

Get Social During #AmphibianWeek 2024!

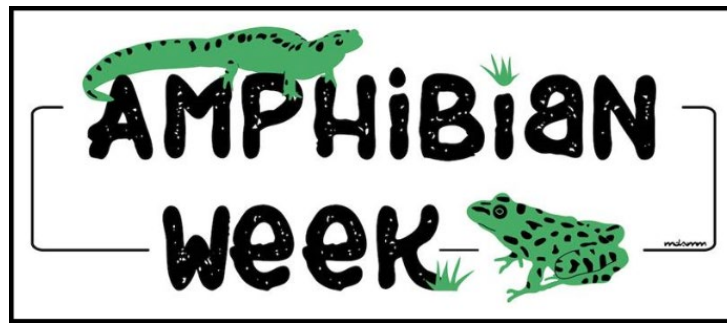
Join the movement on Facebook, Twitter, and Instagram **May 5-11, 2024**. All week, we'll be highlighting amazing amphibian athletes from around the world! Always use **#AmphibianWeek**, **#AmphibianWeek2024**, **#AmphibianAthlete** and other fun hashtags like **#AmphibianAlly**, **#LeaveTheLeaves**, **#AmphibianArt**, **#SalamanderScience**, **#FantasticFrogs**, **#AmphibianGameFace**



[Alternate text: Graphic of Amphibian Week theme announcement and Save the Date for May 5-11, 2024 with Amphibian Week logo, photo of a green frog next to a gold medal, and link to [parcplace.org/education](https://www.parcplace.org/education). The title reads 'Extreme Athletes: Amphibian Edition. Graphic free to use.]

Keep visiting the websites below to keep informed of new events as they develop:

- PARC [Amphibian Week 2024 Homepage](#) Keep an eye on, join, and promote local and online events at the Event Page
- [Amphibian Survival Alliance Amphibian Week Page](#)
- [Amphibian Week National Park Service Page](#)



Add our Amphibian Week logo to your website! [Alternate text: Amphibian Week logo featuring a green salamander with black spots sitting on top the word Amphibian with the text week below it and a green frog with black spots next to the text. The words are surrounded by a black box.]

Accounts to Follow

Follow partners throughout the week and root for your favorite #AmphibianAthlete contenders competing for victory (via the most likes). Contenders will vie for the win on our Facebook page!

- **PARC** - [Facebook](#), [Instagram](#)
- **NEPARC** - [Facebook](#), [Twitter](#), [Instagram](#)
- **SEPARC** - [Facebook](#), [Twitter](#), [Instagram](#)
- **MWPARC** - [Facebook](#), [Twitter](#), [Instagram](#)
- **HerpetALLogy** - [Twitter](#)
- **Amphibian Survival Alliance** - [Facebook](#), [Twitter](#), [Instagram](#)
- **Amphibian Foundation** - [Facebook](#), [Twitter](#), [Instagram](#)
- **Amphibian and Reptile Conservancy (ARCProtects)** - [Facebook](#), [Twitter](#), [Instagram](#)
- **Association of Fish and Wildlife Agencies** - [Facebook](#), [Twitter](#)
- **Foundation for the Conservation of Salamanders** - [Facebook](#), [Twitter](#)
- **Amphibian Specialist Group** - [Twitter](#)
- **USGS** - [Facebook](#), [Twitter](#)
- **USGS Ecosystems** - [Instagram](#)
- **Smithsonian National Zoo** - [Facebook](#), [Twitter](#), [Instagram](#), [YouTube](#)



[Alternate text: Graphic of Amphibian Week announcement May 5 – 11, 2024 with Amphibian Week logo, a close-up photo of a salamander face looking to the left and link to [parcplace.org/education](https://www.parcplace.org/education). The title reads 'Get Your Game Face On.' Graphic free to use.]

