

**MCB Hawaii**  
**Marine Corps Community Services**  
*presents*



**Semper Fit Program**  
**Substance Abuse Counseling Center (SACC)**  
**2018**

[www.mccshawaii.com/101days](http://www.mccshawaii.com/101days)



# MCCS 101 DAYS OF SUMMER CHALLENGE 2018



## UNIT REGISTRATION



**OBJECTIVE:** TO CREATE SUMMER-LONG UNIT COMPETITIONS AND EDUCATION 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 FROM MAY-SEPTEMBER. THE PROGRAM WILL INCLUDE A VARIETY OF COMPETITIONS, ASSESSMENTS AND EDUCATIONAL OPPORTUNITIES. VARIOUS ACTIVITIES WILL RAISE AWARENESS OF SUBSTANCE ABUSE, EDUCATE MARINES AND SAILORS ABOUT HEALTHY LIFESTYLE BEHAVIORS, PROMOTE RESPONSIBLE ALCOHOL USE, AND OFFER FUN, HEALTHY ALTERNATIVES AS A VIABLE OPTION.

UNIT/COMMAND NAME: \_\_\_\_\_

UNIT STRENGTH (as of 07 MAY 2018): \_\_\_\_\_

UNIT/ COMMAND Point of Contact (POC): \_\_\_\_\_

POC PHONE NUMBER \_\_\_\_\_ E-MAIL: \_\_\_\_\_

POC SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

COMMANDING OFFICER (CO): \_\_\_\_\_

CO SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

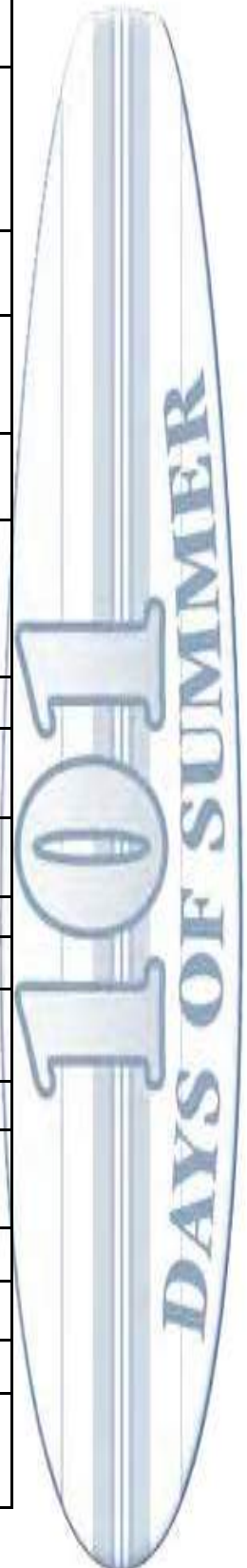
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### INSTRUCTIONS

1. RETURN THE REGISTRATION FORM TO THE HEALTH PROMOTION OFFICE AT BLDG 244, OR EMAIL TO: RACHELLE.U.WINKLER@USMC-MCCS.ORG, OR RETURN TO DDR COORDINATOR OFFICE AT BLDG 279, THIRD DECK.
2. REGISTRATION FORM SHOULD BE TURNED IN NO LATER THAN 08 JUNE 2018 TO BE ELIGIBLE FOR MAXIMUM POINTS AND FULL BENEFITS.
3. UNITS BEGIN EARNING POINTS ONLY AFTER THEIR REGISTRATION FORM IS RECEIVED BY THE HEALTH PROMOTION COORDINATOR OR DDR COORDINATOR
4. REGISTRATION FORM WILL NOT BE ACCEPTED AFTER 08 JUNE 2018
5. FOR PROGRAM PACKET, DESCRIBING ALL REQUIREMENTS FOR EACH EVENT, VISIT: [WWW.MCCSHAWAII.COM/101DAYS/](http://WWW.MCCSHAWAII.COM/101DAYS/)

