

SIGN UP TODAY

Within This 9 Week Program, Our Staff Will Cover 5 Necessary Major Components Which Include:

- ✓ *FOOD INTAKE*
- ✓ *SUPPLEMENTATION*
- ✓ *CARDIOVASCULAR EXERCISE*
- ✓ *RESISTANCE TRAINING*
- ✓ *LEADERSHIP SKILLS*



"Turning Visions into Reality"

BYF, INC.
P.O. BOX 301146-1146
HOUSTON, TEXAS 77230



Healthy Kids and Young Leaders Program SUMMER 2011

Boykins Youth Foundations, Inc.



Turning Visions Into Reality Challenge

Email: boykinsyouth@gmail.com
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PROGRAM OBJECTIVES

Youth (boys and girls) ages 5 -16, will learn necessary tools to be leaders in their schools and community.

Additionally, we will implement necessary components into the fundamentals of a variety of **sports and activities**; which our youth will use to build on their **skills**, gain **self-confidence** and **self-esteem**, understand that **bullying** is abuse, and tips of how to deal with a bully.

During this program, youth will be able to **lead and influence** by example, **share** with their peers the **benefits** and importance of a **healthy, active lifestyle**.



9 WEEK PROGRAM SCHEDULE

Week 1 - June 20th-June 24th:
Proper Food Intake/ Speed, Agility, Balance and Coordination

Week 2 - June 27th-July 1st:
Supplementation/Weight Training

Week 3 - July 5th-July 8th:
Benefits of Cardiovascular Exercise/Basketball

Week 4 - July 11th-July 15th:
Resistance Training/Baseball/Softball

Week 5 - July 18th-July 22nd:
Football/Cheerleading

Week 6 - July 25th-July 29th:
Tennis

Week 7 - August 1st-August 5th:
Golf

Week 8 - August 8th-August 12th:
Volleyball

Week 9 - August 15th-August 19th:
Soccer

Clothing needed/Miscellaneous

- ✓ Workout clothes (t-shirts, shorts)
- ✓ Activity clothes (field trips only)
- ✓ Water bottles
- ✓ Workout towels

DAILY SCHEDULE:

7:30 a.m. - 9:00 a.m.
Snack/Free Time/Student Arrival

9:00 a.m. - 10:00 a.m.
Warm-up/Resistance Training & Cardio Workout

10:00 a.m. - 11:00 a.m.
Fundamentals/Topic of the Weekly Sport/Activity

11:00 a.m. - 12:00 p.m.
Lunch Break
(Students must bring a sack lunch with snacks and liquids daily)

12:00 a.m. - 1:00 p.m.
Read for Success
(Bring your favorite book to read)

1:00 p.m. - 3:00 p.m.
Mentorship & Peer to Peer Talk
(Divided Into Age Groups)

3:00 p.m. - 6:00 p.m.
Snack/Free Time/Students Dismissal

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