Theme: Extreme Athletes: Amphibian Edition

Daily Themes

- **Sunday, May 5:** Opening Ceremony
- **Monday, May 6:** Training and Warm Up Day
- **Tuesday, May 7:** Aquatics
- **Wednesday, May 8:** Gymnastics
- **Thursday, May 9:** Track and Field
- **Friday, May 10:** Awards Ceremony: Focus on Amphibian Allies
- **Saturday, May 11:** Closing Ceremony: Actions for Amphibians

Additional Resources

Free Photos and Videos For Use

- The [USGS ARMI Gallery](#) contains mostly species of the Americas.
- [AmphibiaWeb/Cal Photos](#) has pictures for use, but you must follow the usage guidelines provided with each image.
- **iNaturalist Observations (CCO Filter)** offers images for free use.
- [Flickr](#) has images for use, but you must follow the usage guidelines provided with each image. Many National Park Service accounts upload photos that have no copyright restrictions.
- [Amphibian Week Videos](#) are available from the Partners in Amphibian and Reptile Conservation (PARC).
- Social media graphics can be downloaded from [this Google Folder](#) and are free to use.

Free Infographics For Use

- Infographics created for Amphibian Week in **English, Spanish, Portuguese, and French** are FREE to use and can be downloaded from the [Amphibian Survival Alliance infographic page](#).

General Ideas for Social Media Events

- Facebook Live event from your backyard of calling frogs
- Repurpose existing amphibian content, such as premiering a video on Facebook
- Instagram stories with questions
- Q&A with a biologist
- Live art with amphibian topics - be sure to tag #AmphibianArt

Whatever you do, have fun, and let us know when/where your events are so we can help spread the word #AmphibianWeek. Please use [the event form](#) to fill out information so we can post on our page

Don't forget: social media graphics can be downloaded from [this Google Folder](#) and are free to use.

Sunday, May 5th: Opening Ceremony



[Alternate text: Graphic that says, “Sunday May 5 Opening Ceremony” surrounded by four colorful flags from Greece, Iceland, Ireland, and Azerbaijan with the Amphibian Week logo below featuring a photo of a yellow frog with a pointed snout and large golden eyes; the URL for parcplace.org/education is included in the bottom right. Graphic free to use.]

Get your #AmphibianGameFace on! Whether they hop, swim, climb, or crawl, our slimy friends have many amazing athletic qualities! We’ll be celebrating amphibians, their adaptations, and their accomplishments this **#AmphibianWeek2024!** Hop in and join the fun!

FUN PUN: What does an athlete eat for good NEWT-trition? A SALA-D-MANDER!

Fun Facts/Ideas For Posts

- All three major groups of amphibian athletes are here! From swimming and jumping to ball games and more, our diverse group is making a splash in the

sporting world—and around the globe! Class Amphibia consists of Order Caudata (Salamanders), Order Anura (Frogs), and Order Gymnophiona (Caecilians). At least one species of amphibian can be found on every continent except for

Antarctica! 🌐 🐸 🏆

- It's time to STRETCH before our big events this week! Researchers have found the secrets to how frogs hop: stretchy tendons! You can read more about [Flying Frogs here](#). #FantasticFrogs.
- Hey! Hey! Can you see me?! The male Golden Panamanian Frog uses hand signals to communicate. Check out a [video of Panamanian Golden Frog mating habits](#).
- Bring out the torch, but don't touch! Have you heard of the fire salamander (*Salamandra salamandra*)? This salamander warns potential predators about its toxicity with its bright colors.

Monday, May 6th: Training and Warm Up Day

MONDAY MAY 6

TRAINING AND WARM UP DAY

AMPHIBIAN
week

parcplace.org/education

[Alternate text: Graphic that says, “Monday May 6 Training and Warm Up Day”; underneath is a side view photo of an orange salamander with numerous black markings outstretched on a rock; the Amphibian Week logo is in the bottom left, and the URL for parcplace.org/education is included in the bottom right. Graphic free to use.]

