

MCB Hawaii
Marine Corps Community Services
presents

101
DAYS OF SUMMER

• DRUG & ALCOHOL-REDUCTION CHALLENGE •

Marine & Family Programs
Substance Abuse Counseling Center
Semper Fit Health Promotion

Visit

mccshawaii.com/101days



"101 Days of Summer" Registration Form
Drug and Alcohol Abuse Prevention Campaign

Drug Demand Reduction Program
Health Promotions Program
Alcohol Abuse Prevention Program
Sponsored by MCCA Semper Fit

Objective: To create a summer long event utilizing programs that share the mission of eliminating illegal drug use and promoting responsible use of alcohol within the military.

Overview: This program will be held from Wednesday, 21 May 2014 to Monday, 1 September 2014. The program will include a variety of competitions, giveaways, entertainment and educational opportunities. Various activities will raise awareness of substance abuse, educate Marines and Sailors regarding the dangers and consequences of illicit drug use, promote responsible alcohol use, and offer healthy alternatives as a viable option.

UNIT REGISTRATION FORM

101 Days of Summer 2014

Unit _____

Unit Representative (POC) _____

POC Email _____

POC Phone Number _____

Commanding Officer _____

Commanding Officer Signature _____

Return this form to the Semper Fit Health Promotion Office

Building 244, 254-7636 or fax 254-7673 or Email to Neil.Morgan@usmc-mcca.org

In order to be eligible for points towards the Unit Challenges, your command must be registered!



POINTS SYSTEM

There will be a 1st, 2nd, and 3rd place winner from both the Large Unit Category and the Small Unit Category. The two units from each category with the most points accumulated will receive a CASH prize! 1st place: **\$750** - 2nd place: **\$500** – 3rd place: **\$250**. Cash prizes will be placed into unit funds.

ACTIVITY	POINTS	REQUIREMENTS
5K Fun Run/Walk & CO's Fitness Series Races	200	5 points per person; maximum 40 people
Bowling	150	10 points per person; maximum 15 people
Golf Tournament	150	10 points per person; maximum 15 people
Swim Meet	120	20 points per person; maximum 6 people
Command Registration	10	Unit Registration Form - 101 Days of Summer
Volunteers	200	20 points per person; maximum 10 people per event
Unit Briefs by Semper Fit including substance abuse 35 to 45 minutes in length (Note 1)	100	1-25% of unit
	200	26-75% of unit
	300	76-100% of unit
Urinalysis (30%)	100	30% of unit tested in June
	100	30% of unit tested in July
	100	30% of unit tested in August
Urinalysis (One Unit Sweep)	200	100% of unit tested during campaign
Bulletin Board	250	Drug and Alcohol unit display
Guidon	50	Substance Abuse slogan displayed during each run
Health Expo	200	10 points per person; maximum 20 people
Health Risk Assessment	200	1-25% of unit
	400	26-75% of unit
	600	76-100% of unit
Field Meet		See Attached (activities subject to change)

Note 1: Unit briefs include information on tobacco prevention, injury prevention, nutrition, chronic disease prevention, physical fitness, alcohol and substance abuse, STD/HIV transmission and prevention. Only seven subjects will be covered to include substance abuse topics. Maximum points for all subjects are 2,100 points.



Field Meet points

Volleyball - 150 points for 1st team – 25 points for each additional team*

*Two additional teams for large units max; one additional team for small units

Horseshoes - Max points – 120

10 points per person; Maximum 12 people

Tire Flip - 150 points for 1st team – 25 points for each additional team*

*Two additional teams for large units max; one additional team for small units

100 yd Dash - Max points – 150

15 points per person; Maximum 10 people

Tug O War - 150 points for 1st team – 25 points for each additional team*

*Two additional teams for large units max; one additional team for small units

Big Trike Race - Max points – 150

10 points per person; Maximum 15 people

Joust - Max points – 150

15 points per person; Maximum 10 people



101 DAYS OF SUMMER

2014 Schedule of Events & Activities

May

21	0700	Fun Run/Walk Nuupia Ponds • TLF Area
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June

