February 21, 2014

Dear Parents,

On behalf of The Noble Path Foundation, I am writing to let you know that we are excited to be embarking on our 9-week Fitness Challenge, run in conjunction with Vista del Mar’s regular PE program. The course will feature both physical and nutritional elements, designed especially to both enhance and improve the overall health and fitness of your child.

Specifically, the goal of the VDMMS 9-week Fitness Challenge is to improve the health, athletic performance and fitness of each student through utilization of the following components:

- **Educating students about their body in relation to movement.**
  - The program will target basic fundamentals of the following components of speed: First step quickness, Acceleration, Maximum Velocity, Multi-Directional Movements and Agility. This allows the student to see immediate results and provides players of all different abilities the opportunity for immediate gains.

- **Educating students about how to maximize power.**
  - The program will allow for students to understand how to produce maximum power, where the power is produced from in regards to biomechanics and body parts, and how to effectively do this and stay injury free.

- **Educating students about strength.**
  - The program will include a 10 - 15 minute strength component each week that will utilize activation of posterior chain musculature, core development, and will include proper body mechanics. Understanding how to activate and develop lean muscle at a young age will hopefully help keep and/or maintain muscle development throughout life.

- **Educating students about flexibility.**
  - The program will include a 10 - 15 minute active dynamic stretching program to warm up the body properly to avoid injury. We will also be including a special session that will be focus on flexibility and the advantages of using stretching and yoga on health.

- **Educating students about sound nutritional guidelines.**
  - The program will provide general principles regarding the latest research and findings on proper nutrition and basic metabolic functions. Emphasis will be on becoming more informed and empowered about how each student chooses to nourish their body and which foods in particular will both help - and hinder - their efforts.
CHALLENGE CRITERIA AND SCORING

In addition to weekly physical fitness instruction, there will be FOUR nutritional challenges (one every two weeks). Students will be given a different challenge to incorporate into their daily diets and asked to bring in a parent-signed acknowledgement verifying their successful completion of the challenge. The PE period that brings in the highest percentage of parent slips will win that particular nutrition component.

An average score in each fitness test will be calculated per P.E. period, with a beginning assessment and final re-eval at the conclusion of the challenge. In order to emphasize the importance of both physical activity AND nutrition for good health, each component of the challenge will be worth 25 pts, for a total of 100 pts. available for both the physical component and nutritional component. As a bonus, there will be an additional 25 pts available for an extra credit writing project, describing how the 9-week challenge changed the way they approach food and exercise.

Total scores will be tallied and a winner will be announced the week after final re-evals are made. The winning PE period will be treated to a catered, healthy lunch and health-oriented goodie bags will also be awarded to all participants.

It is our hope that the next nine weeks will be both fun and challenging for your child. Getting healthy and fit as a family is one of our goals as well and so as an added bonus, So Cal Boot Camp will be offering a special Vista del Mar Family Membership: $49 for the first four weeks and just $147 for the following month, which is 50% off the regular membership price. Please call So Cal Boot Camp at 949-218-2267 for membership details.

If you have any questions, comments or concerns about the program, please do not hesitate to contact me. The trainers and I - as well as the staff and administration of VDMMS - are so excited to be embarking on this path towards a happier and healthier future for our kids!

Yours in health,

Cindi Juncal
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