Come stretch into **#AmphibianWeek** with us! A proper warm-up and lots of training are key to success for both human and amphibian athletes! Learn what makes an amphibian an amphibian, marvel at their complex life cycles, and get ready to cheer for the unique characteristics every species brings to the games!

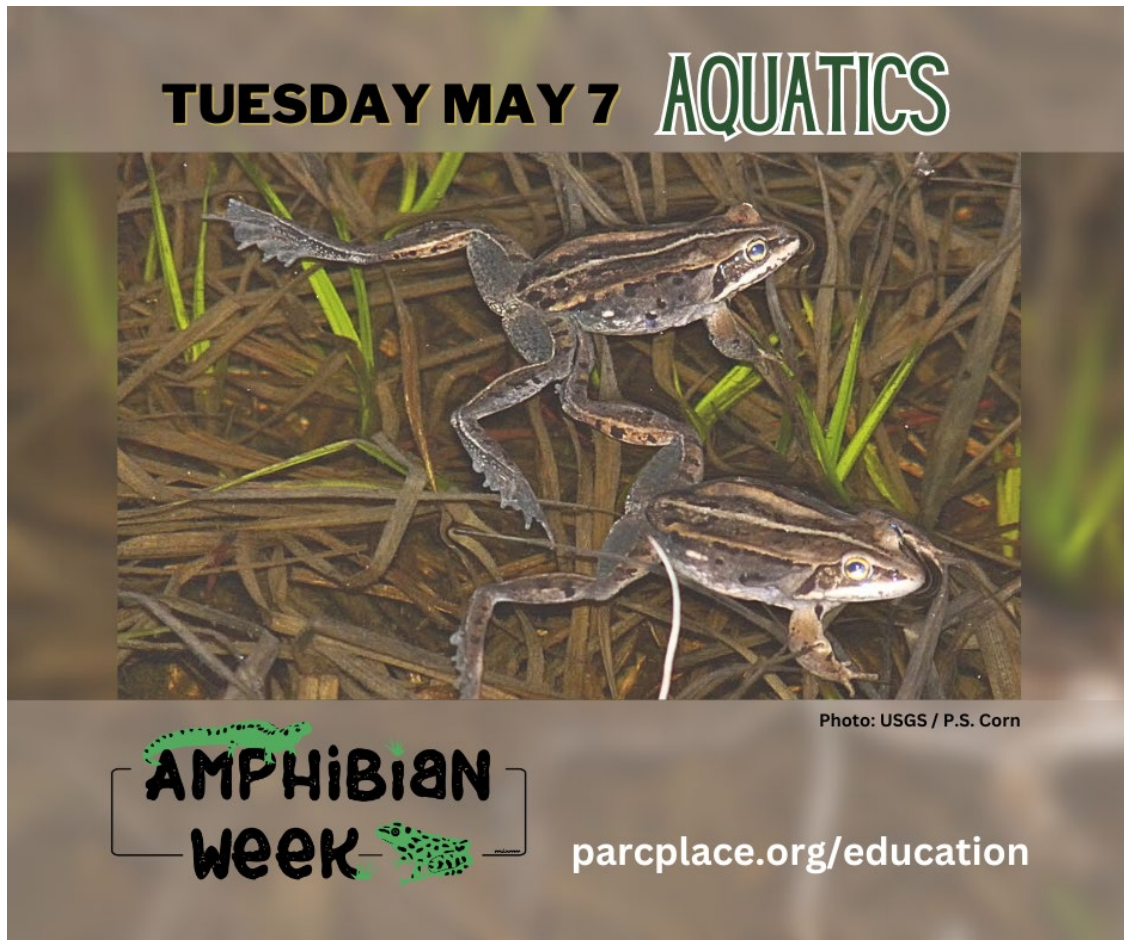
FUN PUN: Has anyone ever TOAD you that some frogs use glucose in their blood as an antifreeze, protecting their vital organs while 65% of their body freezes solid?

