

For Immediate Release

FITNESS PROJECT SEEKING APPLICATIONS
EAT RIGHT, GET FIT, BE SMART

VERGENNES If you have an area of interest or expertise that you are willing to share, we have recently received a federal grant that can remunerate you for your work with the students.

Addison Northwest Supervisory Union PEP project committee and our partners, the Vergennes Boys & Girls Club, are encouraging our community members and staff to help us develop and run programs that will help elementary students to be physically active 150 minutes per week and 7-12 graders to be physically active 225 minutes per week during school hours, and outside of school.

GOALS

- target students who normally would not join sports programs
- promote lifetime wellness activities, such as; yoga, golf, tennis, tae chi, running, skiing, snowshoeing, hiking/walking, dance, non-competitive team sports, nutrition awareness, etc.
- activities will be intramural - no outside competitions
- emphasize challenging oneself not winning/losing
- share equipment to ensure that programs are successful and to keep the cost down

Applications will be approved based on how many students will be involved, cost of the program and timeline of the program. If you aren't approved in the first round you can revise your application and reapply. All of the approved program leaders will need to pass a background check and complete a contract for services through the Vergennes Boys & Girls Club. You can pick up an application at an ANWSU school or by emailing Mike Reiderer, bgcvergenes@comcast.net or call 877-6344.

The first round of applications will be due on **Friday December 5th**.

The second round of application will be due on **Friday February 7th**.

The third round of applications will be due on **Friday April 4th**.

For more information contact Robyn Newton newton@anwsu.org or Ed Cook ecook@anwsu.org