



South Bay Workforce Investment Board

PRESS RELEASE

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South Bay Workforce Investment Board
11539 Hawthorne Blvd., Suite 500
Contact: Jan Vogel, 310-970-7700

South Bay Area High School Students Honored at 'Fit for Gold' Award Ceremony

The South Bay Workforce Investment Board celebrates 35 Cadet Graduates

INGLEWOOD – The South Bay Workforce Investment Board (SBWIB), in partnership with local school districts, training partners, after-school programs and sponsors, honored 35 Cadet Graduates for the completion of this year's Fit for Gold Tutoring & Fitness Academy at the 13th Annual Closing Awards Ceremony on Thursday, June 2, 2016.

Held at Rogers Park in Inglewood, the event was attended by Cadets and their families, as well as local officials including; Mayor Pro Tem Ralph Franklin; City of Inglewood Councilmembers George Dotson, Alex Padilla; Torrance Mayor, Pat Furey; Wayne Spencer, SBWIB Chairperson; SBWIB Boardmembers Glenn Mitchell, Billy Campbell; Jan Vogel, Chief Executive Officer, SBWIB.

Fit for Gold Tutoring & Fitness Academy is an after-school program where high school seniors are trained to provide homework assistance, nutrition information and physical fitness activities to students, grades 3-8, while participating in enrichment, mentoring, and college-readiness activities. Some statistics regarding the outstanding performance of Fit for Gold Cadets include:

- 87% improve by at least one grade level in reading and/or math
- 92% successfully complete all program requirements
- 98% graduate high school
- 93% enroll in community college, four-year college/university or trade school

SBWIB Executive Director, Jan Vogel, awarded cadet graduates Enrique Argueta (Inglewood High School) and Fatima Ganda (Leuzinger High School) each with \$500 SBWIB Scholarships. Argueta will attend Arizona Western College this fall and major in Business Administration while Ganda will attend the University of California, San Diego, to study Architecture.

Fit for Gold, established in 2003, is an intervention program to help raise declining student test scores and reduce the rate of cardio vascular disease and diabetes among children due to poor nutrition and lack of exercise. FIT FOR GOLD, operated by the SBWIB, is a community collaboration serving youth living in the South Bay service area cities of Carson, Gardena, El Segundo, Hawthorne, Hermosa Beach, Inglewood, Lawndale, Lomita, Manhattan Beach, Redondo Beach and Torrance. Fit for Gold is funded through various federal, state, county and foundation grants.

FIT FOR GOLD Cadets from local area high schools assist more than 1,000 elementary and middle school students annually. Cadets complete 36 hours of training in mentoring, nutrition, playground activities and homework assistance provided by local fitness partners the Los Angeles County Office of Education's Friday Night Live program. More than 500 high school seniors have completed the academy since its inception. Cadets work roughly 80 semester hours and are paid a wage/stipend through the Federal Workforce Investment Act. Cadets are also given access to college mentors, tutors and career advisors that provide help and resources in post-secondary education enrollment and work training.



www.sbwib.org

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Pictured with the 2016 Fit for Gold Cadet Graduates are Left to Right: (left) Inglewood Mayor Pro Tem Ralph Franklin, Torrance Mayor Pat Furey, SBWIB Chairman Wayne Spencer (back row, center), and Inglewood Councilmember George Dotson (right)