Fun Facts/Ideas For Posts

- Did you know some amphibian species have superpowers?! Some newt species are able to regenerate muscle via dedifferentiation or reprogramming of muscle fibers. Research into this amazing adaptation might help humans apply this to future medical technologies. To learn more about this adaptation, click on this link to find out about [Newts Unleashed](#).
- Fossil frogs have been found on every continent—and yes, that includes Antarctica! The earliest frog fossils in North America were located in 2018 in the Late Triassic Chinle Formation of [Petrified Forest National Park](#). They consist of tiny ilia (bones in the hip) and are classified based on anatomical comparisons to modern and other fossil frogs. Though the bones, unfortunately, don't allow us to know if the animal was capable of hopping, they do remind us that the ancient lineage of the amphibians we hear calling outside each spring is over 200 million years old!
- Now that's cold-blooded! Amphibians are ectotherms, meaning they can't control their body temperature and their body temperatures can only get as hot as their surroundings. So, a toad sitting on a hot rock during a summer day has warm blood. During the extreme cold, amphibians can burrow themselves below the frost line of the soil until warmer temperatures return.
- Coming out from the cold, the sound of Spring Peepers is a familiar sound to many in the eastern half of the United States and Canada. It's a sure sign that the weather (and frogs) are warming and spring is on its way. But did you know that male singing is a team sport? These little guys often sing in trios, with the lowest pitch starting first, and the others following his lead. #FantasticFrogs

- Did you know? Male salamanders impress females during the breeding season by dancing with a waved tail while displaying vibrant colors, showing their fitness & releasing pheromones to females who use their sense of smell.

Tuesday, May 7th: Aquatics



[Alternate text: Graphic that says, "Tuesday May 7 Aquatics"; underneath is a photo of two mostly brown frogs in shallow water surrounded by green and brown vegetation; the Amphibian Week logo is in the bottom left, and the URL for parcplace.org/education is included in the bottom right. Graphic free to use.]

