

## GET MOVING IN JULY:

Make your Independence Day full of fun and activity

### Simple:

Bring out some sidewalk chalk and let your kids draw a series of fireworks. After, have them begin at the first firework and jump (burst) from one to the other with arms out!

### Advanced:

Make the jumping a relay race and use a flag as the baton. Mix it up with an adult team to race the kids.

# AMAZING ATHLETES®

July

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**Safety First!**  
Only use fireworks as intended and keep a bucket of water within reach!

### Notes from the Coach:

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Summer is here – but Amazing Athletes keeps going! Please remember that if you need to withdraw your child from the program you do need to provide a two-week written notice. Thank you!



### RECIPE CORNER: FREEDOM FRUIT KABOBS

- Small Marshmallows

- (Red) Fruits: Strawberries, Raspberries, Watermelon, etc
- (Blue) Fruits: Blueberries, Dark Grapes, Blackberries, etc.

Arrange fruit and marshmallows on Kabob Skewers in Red White and Blue Patterns.

Get your kids involved by letting them help pick out "red" and "blue" fruits and arrange color patterns on the kabobs.



## Reminder – Jump into July!

It is a pleasure having

\_\_\_\_\_ in **Amazing Athletes!**

June Tuition of \_\_\_\_\_ is due on **July 5<sup>th</sup>**



Detailed Account information:

Pre-Paid Credit: \_\_\_\_\_

Un-Paid Balance: \_\_\_\_\_

July Tuition: \_\_\_\_\_

Total Due: \_\_\_\_\_

## \* Getting Starting in Sports \*

Few commitments have the kind of payoff that a child receives from playing sports. Sports participation enhances physical fitness during childhood while developing healthy habits for adulthood. A child gains experience in cooperation, self-discipline and perseverance, all while having a good time.

The best sport for a child is one that the youngster finds fun and interesting. To encourage a healthy and active lifestyle, you might casually expose your child to a variety of physical activities and let their desires and abilities act as a guide to further commitments.

In addition a child is most likely to enjoy a sport more if allowed to learn in a relaxed atmosphere while having fun and receiving support and encouragement from adults.

At Amazing Athletes we are committed to providing your child with all of the above. We want to help them learn confidence through athletics and help them value a healthy lifestyle through activity. \* Article excerpts from the MetLife Consumer Education Center\*

Happy 4<sup>th</sup> of July! It is time for the rocket's glare and fireworks in the air! Amazing Athletes wishes you a fun and safe Holiday!

Questions? Contact Your Coach!