# POINT SYSTEM

ACTIVITY	POINTS	REQUIREMENTS
Command Registration Deadline: Fri, 08 June	10	Unit registration form- 101 Days of Summer
Urinalysis (30%) Deadline: Fri, 31 Aug	100	30% of unit tested in May
	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) Deadline: Thurs, 31 Aug	200	100% of unit tested during program
Health Risk Assessment Deadline: Wed, 05 Sep	200	1% - 25% of unit
	400	26% - 75% of unit
	600	76% - 100% of unit
Bulletin Board Deadline: Fri 06 JUL	250	Drug and Alcohol display
Unit Briefs (per topic) Deadline: Fri 07, SEP	100	1% - 25% of unit
	200	26% - 75% of unit
	300	76% - 100% of unit
		Max total points for all subjects: 2,100 pts
Volunteering	200	20 points per person; max 10 people per event
Nuupia Fun Run & CO's Fitness Series Race	250	5 points per person; max 50 people per event
Horseshoe Tournament (Note 1)	120	120 pts for 1 <sup>st</sup> team registered; 50 pts ea additional team
Swim Meet	120	20 points per person; max 6 people
Bowling Tournament	150	10 points per person; max 15 people
3 on 3 Basketball Tournament (Note 1)	150	150 pts for 1 <sup>st</sup> team; 50 pts ea additional team
Softball Tournament	300	300 pts for team registered
Sand Volleyball Tournament (Note 1)	150	150 pts for 1 <sup>st</sup> team registered; 50 pts ea additional team
Field Meet	varies	Points vary by event
Kbay Wellness Fair	300	10 points per person; max 30 people
IM Soccer– JUN	300	Participation (entire season)
BONUS POINTS: Health Interest Questionnaire Deadline: Fri, 07 SEP	100	1% - 25% of unit
	200	26% - 75% of unit
	300	76% - 100% of unit



Note 1: Commands can field up to two additional teams worth 50 points each. Swapping players from other command/unit team is not permitted.

Bonus points given to qualifying teams who place in 1st (100pts), 2nd (75pts) or 3rd (50pts) in each sports competition

# MAY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 POC Meeting	5
6	7 Begin completing HRAs & HIQ	8 Begin completing HRAs & HIQ	9 Begin creating bulletin board	10 Begin completing urinalysis	11 Begin scheduling briefs	12
13 MOTHER'S DAY	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 MEMORIAL DAY	29	30	31 Horseshoe DL		

# JUNE 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Nuupia Fun Run \$	2
3	4 Horseshoe Tournament Begins	5	6	7	8 LAST DAY TO REGISTER FOR POINTS	9 Surf n Turf 5k
10	11	12	13	14	15 Horseshoe Tournament ends IM Soccer DL	16
17	18	19	20	21 Bowling Tournament \$ Bowling DL	22	23
24	25 IM SOCCER begins	26 Swimming DL	27	28	29 Swim Meet	30

# JULY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3 4th of JULY Runway Run \$	4	5 3:3 BBall DL	6 Bulletin board DL	7	
8	9	10	11	12	13	14	
15	16 3:3 Basketball Tournament Begins	—————→				20	21 Grueler 5k \$
22	—————→				26 3:3 Basketball Tournament Ends	28	
29	30 Field Meet DL	31					

# AUGUST 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 Field Meet	2	3	
5	6	7	8	9 Sand VB DL	10	11	
12	13 Sand Volleyball Tournament begins	—————→				17	18 Softball Tournament
19	—————→				23	24 Sand Volleyball Tournament ends	
26 Tradewind Tri \$	27	28	29	30	31 Last day for urinalysis		

# SEPTEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 LABOR DAY	4	5 Last day to turn in HRA	6	7 KBAY Health Fair Last day for Unit Briefs 101 DOS ends	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



# **SCORING HOW-TO's:**

## **Command Registration:**

(max: 10 points)

MUST be registered by deadline (FRI 08 JUNE)

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## **Urinalysis:**

Two ways to earn points:

1. 30% of Unit takes test in May, June, July & August (max: 400 points)\*
2. 100% Unit tested during program (max: 200 points)\*

\*Assessment must be completed by 31 AUG

*For more information about urinalysis assessment, contact Quentin Redmon,  
Drug Demand Reduction Coordinator at 257-8377 or [Quentin.redmon@usmc.mil](mailto:Quentin.redmon@usmc.mil)*

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## **Health Risk Assessment (HRA)**

(max: 600 points)\*

- Based on percentage of Unit that takes HRA
- 23-item lifestyle assessment that examines those behaviors associated with major health concerns
- Only takes approximately 2-3 minutes to complete
- Web-based, anonymous assessment
- Confidential individualized participant reports
- Consolidated Commanding Officer Reports display the overall results of Command
- Website Address:

[https://nmcpeh-web2.med.navy.mil/pls/newhra/dsc6pop.NEHCha\\_Login](https://nmcpeh-web2.med.navy.mil/pls/newhra/dsc6pop.NEHCha_Login)

\*Assessment must be completed by 06 SEP

For more information about HRA, contact Rachelle Winkler,  
Health Promotion Coordinator at 254-7636 or [rachelle.u.winkler@usmc-mccs.org](mailto:rachelle.u.winkler@usmc-mccs.org)

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## **Volunteering**

(Max: 200/event)

- Max 20 points per person; 10 people per event per Unit
- Marines & Sailors that volunteer for 101 DOS events will receive points for their Units and Letters of Appreciation from Marine Corps Community Services

For more information about volunteering, contact Health Promotion Coordinator

# Health Interest Questionnaire

(max: 300 points)

Deadline to complete HIQ: 07 SEP

- The Health Interest Questionnaire (HIQ) available on the Navy and Marine Corps Public Health Center (NMCPHC) website is a tool that can assist your Health Promotion Coordinator in assessing the health interests of personnel at your command and offer programs and services to cater to your needs.
- Questionnaire is 8 questions long, examining health topics and activities that interests you
- To access the survey: <https://survey.max.gov/823449>

Your UIC will be the same as your HRA UIC code

Email Health Promotion Coordinator once command completes survey

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## Bulletin Board

(max: 250 points)

Deadline to put up bulletin board: 06 JUL

- Substance abuse/tobacco related info displayed at Unit quarters, must be displayed for at least 2 weeks
- Feel free to contact us for assistance with your board. We may have material for you to add to it.
- Take a picture of board and e-mail to Health Promotion Coordinator for approval

1. Rachelle Winkler\*  
Health Promotion  
254-7636

2. Cristina Howe\*\*  
Alcohol Abuse Prev Sp  
257-2464

3. Quentin Redmon\*\*  
Drug Demand Reduct Sp  
257-8377

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## Unit Briefs

(max: 2,100)

Deadline to complete briefs: 07 SEP

The following topics qualify for points toward your unit's overall point total:

1. Tobacco prevention & cessation\*
2. Sexual Health & responsibility\*
3. Physical activity\*
4. Nutrition\*
5. Weight Management\*
6. Injury Prevention\*
7. Chronic Disease Management\*
8. Substance Abuse\*\*

\* Contact Health Promotion Coordinator, to schedule brief

\*\* Contact Drug Demand Reduction Specialist to schedule brief

**BRIEFS MUST BE COMPLETED BY OUR PRESENTERS, NOT BASE SAFETY**



## CO's Fitness Series Races

(max: 200 points)

- 5 points per person; 40 people max per event
  - Races:
    - Surf & Turf 5k (Saturday, 09 JUN)
    - 4th of July Runway 5k \$ (Tuesday, 04 JUL)
    - Grueker 5k \$ (Saturday, 21 JUL)
    - Tradewind Tri \$ (Sunday, 26 AUG)

*For more information about races, contact Varsity Sports Coordinator, 254-7590*

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## Field Meet

(max: varies)

Deadline to Register: 30 JUL

- Thurs, 02 AUG Location: Riseley Field Time: 0800-1200

**Combat Obstacle** - 4-person team; 125 points first team; 25 points 2nd team

**Truck Tire Flip Race** - 5-person team; 150 points for 1<sup>st</sup> team; 25 points for 2nd team

**Relay Event #1** - 5-person team; 150 first team; 25 points 2nd team

**Tug O War** - 5-person team; 150 points for 1<sup>st</sup> team; 25 points 2nd team

**Relay Event #2** - 2-person team; 75 points first team; 25 points 2nd team

*For more information, contact Health Promotion Coordinator*

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## Nuupia Fun Run

(max: 250 points)

- 5 points per person; 50 people max
- Friday, 01 JUN Location: Pollock Field, by pull up bars Time: 0700
  - Cost: \$2 per person OR \$20 for a 20-people formation

*For more information about fun run, contact Health Promotion Coordinator*

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## Bowling Tournament

(max: 150 points)

Deadline: Thursday, 21 JUN or when lanes run out

- 10 points per person; 15 people max
- Thursday, 21 JUN Location: K-bay Lanes, MCB Hawaii Time: 1700
  - 5 members on a team, 3 games
- \$6.00 per person E-5 and below; \$7.00 per person E-6 and above (shoes included)
  - Advanced registration highly recommended!