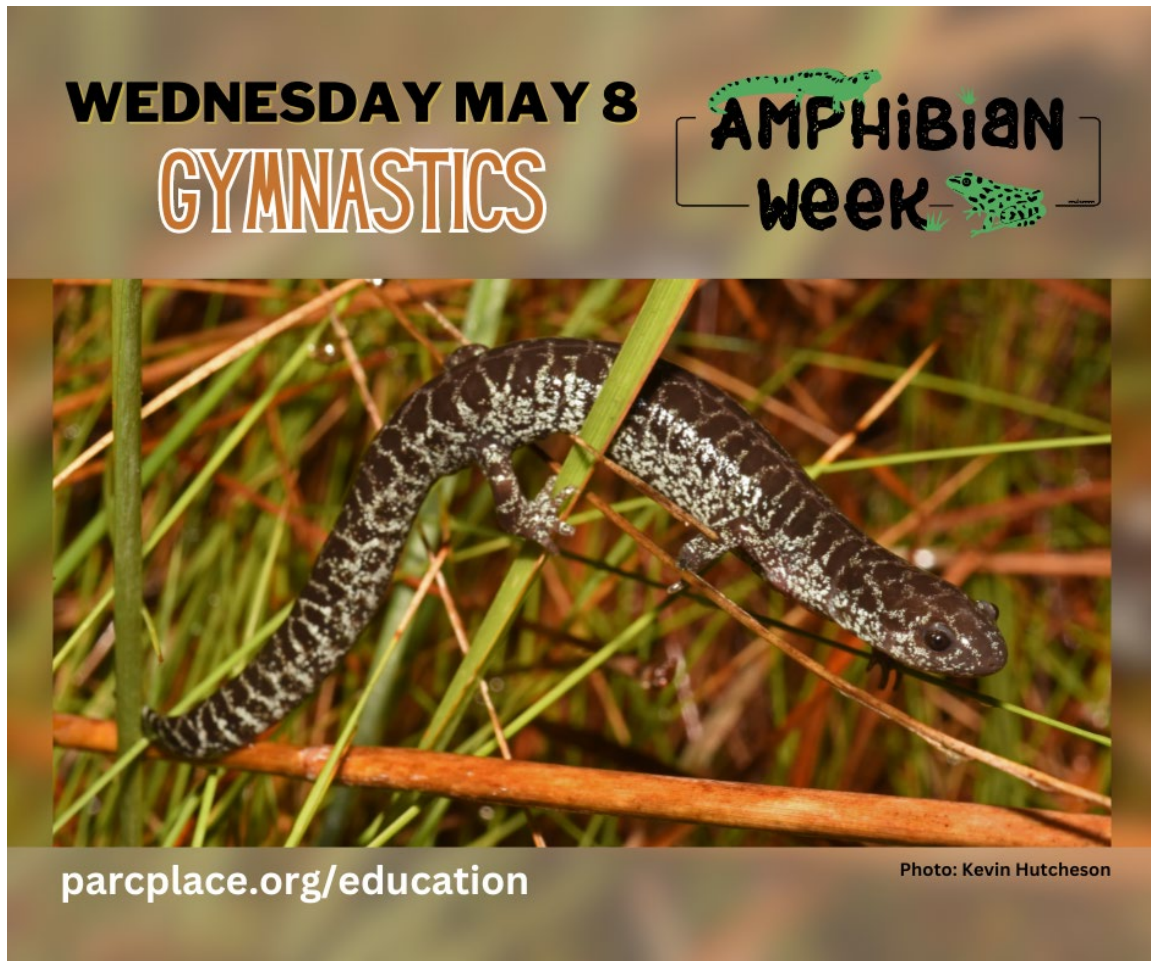
Grab your floaty, fins, and froggy spirit – it's time to make a splash at the Amphibian Athlete Aquatics Competition! From synchronized swimming to underwater races, our slimy superstars are making a splash like never before!

FUN PUN: Don't say we never TOAD you that many salamanders depend on clean, cool, swiftly-moving waters to survive and all are good indicators of water quality!

Fun Facts/Additional Ideas For Posts

- Some frogs are made to swim and others...not so much! Even in the frog world, some species are more aquatic than others. Researchers examined the swimming patterns of aquatic and terrestrial frog species and found, not surprisingly, the aquatic species were more efficient with swimming. Aquatic frogs had webbed-foot shapes and sizes more adapted for life in the water.
- Aquatics are in an amphibian's DNA! "Amphibian" derives from the Greek word "amphibios," meaning "to lead a double life." Most amphibian species require bodies of water to breed and lay their eggs in. When they hatch, they begin their lives as aquatic larvae, metamorphose, and continue on as more terrestrial adults!
- While amphibians need natural pools, the chlorinated ones in your backyard can harm their delicate skin, causing damage and even death! To help frogs, salamanders, and any other wildlife that might wiggle their way into your pool, consider purchasing a [FrogLog](#) or similar device!
- Don't FROG-get: Amphibians feast on mosquitos, keeping the itch at bay! Larval and adult mosquitos are fair game for an anuran's appetite! An amphibian-less ecosystem means more disease-carrying insect populations and fewer medical discoveries!
- See how farmers are keeping soil on the land to give amphibians a chance at survival by reading [Conservation Solutions Prevent Further Erosion of Hellbender Habitat](#).

Wednesday, May 8th: Gymnastics



[Alternate text: Graphic that says, “Wednesday May 8 Gymnastics” next to the Amphibian Week logo; underneath is a photo of a mostly black salamander with numerous silver markings balancing between blades of grass; the URL for parcplace.org/education is included in the bottom right. Graphic free to use.]

Whether you're a fan of frogs sticking landings or salamanders with tails held high, this is one gymnastics event you won't want to miss!

