



KEY BENEFITS

- Athletics provide children with an excellent opportunity to experience the joy, well being and self-confidence that physical activity can provide.
- A large number of kids can practice this activity at the same time.
- Both girls and boys can be on the same team and contribute equally to the team.
- Kids learn that everyone can collaborate to collect points that benefit the team as a whole. Even if the participant is not the fastest, strongest or most skilled, their contribution is significant to the team.

TO REGISTER:

1. Go to the business office and register with Mr. José Eduardo Flores.
2. Fee: \$130.00

For more information please contact:

Mrs. Alina Fernandez/ Administrative Assistant

athletics@amschool.org

Mrs. Ana Melisa Alonzo/ Eagle League Coordinator



SIGN UP NOW!

SEASON: JANUARY 4TH-
MARCH 9TH

KIDS' ATHLETICS





HISTORY

The International Association of Athletics Federation *Kids' Athletics* was created in 2006 and thus far it has reached an estimated 13 million children worldwide. This is a program which attempts to introduce Athletics at it's most basic level. It has the advantage that it can be implemented in a variety of installations, whether it be a stadium, playground, gymnasium, a park, back yard or sports arena. All that is needed is an open area where kids can run, jump, and throw.

www.iaaf.org

MATERIALS

The Kids' Athletics program brings kits which include all the necessary materials to perform running, jumping and throwing activities in a fun, safe and measurable manner.



OBJECTIVES

The objectives of this program are the following:

- Make Athletics the number one participation sport in schools.
- Introduce kids to sports and the basic skills required for most athletic activities.
- Promote a healthy and well balanced lifestyle.
- Promote fair play and core values
- Attract and sustain the potential sporting stars of tomorrow.
- Promote a healthy social interaction. and love of adventure.