

Join the Wildcats 20 for 20 FAQs

How do I join?

Visit <https://givebutter.com/Wildcats20for20> and click Donate. Select a daily donation amount and, if you want to help your favorite team meet their fundraising goal, select that team.

What are the dates for the Wildcats 20 for 20?

Fundraising is open now through the end of November and the 20 days of independent fitness are from **November 1st – November 20th**.

Can my friends and family help too?

Yes! Share your donation page on social media or in an email with your own personal story sharing why you believe in supporting the health and wellness of the Carver Center community.

What kind of exercise should I do?

As with any new fitness program, a checking with your physician is always a good plan. Once you have the green light, any movement will do: take a walk, go swimming, try yoga or Pilates, HIIT, trampoline, dance, Zumba, weight training, sports, or head outside for a hike or bike ride in the Fall weather. This is a commitment you are making to yourself and your health heading into the busy holiday season. Just stay protected from COVID, whatever you choose to do.

How are the donations used?

Working closely with our amazing Athletics Director, Lori Brewer, the funds raised will go to meet the immediate and long-term needs of our program. Uniforms for softball, volleyball, boys lacrosse and boys basketball, equipment, a pitching cage, concessions supplies, and an outdoor scoreboard for our beautiful turf field are just some of the items that Carver Center currently needs.

What if it gets cold outside?

There is no bad weather, just the wrong type of clothing. Bundle up in your Carver Center Spirit Wear when you're out and about. You never know, you might run into a fellow Wildcat.

What are some of the benefits of getting daily exercise?

Where to start! Regular fitness has been shown to help improve sleep, mood, cardiovascular strength, endurance, self-confidence, mental clarity, joint and muscle health, and reduces stress. It also gives you a sense of accomplishment to try something new and be a part of something bigger.

Sign up now to be a part of this new program and support Carver Center Sports Boosters.