*For more information, contact Health Promotion Coordinator*

## Swim Meet

(max: 120 points)

Registration deadline: Tuesday, 26 JUN

- 20 points per person; 6 people max
  - Friday, 29 JUN at 0700
  - Location: K-Bay Base Pool
    - Individual Events:  
50-Meter Backstroke  
50-Meter Breaststroke  
50-Meter Butterfly  
50-Meter Freestyle

200-Meter Individual Medley: Butterfly, Backstroke, Breaststroke & Freestyle

- Relay Events (4-person team x 50m):
  - Butterfly
  - Backstroke
  - Breaststroke
  - Freestyle

- Team Medley: Butterfly, Backstroke, Breaststroke & Freestyle

*For more information about meet, contact Health Promotion Coordinator*

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## Team Sports Tournaments

(max: varies per tournament)

### Tournaments:

Horseshoe (04 JUN—15 JUN) from 1100-1300 at Riseley Field (DL: 5/31)

3:3 Basketball (16 JUL—27 JUL) from 1100-1300 at Semper Fit Ctr– Kbay (DL: 7/5)

Sand Volleyball (13 AUG—24 AUG) from 1100-1300 at Riseley Field (DL: 8/9)

Softball (18 AUG) one-day tournament at Riseley Field (DL: 8/15)

*For more information about tournaments, contact Health Promotion Coordinator*

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## Wellness Fair

(max: 300 points)

- 10 points per person, 30 people max
  - Friday, 07 SEP Location: Mokapu Mall Court Time: 1100-1300
  - Come & visit with health and wellness vendors · Giveaways available
- For more information, contact Health Promotion Coordinator*
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## IM Sports League Participation

(max: 300 points)

- Must participate in entire season

### Leagues:

Soccer League (June)

*For more information, contact Intramural Sports Coordinator 254-7591*

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## Other Important Information:

- 101 DOS Info Board is located at the Semper Fit Gym at Kaneohe Bay. There you will find:
  - Key info regarding the program
  - Updated points/ Leading Units
    - Program schedule
    - Tournament winners
- Announcements will also occur at every tournament regarding updated points and upcoming tournament/event deadlines
- There will be a 1st, 2nd, and 3rd place winner from both the Large Unit Category and the Small Unit Category. The units with the most points accumulated will receive a cash prize and bragging rights for the year! Cash prizes will be placed into Unit funds.
  - 1st Place: \$750.00
  - 2nd Place: \$500.00
  - 3rd Place: \$250.00
- Large Command groups consist of 500 members or more. Small Command groups consist of commands with less than 500 members.

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## New Addition:

### BONUS POINTS OPPORTUNITY:

- Earn bonus points for your unit by placing in the top three in any of the following tournaments & CO Race Series (that keeps track of time):
    1. Horseshoe
    2. Bowling
    3. Basketball
    4. Sand Volleyball
    5. Softball
    6. Swim Meet
    7. Field Meet
    1. Surf & Turf 5k
    2. Runway Run 5k
    3. Grueler 5k
    4. Tradewind Tri
  - 1st Place: bonus 100 points added to unit's total points\*
  - 2nd Place: bonus 75 points added to unit's total points\*
  - 3rd Place: bonus 50 points added to unit's total points\*
- \*Only 'official teams' (first 3 teams registered/unit) qualify for bonus points



### Horseshoes:

1. Any shoe must be within one horseshoe-width (measured across the outside of the open end of the shoe) of the stake to be considered for points. (Official rules call for 6 inches max).
2. The closest shoe to the stake gets 1 point.
3. If you have two shoes closer than any of your opponent's, you get 2 points.
4. Ringers are worth 3 points each and must completely encircle the stake so the ends can be touched with a straight-edge without touching the stake.
5. If you have the closest shoe and a ringer, it's 4 points.
6. If your opponent throws a ringer on top of yours, they cancel and no points are scored.
7. Leaners are worth 2 points and are considered closer than any adjacent shoe except ringers.

