



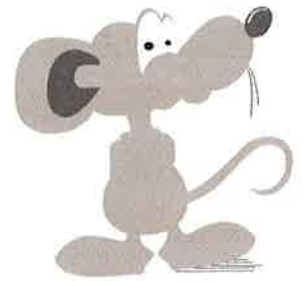
HICKORY DIGKORY TOPS

2010 FALL RALLY

Saturday, October 2nd

Trent Elementary School, Spokane Valley

3303 N Pines Rd



Doors will open at 8:30am
Rally program will start of 9:45am

The following are contests members may participate in:

**Summer Weight Loss
Coloring Contest
(TOPS & KOPS)**

Member must bring contest form, attend rally and confirm at confirmation table. Form must be signed by the Weight Recorder.

**Before & After
Clothes Parade**

Any member with a minimum 10lb net loss may participate. Please bring a set of your previous size clothing. Member must register on enclosed form and confirm at confirmation table.

Inspirational award

Choose an inspirational member. A member who **encourages** your chapter. A member who always spreads good cheer, helps others in need, inspires everyone to keep trying their best, and is always willing to lend a helping hand. Member must attend to receive award and must confirm at confirmation table.

**Consistent Loss Contest
or Contest #2
(TOPS only)**

Who had the longest consecutive losses this summer?! Member must bring contest form from the back of the TOPS coloring contest, attend rally and confirm at confirmation table. Form must be signed by the Weight Recorder.

Chapter cheer

Make up a song, a cheer or a poem to do from the floor when your chapter number is called upon. Not to exceed one minute long. Must confirm at confirmation table.

TOPS Fall Rally Walk

Member must attend rally and bring in walk form. TOPS must have lost at least 10lbs and KOPS must be in leeway. Must confirm at confirmation table.

Chapter Nametag

Each chapter makes and brings their own nametag. Have a lot of fun with this, think about the theme. Turn in one nametag to be displayed. Each chapter who participates will receive a certificate. No prizes will be awarded.

Basket Raffle

If your chapter would like to donate a basket for the raffle, please bring it in the morning. Raffle tickets will be drawn through out the day. Members have a lot of fun with this and appreciate the baskets.

**SPECIAL DRAWING
(TOPS ONLY)**

TOPS members will be given a ticket at Rally. Four tickets will be drawn for a free membership, donated by the KOPS Society.