

# BE A STUDENT CHAMPION!

The Arc of Essex County is looking for students in grades 3-12 to be Student Champions for our 26th Annual Building Tomorrows 5K Run, Walk, & Fun Fest on Saturday, April 26th, 2025 in West Orange, NJ

## What do Champions do?

A Champion is active in their school and community, they help promote the Building Tomorrows 5K event and raise awareness for Autism, Down Syndrome, and other intellectual and developmental disabilities.



## What does The Arc of Essex County do?

The Arc of Essex County helps people with Autism, Down Syndrome, and other intellectual and developmental disabilities in Northern New Jersey. We offer programming like art classes, social outings, summer camp, and much more!

## You are:

- Positive
- A Friend to All
- Enthusiastic
- Helpful
- Responsible

For More Information Visit [RunOrWalk.org](http://RunOrWalk.org)

Questions? Email Heather Comstock at [hcomstock@arcessex.org](mailto:hcomstock@arcessex.org)

# WHAT'S IT LIKE TO BE A CHAMPION

**Apply to be a Student Champion by February 2nd, 2025.** Champions will be notified February 7th. Applications can be found on [RunOrWalk.org](https://RunOrWalk.org).

Champions are leaders in their schools and community. They are always willing to lend a helping hand, cheer people on, and lead.

Champions will kick off the Building Tomorrows 5K Walk and be guests of honor for their dedication and hard work! They will help us spread the word about the 5K Run, Walk, and Fun Fest through community outreach, and fundraising. Champions will gain skills that will help them become stronger leaders and give back to the The Arc's community.



## Responsibilities of Champions:

- Attend the event on Saturday, April 26th.
- Recruit Team Members
- Lead Fundraising Efforts
- Help Promote the 5K & Walk
- Teach Others About The Arc of Essex County's Mission
- Attend Online Champion Meetings After-School.

For More Information Visit [RunOrWalk.org](https://RunOrWalk.org)  
**Questions? Email Heather Comstock at [hcomstock@arcessex.org](mailto:hcomstock@arcessex.org)**

# Student Champion Application



Please fill out this form and return to Heather Comstock at [hcomstock@arcessex.org](mailto:hcomstock@arcessex.org) by **Sunday, February 2nd, 2025**

Name: \_\_\_\_\_ Grade: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_  
School Name: \_\_\_\_\_ Principal: \_\_\_\_\_  
Parent Name: \_\_\_\_\_  
Parent Email: \_\_\_\_\_

## Short Essay Questions:

Why do you want to be a Champion for The Arc of Essex County's Building Tomorrows 5K Family Walk and Fun Fest?

What experiences do you have going to school or interacting with people different from yourself and how might that help you as a Champion?

What qualities make you a good leader?

Give an example of when you practiced inclusivity.