SPORTS JAM ACADEMY

*For today's **ATHLETES** & tomorrow's **LEADERS** !*

SPORTS JAM ACADEMY at

KAMEHAMEHA Elementary – AFTERSCHOOL Sports & Fitness Program

$130 for upcoming 2019 FALL Session (13 CLASSES over 13 weeks)

1 hour classes are on **THURSDAYS** (**2:30p – 3:30p)**

Aug. 22. 29. **Sept.** 5. 12. 19. 26. **Oct.** 17. 24. 31. **Nov.** 7.14. 21. **Dec.** 5

SPORTS JAM ACADEMY **is a safe, fun and exciting afterschool *sports & fitness program*, introducing nutrition, positive teamwork and basic skills & drills in various team sports.**

Training & development in Football, Soccer, Baseball & Volleyball.

This 1-Hour afterschool program is recommended for GRADES K - 3rd (Limited to 12 students per class)

- ✓ Low impact, **speed/quickness skills** and instructional drills and *(non-contact)* controlled scrimages.
- ✓ **Build self confidence, while learning positive life lessons**; *(following the "**Positve Coaching**" programs).*
- ✓ Learn about **teamwork and good sportmanship**, while **making new, lasting friendships.**
- ✓ **Awareness on proper nutrition & fitness** with an emphasis on "good education" make for "good athletics".
- ✓ **We provide all the gear & equipment needed**. (We do recommend bringing your own water bottle).
- ✓ **Taught after school on school's site, in a safe, SUPER-FUN environment**!

Register ONLINE at: www.sportsjamacademy.com

Ph. **(808) 383-1134** / EMAIL: **sportsjamacademy@gmail.com**

Please note that our classes are limited to the first 12 students to register ONLINE by AUG.16th Deadline. (Session runs for UP TO 13 weeks, & sorry but rained-out classes WILL NOT be able to be made up).

Thank you for the support from our partners & friends at:

Meadow Gold Hawaii's Dairy

McCully Bicycle & Sporting Goods

ESPN 1420

DAVE & BUSTER'S

THE HAWAI'I STATE Spelling Bee aio

*A portion of our proceeds goes to support the **Hawaii State SPELLING BEE***