



BURPEES FOR BYS

with Dave the Trainer

#burpeesforbys



What is Burpees for BYS?

Burpees for BYS is an annual BYS fundraising campaign, initiated by Dave the Trainer in 2017. In 2017, Dave Kramer (Dave the Trainer) completed 3000 burpees in 8.5 hours to raise over \$6000 for BYS, through donations from individuals and organisations. In 2018, BYS are aiming to broaden participation in Burpees for BYS to increase awareness of youth homelessness in Brisbane and raise funds to build new futures for homeless young people.

When?

The 2018 Burpees for BYS Challenge will be launched on 21 March 2018 for registrations and donations. The challenge day will coincide with Youth Homelessness Matters Day – Wednesday 18 April.

How do I get involved?

Challenge yourself, your team or organisation to do as many burpees as you can to raise money for homeless young people in Brisbane, or set your own burpee challenge. Here's some ideas:

- 100 Burpee Challenge – can you do 100? how fast can you do 100?
- 30 minute Burpee Challenge – join Dave in your lunch hour for your personal 30 minute burpee challenge
- Personal challenge – pick a number that means something to you
- Challenge Dave the Trainer – do you have it in you to take on Dave in an 8 hour burpee challenge? In 2017, Dave completed 3,000 burpees in 8.5 hours ... In Dave's words "At 1,000 I was feeling alright ..." Could this be you?
- The 12-hour Guinness World Record is up for grabs ...

Fundraising

The 2018 fundraising target for Burpees for BYS is \$15,000. Fundraising activities are managed through the [Burpees for BYS everydayhero page](#). We need just 1500 people to donate \$10 each to reach our \$15,000 goal.

- Register yourself, your team or your organisation
- Sponsor Dave the Trainer - Donate \$10 for Dave to do 10 burpees – throw your lunch money behind Dave
- Sponsor a friend, team or organisation
- Donate to the Burpees for BYS campaign or to Brisbane Youth Service

How will I make a difference?

Of the 1,264 young people BYS supported in 2016/17 outcomes included:

- 74% reduction in homelessness
- 81% fewer young people were under employed or unemployed

Every dollar makes a real difference to young people right here in Brisbane:

- \$2000 – provide the basics for creating a home
- \$1000 – provide basic educational resources including computer equipment and uniforms
- \$500 – provide clothes, professional development or resume support to gain employment
- \$100 – provide targeted social activities like cooking and art classes

Further information

www.brisyouth.org/burpeesforbys

Email - partnerships@brisyouth.org

Call – 36202400

Help us get the message out about youth homelessness in Brisbane – like, share, follow.



Take on the #burpeechallenge
and help us reach our \$15,000 target!

BRISBANE
YOUTH
SERVICE