

Yes, We Want A Free Instructional Clinic Assembly At Our School

Please print and complete all the information below before mailing, faxing, or e-mailing to the LA84 – Mt. SAC Relays Office

Name of School _____
Address: _____ City: _____ Zip: _____
Contact Person at School: _____
Phone # of Contact Person: (_____) _____ of School: (_____) _____
e-mail Address of Person Requesting: _____
Grade Level of Students you Wish to Include: _____ Number of Students: _____

For Free Instructional clinics and/or assemblies, complete the above. Requested Date Priority. (Reminder: Only Monday, Tuesday, Wednesday, or Thursday between 9 and 12 noon slots are available) 1-11-16 thru 3-17, 2016.

1st Choice: _____ 2nd Choice: _____ 3rd Choice: _____

Yes, We Want A Free All-School Relay Meet At Our School

Please complete the information above and below

Check:

- _____ We wish only the clinic/assembly
- _____ We wish both the clinic/assembly plus information on putting on our own relays.
- _____ We wish to put on our own All-School relays meet and may request some help.
- _____ Please send _____ no. of instruction manuals to help instruct the sport of track & field, put in a track at our school, and organize our All-School relays meet.

Note: After reading the instructional manual (especially parts I, II, and III) you can contact us for help. We can provide you with relay batons, and awards once we hear your plans for your FREE meet. For pre-meet consultations, contact: Don Ruh at donruh@aol.com. Once contacted, personal consultations can be arranged.

THE LA84 FOUNDATION
MT. SAC RELAYS

YOUR SCHOOL'S YOUTH DAYS



for
**Elementary and
Middle Schools**

COMING
January – April 2016

**INFORMATION
BULLETIN**

MT. SAC RELAYS YOUTH DAYS

Thanks to the partnership with the LA84 Foundation, Mt. San Antonio College will again be working with the local elementary and middle schools of Southern California in promoting the Olympic sport of Track and Field.

Imagine, the 1984 Los Angeles Olympic Games and its mascot, Sam the Eagle, will be “at it again in 2016”. Together under the LA84 Foundation banner, they will be helping hundreds of elementary and middle schools promote fun and fitness through sport at their schools. (We mention Sam because in modern Olympic history, no other mascot has ever remained active after the closing of their Olympic Games, yet Sam proudly continues thirty-one years after.

In those thirty-one years, Mt. SAC has been a proud partner in their program, when given the mission of introducing Track and Field to youth. Now, over 360,000 boys and girls (and their teachers) in grades 3-8 have taken part in either the free instructional clinic programs or at the Youth Days competition. Hundreds more have read the Instructional Manual for elementary and middle school teachers and coaches.



The former LA84 Foundation Mt. SAC Relays Youth Days will not be held at the Mt. SAC Stadium for the next two years. Because the Mt. SAC stadium is being replaced with an all new state-of-the-art facility, the “Youth Days” will move to your school and will have your school name for its title.

You reaction may be “impossible”! But we say, on the contrary, it’s a blessing in disguise, because it’s time to take your program still another step further for your students. It’s time to get your entire school involved, rather than a limited number going to Mt. SAC to participate each spring. **Consider:** Why should only a few have the positive and fun experiences of your “Youth Days” when the entire school can be involved? Remember also, this program is educationally sound and will enhance your academic classroom efforts as well as your school’s physical fitness and school spirit.

The plan is simple, easy, fun, and we’ll be there to help you, by providing you with a free instructional manual for elementary and middle school teachers and administrators, as well as providing free instructional clinics and/or assemblies at your school in advance of your special event.

The Instructional Manual will:

1. Lay out a plan of physical fitness games and drills that will be fun for your students, and easy (and also fun) for your teachers to oversee and instruct.
2. Show you how to put a track in at your school without cost or hassle.
3. Help your students learn the basic skills in proper running, jumping, and throwing.
4. Give you the complete details in organizing and conducting your own Relays Youth Day event at your school.
5. Provide your school with contact information, if help is needed, as well as awards and relay batons.

The instructional clinics and/or assemblies at your school will:

1. Be free upon your request during the months of January – March.
2. Be limited in number and given only between 9-12 Noon on Monday – Thursday.
3. Be required to have between 200-800 attending in either one or two 50-60 minute periods.
4. See this brochure section addressing how to request such at your school.

Your students deserve the fun hidden in this fitness program, the skills taught in running, jumping, and throwing that will “open the door” to future educational opportunities, and the positive experiences of being on a team and working together with their fellow classmates to accomplish something. All (including your teachers) will leave your school’s Youth Days event with a feeling of pride and satisfaction.

Request for FREE Clinics/Assemblies or more Information & a FREE Manual on Track & Field teaching & putting on your own relay meet. Use the following contact information:

COPY THIS FORM AND SEND REQUESTS TO:

Mt. SAC Special Events Office
1100 N. Grand Avenue, Walnut, CA 91789
e-mail to: <specialevents@mtsac.edu> or <donruh@aol.com>
FAX: (909) 486-4109
Phone: Att Edmund Pula (909) 274-4840

