

For Immediate Release  
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## **“FIT FOR GOLD” Tutoring and Fitness Academy Closing Ceremony**

On June 30, 2004, the South Bay Workforce Investment Board held the closing awards ceremony for its **Fit For Gold Tutoring and Fitness Academy**. **Fit For Gold** was sponsored by the City of Hawthorne and the South Bay Workforce Investment Board (South Bay WIB) and operated by the South Bay One Stop Business and Career Centers. Partnering in this project was Centinela Valley Union High School District, Los Angeles County Friday Night Live Partnership, Inglewood Unified School District, Lawndale Elementary School District Realizing Amazing Potential (RAP), Cooperative Extension 5 A-Day Power Play, Los Angeles County Office of Education After School Enrichment Program, YMCA and Gold’s Gym of Hawthorne and Redondo Beach. Forty high school students were trained as Fit For Gold Cadets to mentor and tutor elementary school students by assisting them with homework, teaching them about proper nutrition and the importance of physical fitness activities. Cadets were placed at elementary schools in Inglewood and Lawndale. Hawthorne cadets were placed at the YMCA. All cadets received five credits toward graduation and many received a stipend through the One Stop Centers. Over 500 elementary school-age children benefited from this program through Hawthorne, El Segundo, Lawndale, and Inglewood.

Jan Vogel, Executive Director of the South Bay Workforce Investment Board was the keynote speaker and presented certificates and gold, silver or bronze medals to the cadets as a proud symbol of an outstanding job. “This program is a wonderful example of the community working together to help all of the students increase awareness about nutrition and the importance of staying physically fit”, stated Jan Vogel. Mayor Pro Tem Pablo Catano, spoke to the cadets congratulating them and offering words of encouragement. Also attending the ceremony was Dorinda Dee, Asst. Superintendent of Lawndale School District, representing Superintendent Dr. Joe Condon; Wayne Spencer, Board Chairman and Samuel Bingham, Board Member of the South Bay WIB; and Ken Strickland, representing Gold’s Gym. Due to the success of **Fit For Gold**, the South Bay WIB will continue to offer the program in the next semester.