

(Leaders: Please read to all the Members)

Hello TOPS & KOPS members,

We would like to invite you to our annual TOPS Fall Rally.

We are working diligently to create this Fall Rally for our TOPS members to experience a memorable event. "GET REAAAADDDDDDDYYYYY as TOPS does NEW ENGLAND SPORTS on October 19, 2019 at the Castle in the Knights.

This year, we are staying on the East coast but literally in the western part of the state in Chicopee, MASS. We haven't done a Fall Rally out west in 10 years, so we are planning an event that will be remembered for years. We will be cheering our members who are competing in a variety of drills and contests during our summer warm-ups, June 24 to September 20.



This is a 13-week contest and three strikes you're out. We are adding some new contests as well as some old ones. (please see full listing). We have eliminated the BACKSLIDER contest but added a "NO GAIN" and a "CONSISTENCY" contest. This might promote new players to drive across the weight loss goal line and score.

Our new CHAPTER TEAM drills include NO GAIN  meetings and POUNDS LOST (this is not net) per week. These rookie contests include everyone in the chapter. They can participate in the contest even if they are unable to attend the Fall Rally. This will help with your team overall pounds lost for the year.

Watch as our Summer Winners in all categories display their personal accomplishments on stage.



Look as KOPS inspire us with their quest as



from the summer.

If you wish, you can dress up Saturday in New England sports attire; Patriots, Celtics, Bruins, & Red Sox themed attire. If not a fan of a team from the City of Champions, please feel free to dress as a cheerleader or any other sporting event. Even if you aren't being recognized, you can just feel motivated and sporty among all the other members by staying with our theme.



Chapter Packet and Event Registrations

SATURDAY REGISTRATIONS FOR ALL EVENTS 8:00-9:00 am

The session will begin at 9:30AM. Lunch will be served at the same tables where you are seated for the day.

HOTEL RESERVATIONS

We have secured a group rate at the Hampton Inn in Chicopee located at 600 Memorial Dr in Chicopee, MA. Hotel Phone # 413-593-1500.

1. It's less than 2 miles from the hall.
2. The rate is \$149.00 & tax for Friday night 10/18. Hot breakfast, free Wi-Fi in rooms or lobby and a Fitness Gym are included in the room rate.

Details will be posted on www.matops.com. A second update will be done in September.

If you would like to help in any way, please send me your contact information to my email. Looking for volunteers to man the registration tables, basket raffles, speaking parts on stage, making decorations and other preparations. Could be a team building experience?

Good luck in your summer weight loss as we all head towards a striking figure.

Diane Trayah

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