FUN PUN: What did the track coach say to the frog that was scared of the hurdles? Don't worry, you'll hop over it!

Fun Facts/Ideas For Posts

- My, what a fast tongue you have! Some salamanders have superfast tongues capable of catching prey off guard. Research has shown that the mechanism

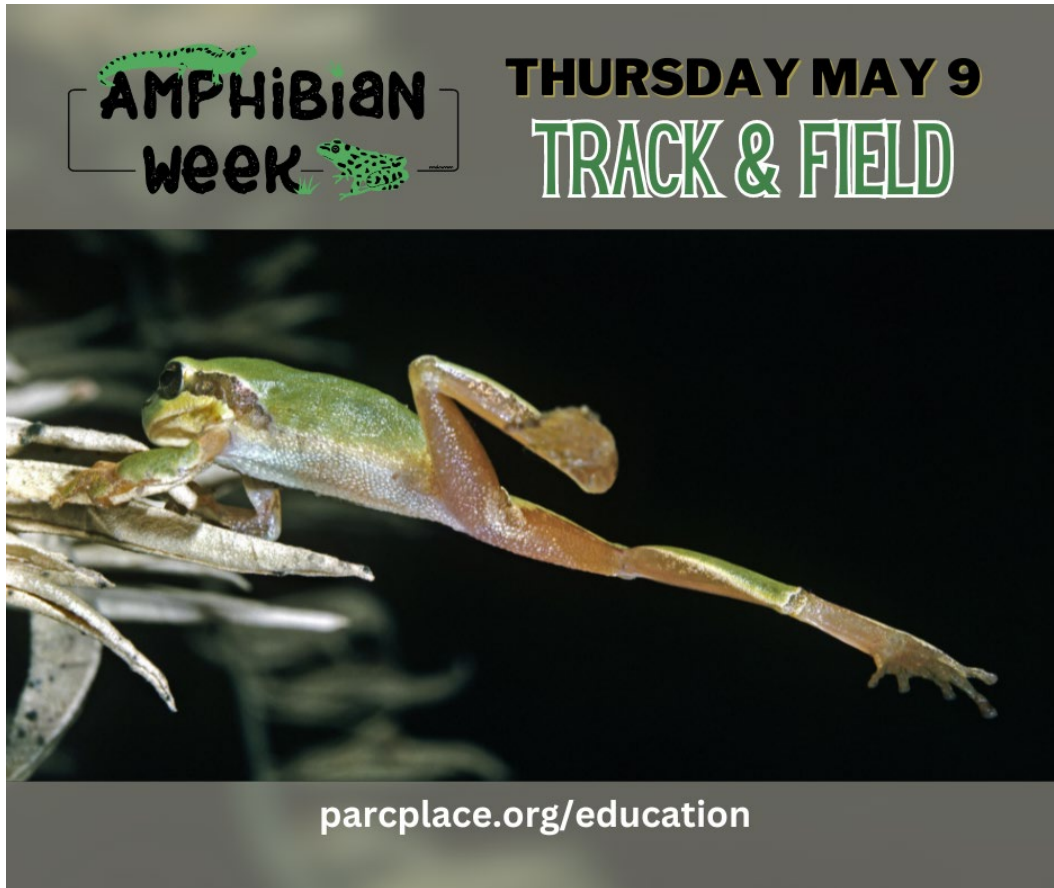
behind these fast tongues function almost like a spring-loaded machine! Hop over to read about how [Minor evolutionary changes helped transform the salamander tongue into a fast elastic recoil mechanism](#).

