

# Fitness For Life

Promoting Core Values & Healthy Habits Through Movement



## J4 PERFORMANCE

# Welcome Teammate!



**We are excited for you to join our team of friends!**

**The information included in this packet will provide you with the details you need to know about the U12 Fitness For Life program for youth between the ages of 6-11 (Grades 1-6). If we missed something, please let us know so that we can make the appropriate updates to this information packet. Please feel welcome to email [jimmy@j4performance.net](mailto:jimmy@j4performance.net) with any questions you may have.**

**For You, We Hope Health, Happiness and Success**

# Fitness Made Fun

Physical activity comes in many forms, some of the most common forms for youth being organized sports, recreational sports, and gym class. We acknowledge that not all youth enjoy playing recreational sports, nor may have the financial ability to do so, which is why Central Peace FCSS and J4 Performance have teamed up to provide a physical activity program that is engaging, interactive and FREE so that more youth have the opportunity to stay physically active while having fun!



There are 3 main ways that we make fitness FUN:

1. Obstacle Courses – 3-4 stations that focus on improving balance, coordination, power and speed—all of which are essential skills for short- and long-term development
2. Races, or TAG ;) – the picture above is one of many unique ways that we turn a youthful game into something a little different, and at times, competitive. Disguised in this variation of TAG is the fact that we are teaching power, speed and reaction time. We also play many variations of the actual game TAG.
3. Exercise-Based Games – YES! MORE GAMES!!!! Whether it's with a deck of cards, rock paper scissors, or something the participants come up with on their own, we continue to find new ways to teach basic exercises like lunges, squats and crawling in a game format.

# 9 Core Values & Healthy Habits

Although physical activity plays a main role in our program, health comes in many forms. Our program was founded on 9 Core Values that we introduce periodically throughout the program, with the main goal of inspiring our youth to practice Healthy Habits outside of our sessions at home, at school and wherever life guides them.

## **RESPECT**

Consideration for oneself, others and our surroundings

## **HONESTY**

Being truthful to oneself and others

## **CONFIDENCE**

Believing in oneself and others. When in doubt, take a BIG breath of confidence!

## **EFFORT**

Doing your best, no matter what

## **COMMUNICATION**

Engaging in two-way conversation to improve relationships with others

## **CREATIVITY**

Coming up with new ideas for games and healthy strategies that work for them

## **WISDOM**

Ability to make good decisions based on past successes and mistakes

## **AWARENESS**

Being grateful for family, friends and things we get to enjoy

## **LEADERSHIP**

Learning to lead by example within our communities

# Class Outline & Information

Fitness For Life is an after-school program that is anticipated to run for 8-10 weeks, beginning January 24<sup>th</sup> and 26<sup>th</sup> at Rycroft School Gym and Spirit River Centennial Hall, respectively. A typical session will be no longer than 1 hour and is roughly outlined as follows:

- Review Team Expectations – 5 minutes**
- General Warm Up – 10 minutes**
- TAG Races – 5 minutes**
- Core Value Discussion (Week #1 = Respect) / Water Break – 5 minutes**
- Obstacle Course – 10-minutes**
- Game – 10-minutes**
- Water Break**
- Game – 10 minutes**
- Class Wrap Up – 5 minutes**

## Class Schedule

Rycroft School Gym: Mondays @ 3:40 – 4:40pm  
Spirit River Centennial Hall: Wednesdays @ 3:30 – 4:30pm

## What Does My Participant Need To Bring To Class?

- Filled water bottle (bottled water will be available if needed)
- Gym / Court shoes. For safety reasons, PLEASE NO SANDALS
- Athletic or comfortable attire to run around in.
- Medications for special considerations (i.e., inhaler)

# 2 SIMPLE STEP TO JOINS

## Complete Pre-Participation Packet

These forms include informed consent, liability waiver and health history so that we can become more aware of any special considerations (i.e., asthma). Also included in this packet is a Social Media Waiver form. We kindly ask that you read, sign and fill out all sections completely to save us all some time. Thank you in advance =)

## Submit Completed Forms

You can either bring a hard copy of the completed forms with you to the first class or send them via email to [jimmy@j4performance.net](mailto:jimmy@j4performance.net) prior to the first class. We're excited to have you join us!



Please share this information packet with any families who may be unaware that this program is being offered. We love sharing the gift of health with others =)

## **Jimmy Nicholson, MS, CSCS, RKC**

Jimmy has enjoyed working with young people dating back to 2007 when he began volunteering with the Chinook Valley junior golf program. Four years later, he volunteered with The First Tee of Phoenix—a junior golf program that teaches life skills through the game of golf. His overall experience inspired him to become a junior golf instructor at the Fernie Golf & Country Club for 3 years, teaching kids in kindergarten to grade 9. In 2015, Jimmy went back to school to follow a newly discovered passion for health & fitness.



In 2016, Jimmy worked part-time as a junior golf instructor for The First Tee once again in Pasadena, CA, during undergraduate studies, followed by a youth fitness program while earning an M.S. in Leadership & Management. Now back in the Peace Country, Jimmy is honored to follow the footsteps of local teachers, coaches, mentors, and parents who have and continue to serve our communities and youth. Jimmy's intention is to inspire youth to practice healthy habits and provide them with fun and memorable experiences, over delivering in the process.