



Making an impact on children on and off the playground!

Kids learn about life while on the playground - how to treat others, how to negotiate and resolve conflict, how to win and lose, and how to fall down and get right back up again.

Nearly half of the children in America get the majority of their daily exercise during recess. The playground is where children learn so much about life. Athletes in Training's Impact Recess Program is designed to work with schools and districts to make recess a time for kids to get moving, to play hard, and to learn important life skills. We provide our very best coaches during recess to teach, lead and coach children in games, sports, and fun activities. Our program is designed to be individualized to each school's particular needs. Choose the days of the week, the number of coaches, and which program best fits your school.

Here is what we can do for your school:

- Inclusion of all students is strived for with no one left on the sidelines
- Increased physical activity encourages healthy living
- Cooperation, teamwork and sportsmanship are taught and modeled
- Kids feel safer, and bullying incidents decrease
- Active children are more likely to get involved in other programs
- Teachers spend less time solving conflicts and more time educating children
- Supportive relationships among children are fostered
- Conflict resolution, healthy play and other life skills are taught
- Increased activity leads to more focus in the classroom

Why choose Athletes in Training?

AIT's Impact Recess Program uses well trained paid coaches, not volunteers. It was developed by educators, counselors and life-long coaches. We are a professional organization and have been in the Valley for over 25 years. We believe in the amazing opportunity that our communities have to make a positive IMPACT on the youth of today and want to do our part.

Contact us!

For information regarding programs, funding, prices, and how to bring AIT Impact Recess Program to your school contact us at AIT@athletesintraining.com or (480) 786-9454.

www.athletesintraining.com



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