

For Immediate Release
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Fit for Gold Tutoring & Fitness Academy Celebrates Its Third Successful Year

Over 100 students and their parents filled the Hawthorne Memorial Center Thursday evening June 2nd to celebrate the closing of the Fit for Gold Tutoring & Fitness Academy's third successful year. As Fit for Gold Cadets, high school students from Centinela Valley Union and Inglewood Unified school districts were assigned to work with nearly 1,500 younger students in after-school programs operated by Inglewood, Hawthorne, Lawndale, Lennox and Wiseburn school districts. After 30 hours of pre-training Cadets work up to 80 hours per semester assisting elementary and middle school students with homework, playground activities and nutrition information. Cadets are paid an hourly wage or stipend plus five school credits a semester.

Fit for Gold is sponsored by the South Bay Workforce Investment (SBWIB) in partnership with the City of Hawthorne and Gold's Gym. According to Jan Vogel, Executive Director of the SBWIB, "Fit for Gold helps hundreds of students to improve academically and build self-esteem".

Jan Vogel presented the Fit for Gold Cadets with bronze, silver and gold Presidential Challenge Awards along with a Certificate of Achievement. Joining Mr. Vogel in recognizing the Cadets were California State Senator Edward Vincent, Hawthorne Mayor Larry Guidi, Hawthorne Mayor Pro Tem Pablo Catano, Hawthorne City Council member Louis Velez, Inglewood City Council member Ralph Franklin, SBWIB Chairperson Wayne Spencer, and Fit for Gold co-founder Steve Tavera, President of Gold's Gym. Also in attendance was Lawndale City Council member Robert Pullen-Miles, Hawthorne City Council member Ginny Lambert, Juan Flores, Representative for Assemblyman Jerome Horton, Hawthorne School District Board member Hugo Rojas, SBWIB Board members Ken Bryant and Yvette Johnson, SBWIB Youth Council member Vivian Shannon, U.S. Handball Association Board member Gary Cruz and representatives from UCLA, the Los Angeles County Office of Education and Lawndale School District.

Seventeen year old Cadet Viviana Jimenez, a junior at Lawndale High School, eloquently summed up the significance of the program in her keynote presentation when she said, "motivating the little kids to do well in school has really helped me to believe that I can succeed and make a difference in other people's lives". According to Senator Vincent, "He is proud to be associated with a program like Fit for Gold that adds value to the community." All participating seniors will be graduating from high school and attending college or university this fall including UC Berkeley, Mount St. Mary's College, Cal State University and Loyola Marymont. Fit for Gold is operated through private, local and state grants as well as federal funding through the South Bay Workforce Investment Board. Mayor Guidi, co-founder of Fit for Gold, thanked the school and community partners for their dedication and commitment to the students.



Fit for Gold Cadets, parents and community partners



Steve Tavera, President, Gold's Gym; Wayne Spencer, Chairperson, South Bay Workforce Investment Board; Ralph Franklin, Inglewood City Council member; Larry Guidi, Mayor, City of Hawthorne; Jan Vogel, Executive Director, South Bay Workforce Investment Board; Louis Velez, Hawthorne City Council member; Pablo Catano, Mayor Pro Tem, City of Hawthorne.