

AUGUST 2026 EDITION

BREAKDOWN
PRESENTS

MASCOT

HIGH SCHOOL HAPPENINGS



READY FOR KICKOFF

FALL SEASON + BACK TO SCHOOL

BE YOU. BE REAL. BE VAPE-FREE.

SCHOOLS BACK
VAPING'S WACK
SCHOOLS BACK
VAPING'S WACK
SCHOOLS BACK
VAPING'S WACK
BREAKDOWN

BE YOU. BE REAL. BE VAPE-FREE.

**BREAKDOWN IS A LAS VEGAS TEEN
MOVEMENT BRINGING YOU THE TRUTH
AND DISPELLING THE MYTHS
ABOUT VAPING.**



**FOLLOW TO LEARN MORE, FOR CONTESTS,
PRIZES, AND SWAG GIVEAWAYS...**

**@BreakDownRiseUp
BreakDownRiseUp.com**

BE YOU. BE REAL. BE VAPE-FREE.

IN THIS ISSUE

NOTE FROM BREAKDOWN

August is here. That means a new school year is kicking off, and football season is back. Here's everything you need to start the year strong.

05 Dates To Know

Know your no-school days.

07 Ready for Game Day?

8 tips to make it happen this fall season.

13 Brooo, I'm Not Ready For School Giveaway

Your chance to win a \$25 Dutch Bros gift card!

OUR CITY.
OUR HOME.



DATES TO KNOW:



NO SCHOOL

MONDAY, SEPTEMBER 7 – LABOR DAY

MONDAY, SEPTEMBER 21 – STAFF DEVELOPMENT DAY

FRIDAY, OCTOBER 30 – NEVADA DAY OBSERVED

TUESDAY, NOVEMBER 3 – ELECTION DAY / STAFF DEVELOPMENT DAY

WEDNESDAY, NOVEMBER 11 – VETERANS DAY

WEDNESDAY, NOVEMBER 25 – NO SCHOOL

THURSDAY, NOVEMBER 26 – THANKSGIVING DAY

FRIDAY, NOVEMBER 27 – FAMILY DAY

DECEMBER 21 TO JANUARY 1 – WINTER BREAK

MONDAY, JANUARY 4 – STAFF DEVELOPMENT DAY

MONDAY, JANUARY 18 – MARTIN LUTHER KING JR. DAY

MONDAY, FEBRUARY 15 – PRESIDENTS' DAY

MARCH 15 TO MARCH 19 – SPRING BREAK

FRIDAY, MARCH 26 – NO SCHOOL

MONDAY, MARCH 29 – STAFF DEVELOPMENT DAY

MAY 20 – SUMMER BREAK!

JOIN THE MOVEMENT.

BREAKDOWN

**APPLY TO BE A PART OF THE
AMBASSADOR TEAM**

BreakDown is recruiting Southern Nevada teens to join our movement and promote vape-free lifestyles on social media.

**APPLY AT
BREAKDOWNRISEUP.ORG/AMBASSADORS**



Be You. Be Real. Be Vape-free.

READY FOR GAME DAY?

YOUR SEASON STARTS HERE.

1 **STAY READY.**

Be on time, bring your gear, and come prepared to practice every day. Set the routine now and stick with it all season.

2 **GIVE FULL EFFORT.**

Give it your all every day. Coaches will notice hustle.

3 **TAKE CARE OF YOURSELF.**

Stay hydrated, eat well, and get enough sleep so you can recover and perform all season long.

4 **MASTER THE BASICS.**

Keep working on the fundamentals. Small improvements every practice add up over the course of a season.

5 **BE A GOOD TEAMMATE.**

Encourage your teammates, communicate, and bring positive energy. Strong teams are built on trust.

6 **BE COACHABLE.**

Listen, ask questions, and apply feedback. A willingness to learn goes a long way.

7 **STAY CONSISTENT.**

The players who improve the most are the ones who show up and put in the work every day.

8 **ENJOY THE SEASON.**

Have fun, compete hard, and make the most of every game, practice, and team memory.