- Did you know? One of the best jumpers in the frog world is the southern cricket frog (*Acris gryllus*). They can jump 62 times their body length, which equates to approximately 6.4 feet!
- The South African sharp-nosed frog (*Ptychadena oxyrhynchus*) holds the Guinness World Record for longest single leap jump, relative to its body size! In a 1975 competition, a single animal jumped 5.35 meters (17 feet 6 inches)!
- What?! Small frogs can't jump (gracefully)?! Did you know that *Brachycephalus ferruginus* is a miniature Brazilian frog that has trouble jumping. Read [Science Snapshot: Small Frogs Can't Jump](#).
- While popular in the past, frog-jumping contests with wild-caught frogs have been found to harm local amphibian populations. Frogs used in contests can spread disease to one another before being returned to the wild, and participants often use invasive species, such as bullfrogs.

Activities:

1. How far can you jump? Host a jumping competition and compare the distances you can jump to different frog species. Check out this [Frog Jumping Contest \(PDF\)](#) from the North Carolina Zoo for ideas and information.

Thursday, May 9th: Track and Field



[Alternate text: Graphic that says, “Thursday May 9 Track and Field” to the right of the Amphibian Week logo; underneath is a photo of a mostly green frog leaping toward a light green plant with its hind legs extended; the URL for parcplace.org/education is included in the bottom center. Graphic free to use.]

Welcome to the Slimy Stadium for the most anticipated event of the season – the Amphibian Track and Field Extravaganza! 🏆 🐸 Grab your binoculars, prepare for some slimy action, and join us for a day of track and field like you've never seen before – because in the world of amphibians, every leap is a triumph!

FUN PUN: What kind of shoes do toads wear to run track? Open-TOAD shoes!

Fun Facts/Ideas For Posts

- Curious about caecilians? While frogs and salamanders often steal the slimy spotlight, these limbless, worm-like animals are amphibians, too! Most caecilians

are fossorial superstars, burrowing through soil and using tentacles near their eyes to discern food, mates, and foes!

- Did you know? Not all frogs can leap, or even hop! The desert rain frog (*Breviceps macrops*) can't hop and instead walks to get around.
- Did you know? Male salamanders impress females during breeding season by dancing with a waived tail while displaying vibrant colors, showing their fitness & releasing pheromones to females who use their sense of smell.
- Disappearing training ground: only about 3% of pine wiregrass flatwood habitat remains for the endangered Flatwoods Salamander in the lower U.S. Southeastern Coastal Plain.



[Alternate text: Graphic that reads: "Amphibian Migration" above the Amphibian Week and PARC logos with two roadways separated by green boundaries. A frog and salamander are on

the first roadway, lit up by an oncoming car light and overshadowed by a predatory bird followed by a skunk. The second roadway is also lit by an oncoming car but is empty. At its lower edge, a Spotted Salamander crawls from a green space into a vernal pool where another frog and salamander are swimming. Text is located in green spaces and vernal pool water and reads: 1. "Many amphibians migrate to the same breeding site every year. Often, they must cross roads to get there. Rainy nights in spring are ideal for amphibian movement, so watch out for these animals crossing the road!" 2. "Predation is a major risk to amphibians during migration. Open roads make it easier for hungry predators to see migrating amphibians and catch one for a snack." 3. "In some places, wildlife underpasses have been constructed to provide safe passage for migrating amphibians." 4. "When they reach the breeding site, amphibians mate and lay eggs, but they have to get there first! Migration is a critical part of successful breeding and the overall persistence of amphibians on the landscape." Image is free to use.]

Friday, May 10th: Awards Ceremony: Focus on Amphibian Allies



AWARDS CEREMONY:
FOCUS ON AMPHIBIAN ALLIES

AMPHIBIAN
week

FRIDAY MAY 10
parcplace.org/education

[Alternate text: Graphic that says, “Awards Ceremony: Focus on Amphibian Allies” at the top; underneath is a photo of three mostly green frogs balanced on a stick; the Amphibian Week logo is in the bottom left, and the URL for parcplace.org/education is included in the bottom right. Graphic free to use.]

When spending another whole **#AmphibianWeek** with our slimy superstars, everyone’s a winner, including their allies!

FUN PUN: Frogs are true Olympic WART-riors, offering pest control services for harmful insects.

