

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. Age eligibility is determined by the age of the contestant as of January 1.

For Free Throw resources, visit www.kofc.org/freethrow.

Timeline

Council Championship — January

District Championship — Late January or Early February (Contact your local District Deputy for exact date)

Diocesan Championship — February 18, 2023

State Championship — March 4, 2023

Link

<https://www.kofc.org/en/what-we-do/faith-in-action-programs/resources/index.html?1tab=1tab3>

Action Steps

1. Identify a program chairman to oversee all action steps and delegate tasks, as needed.
2. District Competition: Ask your District Deputy when and where it will be held. It should be sometime in February. Schedule the Council Free Throw Championship.
3. Use the sample News Release (#10646) as a model to create and distribute a tailored release to local media.
4. Build public interest for the event! Promote the Free Throw Championship in your parish and larger community through a variety of efforts:
 - a. Advertise at Catholic Youth Organization (CYO) meetings, in parish halls, and especially in local Catholic schools. Prominently display promotional posters (#1596).
 - b. Bulletin and Pulpit announcements
 - c. Posting on your council and parish website / social media pages
5. 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.
6. 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.
7. Preregistration is recommended, before the event. Proof of age is NOT required
8. Hold the Free Throw Championship! Review the Free Throw Playbook (#1928) for guidelines, volunteer requirements, and other information.
9. 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.
10. Send winning Free Throw entry forms/score sheets (#1598) to the next level of competition.
11. To gain credit for your program, complete the associated reporting forms.
 - a. Immediately after your event is finished, complete the Fraternal Programs Report Form (#10784)
 - b. At the end of the fraternal year, complete the Columbian Award Application (#SP-7)