

Dear Young Ambassadors,

After meeting many of you at the recent Young Ambassador conferences, I am very excited about the coming year. Together we have the potential to inspire thousands of young people to get involved in sport and physical activity and to learn through the Olympic and Paralympic values.

To really get this year started, we would like to set you your first challenge.....

Good Luck!

Emily Tuffin
Young Ambassador Development officer

www.youthsporttrust.org



get set



Young Ambassadors 1000 days to go challenge! Join the countdown...

On the 31 October 2009 there will be just 1000 days until the start of the London 2012 Olympic Games!

On the 3 December 2009 there will be just 1000 days until the start of the London 2012 Paralympic Games!

To celebrate this monumental occasion we would like to set you a challenge - think of the most innovative and creative 1000 days to go themed activity you can and send us a photo!

Competition!

Capture your activity on camera and be in with a chance to win!

Rules

You must [send us](#):

Your full name and the name of the school you attend

A photograph of your activity

A brief description of the activity being performed (no more than 100 words)

Entries must be received by **Wednesday 3 December**.

Prizes

The best 20 entries will be part of an interactive map that will be displayed on the [Get Set website](#).

The top 5 entries will win London 2012 goodie bags!



Here are some ideas to get you started....

Why not:

- get a team of young people to swim 1000 lengths of a swimming pool?
- create a photo montage of 1000 people participating in sport?
- challenge 1000 young people to write promises celebrating the Olympic and Paralympic Values?
- run 1000 metres?

Be as creative and original as you can, but most importantly, have fun!

Things to consider:

- How you will incorporate the number 1000 into your activity?
- What impact will the activity have?
- Is it sustainable? Think about James Cracknell's message to Young Ambassadors at the conferences - you have a responsibility to consider the impact your activity has on the environment.
- Think about how you can best showcase your event or activity in your photo to create a really exciting shot!

*Terms and Conditions apply

Have Fun!

Emily Tuffin
Young Ambassador Development Officer

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