4	1700-2100	Bowling • K-Bay Lanes
13	0600-0930	Intramural Swim Meet • Base Pool
18	1000-1300	Health, Wellness & Fitness Fair @ Camp Smith
25	1000-1300	Health, Wellness & Fitness Fair @ K-Bay, Mokapu Mall

July

4	0630	Runway Run 5K
5-12	1800-2200 (Mon-Fri)	Basketball Tournament • Semper Fit Center Sat 0800-2000
12	0630	Camp Smith Grueler
29-Aug 2	1700-2200 (Tue-Fri)	6-Man Flag Football Tournament • Pop Warner Field Sat 0800-2000

August

4-15	1700-2200 (Mon-Fri)	8-Aside Soccer Tournament • Pop Warner Field
10	0630	Tradewind Triathlon
15		SM&SP Shank & Slice Golf Tournament
18-27	1700-2200 (Mon-Fri)	Softball Tournament • Riseley & Annex Fields Sat 0800-2200
22	0800-1200	Field Meet/Unit Challenge
27	0700	Fun Run/Walk Nuupia Ponds • TLF Area

There are seven core classes 101 Days of Summer provides to units and individuals. The classes address nutrition, physical fitness, STD/HIV prevention education, alcohol and substance abuse prevention, chronic disease prevention, tobacco cessation, and injury prevention. Earn points when participating in any of these classes during the 101 Days of Summer program. Earn up to 2100 points in this area.

The other area focus is Health Risk Assessment (HRA). Units also get points when Marines and Sailors complete a Health Risk Assessment.

This HRA Survey may be found online at:
https://nmcpeh-web2.med.navy.mil/pls/newhra/dsc6pop.NEH-Cha_Login



MCCS Health Promotion
254-7636
Neil.Morgan@usmc-mccs.org

101 DAYS OF SUMMER CHALLENGE

BASE UNIT LISTING

Large Unit Division

1/3
2/3
3/3
1/12
HQBN
HQSVCBN/MARFORPAC
MALS-24
3d Mar Reg

Small Unit Division

VP-4
VP-9
HMH-463
VR-51
MCAS
HSL-37
MAG-24 HQ
CAC
Wounded Warriors
CLB-3
3rd Rad Bn
MWSD-24
CPRW-2
VPU-2
MWSD-24
3rd Radio BN



101 DAYS of SUMMER
CHALLENGE

SCORING OPPORTUNITIES

(*See Point System Page for Point Breakdown)

Start Date: 21 May 2014 Nu'upia Ponds Fun Run

End Date: 1 September 2014 Labor Day

Each registered unit has the opportunity to gain points by completing any or all of the following:

5K Fun Run/Walk

200 points - 5 points per person; maximum 40 people

Wednesday, 21 May - 0700

Wednesday, 27 August - 0700

Your unit can earn an **additional 50 points** if you run as a group with your Guidon and displaying a substance abuse slogan

Cost is \$2 per person OR \$20 for a 20 person formation

For more information about races, contact Health Promotion Coordinator at 254-7636

CO's Fitness Series Races

200 points - 5 points per person; maximum 40 people

Runway Run - Friday, 4 July

Camp Smith Grueler - Saturday, 12 July

Tradewind Triathlon - Sunday, 10 August

For more information about Race, contact Varsity Sports Coordinator at 254-7590



Wednesday Night Bowling

150 points - 10 points per person; maximum 15 people

MCB Hawaii Bowling Center

Competition will be No-Tap Sweeper, 5 members on a team, 3 games.