Fun Facts/Ideas For Posts

- Have you ever met an Amphibian Biologist? If not, hop on over to our YouTube channel to see the [Amphibian Week video playlist](#) which includes short videos of Amphibian Biologists talking about what they do.
- How can you help frogs?! Learn more about simple actions that you can take to help frogs during this year's **#AmphibianWeek**. Check out the [Call to Action video](#) from the Smithsonian Tropical Research Institute.
- Join the [PARC newsletter](#) and follow the [Job Board](#) if you’re interested in a career in Herpetology.
- Have you heard about the [Global Women in Herpetology book](#)? The book includes 50 stories from women who have chosen to devote their lives to the study of amphibians and reptiles. **#AmphibianAllies**

Activities:

1. Create a poster, video, and/or social media post on how to help amphibians in your neighborhood.
2. [Make an ‘Amphibian Ally’ t-shirt!](#) Check out the directions and supply list on the 2021 Amphibian Week page.

Saturday, May 11th: Closing Ceremony: Actions for Amphibians



[Alternate text: Graphic that says, “Saturday May 11 Closing Ceremony: Actions For Amphibians” at the top surrounded by four colorful flags from Greece, Iceland, Ireland, and Azerbaijan; underneath is a photo of a mostly yellow and gray salamander with black bars; the Amphibian Week logo is in the bottom right, and the URL for [parcplace.org/education](https://www.parcplace.org/education) is included in the bottom left. Graphic free to use.]

It's time to hop onto the next amphibious adventure! If you're considering training for your own career helping herpetofauna, we're here to cheer you on!

FUN PUN: How did the frog resPOND to a hard day of training? With french FLIES and a CROAK-a-cola.

Fun Facts/Ideas For Posts

- Conserving amphibians goes beyond protecting waterways! Some amphibians are completely terrestrial or do not need surface water to breed and instead use micro-environments to lay eggs in or lay eggs that hatch directly into miniature adult forms.
- Skip fall clean-up and #LeavetheLeaves for wildlife, including amphibians!
- Disease is one of the top threats to amphibians. Help our herps by sharing [PARC's video](#) about disinfecting your field gear to protect amphibians.
- 🌍 Small actions, big impact! Help amphibians by reducing pesticide use in your yard this year. Some pesticides can be toxic to our local amphibians and/or can disrupt reproduction. For example, the Environmental Protection Agency has [Tips for Reducing Pesticide Impacts on Wildlife](#). #AmphibianAction
- Did you know that road salt can negatively affect amphibians? Certain species that emerge early in the spring, like wood frogs, tend to be the most affected. Learn [how road salts impact Chesapeake critters](#) as well as best practices for smart salt application. Consider joining [SaltWatch](#) next winter, as well!
- 🚫 🌿 Think twice before releasing your pets into the wild! 🐾 🌳 It might seem like a humane option, but domesticated animals often struggle to survive in unfamiliar environments and can hurt the environment and other animals in the process. For more information and resources on how to rehome your pet, check out the [Don't Let it Loose campaign](#).
- Are you interested in building a pond for #amphibians and other wildlife but don't know where to start? If so, the Amphibian and Reptile Conservation in the United Kingdom has a page on [Frequently Asked Questions about Garden Ponds](#).



[Alternate text: Graphic that reads: “When Working With Amphibians, You Need a Few Things” arranged as a diagram of a woman standing on the edge of a waterway. Captions (from top to bottom) read: ‘Headlamp-to find and observe amphibians when they are active at night’; ‘Disinfectant-to disinfect field gear to prevent transfer of pathogens between sites. 1:10 dilution of household bleach works well’; ‘Nitrile Gloves-to protect sensitive amphibian skin and prevent transfer of pathogens between individuals’; ‘Felt-Free Waders-to keep you dry and can be easily cleaned between sites’; ‘Dip Net-to catch and release amphibians in aquatic habitats.’ Image is free to use.]