



# SPORT PROGRAM NUTRITION & FITNESS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FREE 14 WEEK PROGRAM FOR ALL  
YOUTH 13-18

**WHEN: STARTING MARCH 14TH TUESDAYS  
AND THURSDAYS FROM 3:30PM-5:30PM**

**WHERE: CENTRAL YMCA**



## THE PROGRAM FOCUSES ON

- CONFIDENCE
- BUILDING RELATIONSHIPS
- NUTRITION
- EXERCISE



**FILL OUT AN APPLICATION TODAY AND/OR CONTACT MEGIN HEWES AT  
MHEWES@YMCAD.E.ORG OR 302-254-9622 EXT. 151**



March 17, 2017

**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

To Whom It May Concern,

RE: SPORT

The Central YMCA wants to engage High School youth through an innovative fitness and leadership program. The SPORT Program, will be implemented by the YMCA's certified health and wellness staff and will emphasize healthy lifestyle behaviors and activities. The SPORT program will meet on Tuesday and Thursday evenings, 3:00pm -5:30pm beginning March 7th. Each youth in the SPORT program will receive a free 12 month YMCA membership to the YMCA of Delaware and a FitBit.

The SPORT program is designed to focus on building assets, confidence, and self-esteem through positive reinforcement and physical activities. The program will provide nutritional coaching, small group training, and time in fitness center, gymnasium, and pool. The youth will have free time to socialize with each other building strong relationships and a sense of belonging. The program will incorporate about an hour of physical activity, a healthy snack, and open discussion. The discussion topics will focus on stress management, goal setting, balance of school, healthy relationships, self-esteem, and substance use prevention.

Please disperse this information to students and their families who you think would benefit from participating in this program. Applications can be submitted to the Central YMCA at 501 West 11<sup>th</sup> Street Wilmington, DE 19801 or email at [mhewes@ymcade.org](mailto:mhewes@ymcade.org).

For more information, please contact me at [mhewes@ymcade.org](mailto:mhewes@ymcade.org) or (302)254-9622 ext 151.

Sincerely,

Megin Hewes  
Wellness Director

I hereby give permission to the medical personnel selected by the camp director to order X-rays, routine tests, treatment; to release any records necessary for insurance purposes; and to provide or arrange necessary related transportation for me/or my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the camp director to secure and administer treatment, including hospitalization, for the person named above. This completed form may be photocopied for trips out of camp.

Signature of parent/guardian: \_\_\_\_\_ Date \_\_\_\_\_

Field Trip & Transportation Release:

The YMCA has my permission to take my child on all pre-arranged field trips. I also give the YMCA permission to take my child on short term trips, providing transportation from school to the YMCA.

Signature of parent/guardian: \_\_\_\_\_ Date \_\_\_\_\_

Photo Release:

I hereby give my permission for my child's to be used in YMCA publicity.

Signature of parent/guardian: \_\_\_\_\_ Date \_\_\_\_\_

**CODE OF CONDUCT**

1. Participants will conduct themselves in a manner that displays respect for themselves and others, including those in the program, staff, guests, and YMCA members.

- We will use respectful manners, actions, and language and not use vulgar, harassing or hurtful language.
- We will not engage in physical contact with others in either a joking or harmful way

2. The following could result in immediate removal from the program:

- Use of any alcohol, drugs, or tobacco products
- Theft of any kind
- Fighting, threatening, or aggressive behavior

3. Participants will contribute fully, follow directions, and comply with program schedule in its entirety. If the participant is unable to contribute during the session, they are expected to discuss with staff.

- In order to participate to the fullest, cell phone use will not be allowed at any time during the program. If brought to the YMCA, cell phones must remain locked in secure lockers for the entire program.

4. Participants who do not comply could be asked to leave for the remainder of the day, could be suspended for a period of time, or could be removed from the program. Removal from the program would include termination of YMCA of Delaware membership.

5. Participants are expected to attend 20 of the 28 sessions.

Signature of PARTICIPANT: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of parent/guardian: \_\_\_\_\_