

FOR IMMEDIATE RELEASE
February 28, 2006

CONTACT: CATHERINE BLAYLOCK 310-970-7700
cblaylock@sbwib.org

“Spring Training Continues for the FIT FOR GOLD: Healthy Mind and Body Youth Fitness Academy”

Over 40 students arrived at 8:00 a.m. sharp at the Hawthorne Memorial Center, anxious to complete the second phase of the Fit For Gold Tutoring and Fitness Academy. The morning session consisted of Tutoring & Mentoring training which was sponsored by Los Angeles County Office of Education (LACOE) Friday Night Live. The afternoon consisted of sports training for kids and handball training. These two afternoon activities were sponsored by A World Fit for Kids and the U.S. Handball Association respectively. Students from Hawthorne HS, Leuzinger HS, Lawndale HS, Hawthorne Math and Science Academy, Morningside HS, Inglewood HS, Middle College, and La Tierra Middle School, participated in the Spring Training Session for the Fit for Gold: Healthy Mind and Body Youth Fitness Academy. All time was donated by the sponsoring organizations and are always well attended. Mayor Larry Guidi commented, “It’s good to see the involvement and commitment of so many students”.

Students participating in the Fit For Gold Training receive high school credits and a stipend at the completion of the training. Once training is complete the Fit For Gold Cadets begin their worksite hours where they will mentor, tutor and teach healthy eating and fitness habits to elementary school age children.

For further information about the Fit for Gold Training Academy contact South Bay Workforce Investment Board, Youth Services Division at 310-970-7700.

###