FRIDAY NIGHT LIGHTS

VS

BIG GAMES

CENTENNIAL VS CORONADO

AUGUST 14, 2026

FOOTHILL VS BASIC

AUGUST 21, 2026

**LAS VEGAS VS RANCHO
(BONE GAME)**

SEPTEMBER 18, 2025

SHADOW RIDGE VS ARBOR VIEW

SEPTEMBER 25, 2026

SPRING VALLEY VS SIERRA VISTA

SEPTEMBER 25, 2026

LIBERTY VS CORONADO

OCTOBER 9, 2026

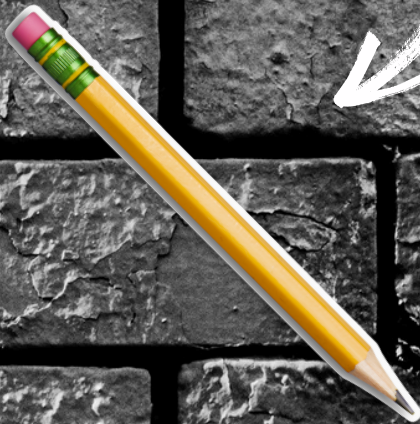
FAST FACTS

to blow your brain



SOME SNAILS CAN SLEEP FOR YEARS.

ONE PENCIL CAN WRITE ABOUT 45,000 WORDS.



KOALAS HAVE FINGERPRINTS ALMOST IDENTICAL TO HUMANS.



BREAKDOWN

BE YOU. BE REAL. BE VAPE-FREE.

**BREAKDOWN'S OFFICIAL INSTAGRAM
IS @BREAKDOWNRISEUP.**

WE ARE BLUE CHECKMARK VERIFIED!



**BREAKDOWN WILL NEVER CONTACT
YOU FROM AN UNVERIFIED ACCOUNT.**

**PLEASE REPORT AND BLOCK
ANY SCAM ACCOUNTS YOU SEE!**



**VIEW GAME SCHEDULES
ON INSTA @BREAKDOWNRISEUP**



CHEER



**GIRLS
VOLLEYBALL**



SOCCER



FOOTBALL



Broooooo,
I'm not ready for school

Giveaway

PRIZE: \$25 DUTCH BROS GIFT CARD

2 WINNERS WILL BE CHOSEN!



BREAKDOWN

BE YOU. BE REAL. BE VAPE-FREE.



Broooooo, I'm not ready for school

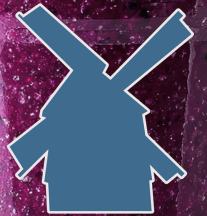
Giveaway

FOLLOW THESE 3 STEPS:

Follow Our Page 

Like the Giveaway Post 

Comment To Tag 2 Friends 



BREAKDOWN

BE YOU. BE REAL. BE VAPE-FREE.

**LIMITED
EDITION**

BREAKDOWN EXCLUSIVE T-SHIRT

KEEP AN EYE ON INSTA
FOR CHANCES TO WIN!

**NEW
GEAR**

BREAKDOWN

BE YOU. BE REAL. BE VAPE-FREE.

**LIMITED
EDITION**

BREAKDOWN EXCLUSIVE BASEBALL TEE

KEEP AN EYE ON INSTA
FOR CHANCES TO WIN!

**NEW
GEAR**



BE YOU. BE REAL. BE VAPE-FREE.



**THANKS FOR BEING PART
OF BREAKDOWN'S MOVEMENT!
BREAKDOWN'S LUNCH TAKEOVER TOUR WILL
RETURN THIS FALL. SEE YOU SOON!**



BREAKDOWN

BE YOU.

BE REAL.

BE VAPE-FREE.

FOR FREE HELP TO QUIT SMOKING OR VAPING, CONTACT

MY LIFE  MY QUIT™

TEXT: START MY QUIT TO 36072

BREAKDOWN

BE YOU. BE REAL. BE VAPE-FREE.