

Participant

Register Online for Jump Rope for Heart or Hoops For Heart

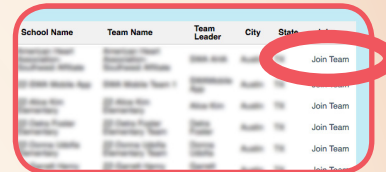
You get to create your own Jump Rope For Heart or Hoops For Heart webpage to raise lifesaving donations. Register today and join your school's team. It's easy! Be sure to get your parents' permission before you start.



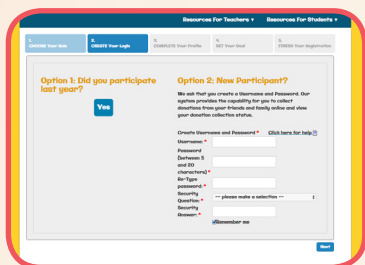
SHAPE America and the American Heart Association collaborate on the Jump Rope For Heart and Hoops For Heart programs.

1

Find your school and sign-up. Go to heart.org/jump or heart.org/hoops. Select your state and then your city or the first letter of your school's name from the drop-down menu. When you see your school, click **Join Team** next to your school's listing.



2



Create your login. If you participated last year, click **Yes** under Option 1 and follow the steps on your screen. If you did not participate last year, fill in the information under Option 2:

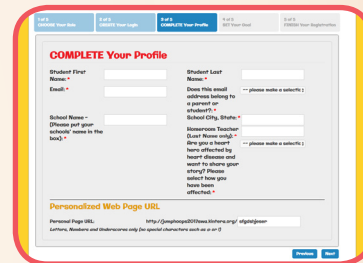
- Choose a username and password that you can remember. Write them down in case you forget!
- Select and answer a security question.

Click the **Next** button.

3

Complete your profile. Just a few more steps! Fill in your personal details using the boxes and drop-down menu options.

Click the **Next** button.

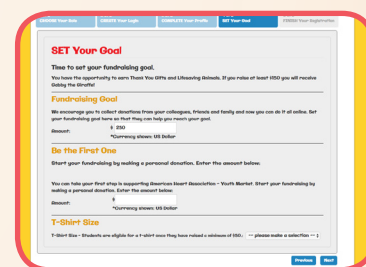


4

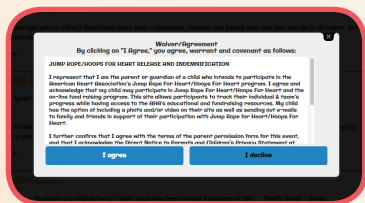
Set your goal. You have the chance to earn Thank You Gifts and our heart-healthy Zoo Crew Animals as you make a difference for heart health!

- How much do you think you can raise? Type the amount in the **Fundraising Goal** section.
- Want to jump-start your fundraising efforts? Add your own donation amount in the **Be the First One** section.
- If you raise \$50 or more, you can earn a T-shirt. Select your size from the drop-down menu.

Click the **Next** button.



5



Almost there! The last step of registration is a Waiver/Agreement. Review it with your parents and click **I Agree** to accept it.

If you added your own donation in Step 4, a screen asking for payment information will appear. Have a parent fill in these boxes with the appropriate payment information and then click **Finish**.

6

You're registered! Click **Continue** at the bottom of the confirmation page to get to your Zoo Crew Headquarters, where you can personalize your webpage, send emails to donors, check your fundraising progress, reach out to donors through social media, and more. You'll be spreading the word about heart health and making a difference for children and adults alike!

Next up: Personalize your webpage!