10 participants per unit for maximum points), more are welcome of course.

Information

For additional information call the Single marine Program Office at (760) 763-1261 or Health Promotion (760) 763-3793.

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 |
|-------------|--|-----------------------------|-------------------------------|--------------------------|
| 24 May 2017 | CG Cup HITT Challenge | Registration begins at 0730 | 43 Area Football Field | <input type="checkbox"/> |
| 9 Jun 2017 | CG Cup Mud Run | Registration Begins at 0730 | Lake O'Neill | <input type="checkbox"/> |
| 14 Jun 2017 | CG Cup Kayak Challenge | Registration begins at 0730 | Del Mar Beach Resort Kid Cove | <input type="checkbox"/> |
| 20 Jun 2017 | Single Marine Program Chili Bar | Event begins at 1100 | 22 Area SMP | <input type="checkbox"/> |
| 27 Jun 2017 | Single Marine Program Taco Tuesday | Event begins at 1100 | 43 Area SMP | <input type="checkbox"/> |
| 28 Jun 2017 | CG Cup HITT TAC Preliminary | Registration begins at 0730 | 11 Area CFT Field | <input type="checkbox"/> |
| 18 Jul 2017 | Single Marine Program BBQ | Event begins at 1100 | 62 Area SMP | <input type="checkbox"/> |
| 25 Jul 2017 | Single Marine Nacho Bar | Event begins at 1100 | 33 Area SMP | <input type="checkbox"/> |
| 2 Aug 2017 | CG Cup Water Warrior | Registration begins at 0730 | Del Mar Beach Resort Kid Cove | <input type="checkbox"/> |
| 9 Aug 2017 | CG Cup Tug-O-War | Registration begins at 0730 | 41 Area Football Field | <input type="checkbox"/> |
| 9 Aug 2017 | Single Marine Program BBQ | Event begins at 1100 | 41 Single Marine Program | <input type="checkbox"/> |
| 16 Aug 2017 | CG Cup Beach Volleyball | Registration begins at 0730 | Del Mar Beach Resort | <input type="checkbox"/> |
| 23 Aug 2017 | CG Cup Climbing Challenge | Registration Begins at 0730 | 21 Area SMP | <input type="checkbox"/> |
| 23 Aug 2017 | Single Marine Program Burrito Bar | Event Begins at 1100 | 21 Area SMP | <input type="checkbox"/> |
| 29 Aug 2017 | Single Marine Program Waffle Breakfast | Event Begins 0800 | 53 Area SMP | <input type="checkbox"/> |

*continued to next page

101 DAYS OF SUMMER CHALLENGE



UNIT CHECKLIST (continued)

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.

| Deadline | Task | POC | Completed |
|-------------|------------------------|---|--------------------------|
| 4 Sept 2017 | HRA | Heather Williams (760) 763-3793 | <input type="checkbox"/> |
| 4 Sept 2017 | Urinalysis Screening | Unit SACO emails Heather Williams heather.d.williams@usmc-mccs.org | <input type="checkbox"/> |
| | June | | <input type="checkbox"/> |
| | July | | <input type="checkbox"/> |
| | August | | <input type="checkbox"/> |
| 4 Sept 2017 | Safety Briefs | Email Roster to Heather Williams Heather.d.williams@usmc-mccs.org | <input type="checkbox"/> |
| | Alcohol Harm Reduction | SACC (760) 725-5330 | <input type="checkbox"/> |
| | Domestic Violence | Family and Marine Corps Programs (760) 725-6636 | <input type="checkbox"/> |
| | Child Abuse Prevention | Family and Marine Corps Programs (760) 725-6636 | <input type="checkbox"/> |
| | Tobacco Awareness | Health Promotion (760) 763-3793 | <input type="checkbox"/> |
| | Sexual Health | Health Promotion (760) 763-3793 | <input type="checkbox"/> |

101 DAYS OF SUMMER CHALLENGE



FAQ

- 1. How do I register?**
Long on to MCCSCP.COM/HEALTH and download the registration form. You will need to print the form out and turn in a hard copy.
- 2. How can I find out how many points my unit has?**
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 participants at the SMP Events and Health Promotion will provide fruit and snacks at the CG Cup Events
- 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 SACO rep should email Health Promotion (heather.d.williams@usmc-mccs.org) 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 only be a female category for the two HITT events. There will not be a female category for the other CG Cup events, all teams will participate in one coed category.
- 8. What is the uniform required for the events?**
Please see the individual event pages for the uniform required for the events.
- 9. When is the last day to register?**
No registration forms will be accepted after COB Jun 30, 2017.
- 10. When is the last day to receive points?**
The last day to receive points is Sep 4, 2017.

101 DAYS OF SUMMER CHALLENGE

