

Free Throw Championship

Overview

Knights of Columbus councils sponsor the Free Throw Championship for boys and girls ages 9-14 to provide an athletic outlet and encourage the values of sportsmanship and healthy competition. Kids compete within their own gender and age, and progress from local level to district, regional and state/province competition. For Free Throw resources, visit www.kofc.org/freethrow.

Action Steps

1. Identify a program chairman to oversee all action steps and delegate tasks, as needed.
2. Train volunteers in the Safe Environment protocols (www.kofc.org/safe). Ensure that the event is properly staffed and safely run. A minimum of two volunteers must be Safe Trained.
3. Contact your grand knight, financial secretary, or program director to order the *Free Throw Kit* (#FT-KIT), promotional items, and awards through Supplies Online via [Officers Online](#). District deputies may also log on to Supplies Online to order medallions for district competitions.
4. Set a date, location and time for the Free Throw Championship. If required by venue, acquire insurance.
5. Contact schools and youth centers to explain and promote the program. Suggest that the schools or youth centers consider using this activity as part of their physical education classes.
6. Prior to the Free Throw Championship, use the sample [News Release](#) (#10646) as a model to create and distribute a tailored release to local media.
7. Build public interest for the event! Promote the Free Throw Championship in your parish and larger community through a variety of efforts:
 - Prominently display promotional posters (found in the *Free Throw Kit* (#FT-KIT))
 - Bulletin announcements
 - Pulpit announcements
 - Posting on your council and parish website / social media pages
8. Coordinate with the district and state/province leadership regarding date, time, and location of the next level of competition. On the day of the event, provide this information to the council-level winners.
9. Preregistration is recommended, before the event. Proof of age is NOT required.
10. Hold the Free Throw Championship! Review the [Free Throw Playbook](#) (#1928) for guidelines, volunteer requirements, and other information.
11. On the day of the event, wear Knights of Columbus-branded apparel and have the council membership director set up a table with brochures and membership documents (including [Prospect Cards](#) #921A). Do not forget that this event is a recruiting opportunity!
12. Enlist a fellow Knight or community member to photograph the event.
13. Following the Free Throw Championship, update the community on the success of your program by amending the Free Throw Championship [Champions Announcement](#) (#10647) and distributing it to local media, along with energizing photographs from the event.



14. Send winning [Free Throw entry forms/score sheets](#) (#1598) to the next level of competition.
15. To gain credit for your program, complete the associated reporting forms.
 - Immediately after your event is finished, complete the [Fraternal Programs Report Form](#) (#10784)
 - At the end of the fraternal year, complete the [Columbian Award Application](#) (#SP-7)

Resources

1. #FT-KIT- *Free Throw Kit* (quantities of resources contained in FT-KIT are in parentheses below)
2. #1928- [Playbook](#) (1 per kit)
3. #1598- [Entry form/score sheet](#) (75 per kit)
4. #1596- [Vertical Poster](#) (5 per kit)
5. #1686- [Horizontal Poster](#) (5 per kit)
6. #1597- [Participation Certificate](#) (75 per kit)
7. #1809- [Champion Certificate](#) (5 per kit)
8. #10646- [News Release](#)
9. #10647- [Champions Announcement](#)

Program resources can be ordered by your grand knight, financial secretary and/or program director on Supplies Online via [Officers Online](#).

Link

www.kofc.org/freethrow