



SHOOTING STARS ATHLETICS

- ★ Shooting Stars is an athletic enrichment program incorporating different sports over the course of this session.
- ★ Program is designed to introduce children to basic skills and fundamentals needed for core sports.
- ★ Equipment is small, soft and designed specifically for ages 3-5.
- ★ Cognitive skills will also be reinforced through the use of colored, numbered and lettered cones and targets.
- ★ Developed by Noelle Hague, Tennis Professional, with over 20 years teaching and coaching experience in the Richmond area.
- ★ The goal is to make sure each child's first sports experience is a positive one.
- ★ Instilling confidence, increasing strength and flexibility, and having fun while learning basic sports skills leading to a healthy lifestyle.
- ★ All key sports build on one another - it is important to imprint a strong fundamental foundation from the very beginning!

2019 - Spring Program Curriculum

Brandermill Church Preschool - Monday or Tuesday - 1:00pm - 1:40pm

12 - Weeks Program - Mondays: Jan. 14th - April 22nd (NO Classes Jan. 21th & Feb. 18th)

12 - Weeks Program - Tuesdays: Jan. 15th - April 23rd (NO Class Jan. 22nd & Feb. 19th)

(NO CLASSES SPRING BREAK APRIL 1ST - APRIL 5TH)

Week 1 - Intro to Shooting Stars/Games, Weeks 2 & 3 - Tennis, Weeks 4 & 5 - Baseball/Softball, Week 6 - Basketball, Week 7 - Creative Movement/Agility, Week 8 - Soccer, Week 9 - Lacrosse, Weeks 10 & 11 - Golf, Week 12 - Playground Games/Participation Awards

Cost: \$145.00

***Payment Options:** Pay Full Amount of \$145.00 at Registration OR

\$75.00 Payment at Registration & Final Payment of \$70.00 Due by March 1st.

(Make checks payable to: Shooting Stars Athletics - Register early classes fill up quickly!)

Class Structure: 40-minute class

Warm up - 5 minutes: short runs, jumping jacks, push-ups, sit-ups

Instruction - 15 minutes: concentration on sports specific technique

Game - 15 minutes: fun-filled game using techniques learned

Cool Down - 5 minutes: stretching - learning the importance of flexibility and learning the different muscle groups