



March 2026

The Harry Chapin Food Bank
Participation Packet

The Harry Chapin Practice-a-thon March 2026



We invite music students across Long Island to participate in our March Practice-a-Thon. All proceeds go to Long Island Cares and its hunger relief efforts. Now, more than ever, our food banks need our help. Our mission is to strengthen your practice habits while empowering you to make a difference in your community. Learn more at hcpracticeathon.com.

What You Need to Do:

STEP 1

Ask your family members or friends to pledge a penny, nickel, dime, or quarter for each minute you practice. Even one penny a day will make a difference. Every \$6 raised supplies 3 meals!

STEP 2

Work to practice every day during March. If you need to miss a day, try not to miss two days in a row. Keep track of your practice minutes on the *Daily Practice Log*. The more you practice, the more you will help needy families, and the more you will strengthen your playing. Strive for 150 minutes a week or more.

STEP 3

In April, ask your sponsors to scan this code to donate, or donate at the following link:

<https://give.licares.org/product/BF7B612/the-harry-chapin-practice-a-thon>

Or mail donations directly to

Long Island Cares – ATTN: Kaylin Peterson
10 Davids Drive, Hauppauge, NY 11788-2039
Checks should be made payable to Long Island Cares

Please thank your sponsors with a card or email.

Do NOT bring donations to your music teacher.

STEP 4

Bring your completed *Daily Practice Log* to your music teacher, who will keep track of your school's total minutes and contributions.



Scan to Support
the Harry Chapin Practice-a-thon

Hcpracticeathon.com

Musician's Name: _____

DAILY PRACTICE LOG

PLEASE TURN IN THIS FORM
TO YOUR MUSIC TEACHER

The Harry Chapin Practice-a-thon March 2026

Work to practice every day during March.
If you need to miss a day, try not to miss two days in a row.

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	
1 _____ minutes	2 _____ minutes	3 _____ minutes	4 _____ minutes	5 _____ minutes	6 _____ minutes	7 _____ minutes	Total Week #1_____
8 _____ minutes	9 _____ minutes	10 _____ minutes	11 _____ minutes	12 _____ minutes	13 _____ minutes	14 _____ minutes	Total Week #2_____
15 _____ minutes	16 _____ minutes	17 _____ minutes	18 _____ minutes	19 _____ minutes	20 _____ minutes	21 _____ minutes	Total Week #3_____
22 _____ minutes	23 _____ minutes	24 _____ minutes	25 _____ minutes	26 _____ minutes	27 _____ minutes	28 _____ minutes	Total Week #4_____
29 _____ minutes	30 _____ minutes	31 _____ minutes					Total Week #5_____

Student Name _____

Total Minutes _____

TOTAL DONATION _____



Musician's Name: _____

THE HARRY CHAPIN PRACTICE-A-THON PLEDGE FORM

PLEASE KEEP THIS FORM FOR YOUR RECORDS

Music students will devote the month of March to raising money to support families in need. Please pledge a penny, nickel, dime, or quarter for each minute of this musician's practice. Even small change will make a difference.

Name	Address or email	Pledge per minute	Total owed <i>(minutes practiced x pledge)</i>

**TOTAL
DONATION: _____**

Scan this QR code to donate
Or make donations at the following link:

<https://give.licares.org/product/BF7B612/the-harry-chapin-practice-a-thon>

Or mail donations directly to:

Long Island Cares, ATTN: Theresa Redlein
10 Davids Drive, Hauppauge, NY 11788-2039
Checks should be made payable to Long Island Cares

*Please thank your sponsors in person, with a card, or an email.
Thank you for helping families in need.*



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Hcpracticeathon.com

SPONSOR DONATION REQUEST FORM

Copy this to an email or give it to your sponsors

Dear _____,
Sponsor's name

Thank you so much for supporting the Harry Chapin Practice-a-thon!

With your help, we are making a difference for needy families in NY.

During this last month, I practiced for _____ minutes.

And you graciously sponsored me for _____ a minute.

*Please send this form and your donation of _____ directly to the
food bank. *Practice minutes x pledge**

*Sponsors can scan this code to donate
or donate at the following link:*

<https://give.licares.org/product/BF7B612/the-harry-chapin-practice-a-thon>

Or mail donations directly to

Long Island Cares, ATTN: Theresa Redlein
10 Davids Drive, Hauppauge, NY 11788-2039

Checks should be made payable to Long Island Cares

In the memo section, please write the word "Practice-a-thon"

Thank you for working together with me to help families in need.



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Hcpracticeathon.com