\$5.75 per person E-5 and below; \$6.75 per person E-6 and above (shoes are included)

Wednesday, June 4th

Registration starts at 5:00 PM,
Advance registration is highly recommended!
The fun starts at 5:30 PM

For more information about bowling, contact Health Promotion Coordinator at 254-7636

Swim Meet

120 points - 20 points per person; maximum 6 people

MCB Hawaii Base Pool

Friday, 13 June; Entry deadline 19 June at 1700

Individual:

50 Meter Backstroke

50 Meter Breast stroke

50 Meter Butterfly

50 Meter Freestyle

200 Meter Individual Medley (50m of each stroke) Butterfly, Backstroke, Breaststroke, and Freestyle

Relay:

(4 People x 50m) Butterfly Relay

(4 People x 50m) Backstroke

Relay (4 People x 50m) Breaststroke

Relay (4 People x 50m) Freestyle

Team Medley Relay (4 People x 50m) Backstroke, Breaststroke, Butterfly, and Freestyle

For more information about event, contact Health Promotion Coordinator at 254-7636



Health, Wellness and Fitness Fairs

200 points - 10 points per person; maximum 20 people

Wednesday, 18 June – 1000 – 1300 @ Camp Smith

Wednesday, 25 June – 1000 – 1300 @ Mokapu Mall K-Bay

Demos, Displays, and Classes

For more information about events, contact Health Promotion Coordinator at 254-7636

Shank & Slice Golf Tournament

150 points - 10 points per person; maximum 15 people

MCB Hawaii Klipper Golf Course

Friday, 15 August

Register by 8 August

Check-in at 11:30 am/Shotgun Start at 12:30 pm

For more information about event, contact Single Marine & Sailor Coordinator at 254-7593

Field Meet

1020+ points – Points vary based on events entered

MCB Hawaii Riseley Field

Friday, 22 August

Entry deadline 20 August

Events

Volleyball

Horseshoes

Tire Flip

100 Meter Dash

Tug O War

Big Trike Race

Joust

For more information about event, contact Health Promotion Coordinator at 254-7636

Bulletin Board

250 points

*Substance abuse related info displayed
at unit, must be displayed for at least 2 weeks*

*In order for your unit to receive points for the bulletin board, an appointment must be made with a Health Promotion or SACC representative. Names and contact information are listed below:

Jon Barkley
Alcohol Abuse Prevention Specialist
808-257-2464

Quentin Redmon
Drug Demand Reduction Coordinator
808-257-8377

Neil Morgan
Health Promotion Coordinator
808-254-7636

Health Risk Assessments

600 points

Based on percentage of unit that takes HRA

Website: https://nmcpeh-web2.med.navy.mil/pls/newhra/dsc6pop.NEHCha_login

- 21-item lifestyle assessment examines those behaviors associated with major health concerns
- Only takes approximately two to three minutes to complete
- Web-based, anonymous assessment
- Confidential individualized participant reports
- Consolidated Commanding Officer Reports display the overall results of the Command

For more information about assessments, contact Health Promotion Coordinator at 254-7636

Health Promotion Classes

2100 points

Based on percentage of unit that takes classes

Contact Health Promotion Office to schedule unit training

Classes available

Tobacco Prevention	Injury Prevention	Physical Fitness
Alcohol and Substance Abuse	STD/HIV Transmission and Prevention	
Chronic Disease Prevention	Nutrition	

For more information about unit training, contact Health Promotion Coordinator at 254-7636

Urinalysis

500 points

Two ways to earn Points

30% of unit takes test for each of the three months of June, July & August

Unit Sweep – 100% of unit tested during campaign

For more information about assessments, contact Drug Demand Reduction Coordinator at 257-8377

Volunteers

1000 points - 20 points per person; maximum 10 people per event

Marines and Sailors that volunteer for 101 Days of Summer events will receive points for their units and

Letters of Appreciation from Marine Corps Community Services

Events

Fun Runs/Walks

Field Meet

Health Fairs

For more information about events, contact Health Promotion Coordinator at 254-7636



101 DAYS of SUMMER CHALLENGE