



THE HOPE, FAMILY AND FITNESS PROGRAM

BROUGHT TO YOU BY TDA
5-WEEK FITNESS PROGRAM FOR 1ST – 7TH GRADERS

THE HOPE, FAMILY AND FITNESS PROGRAM

- Who is Duke Rousse? What is TDA?
- Purpose of combining Hope, Family and Fitness
 - Benefits to the school
 - Benefits to us
- Why hope?
- Why family?
- Why fitness?
- Fitness Assessment
- Program itinerary
- Expected Results

WHO IS DUKE ROUSSE? WHAT IS THE TDA?

Deion Sanders



Cam Jordan



Leonard Fournette



Ryan Clark



Johnny Giavotella

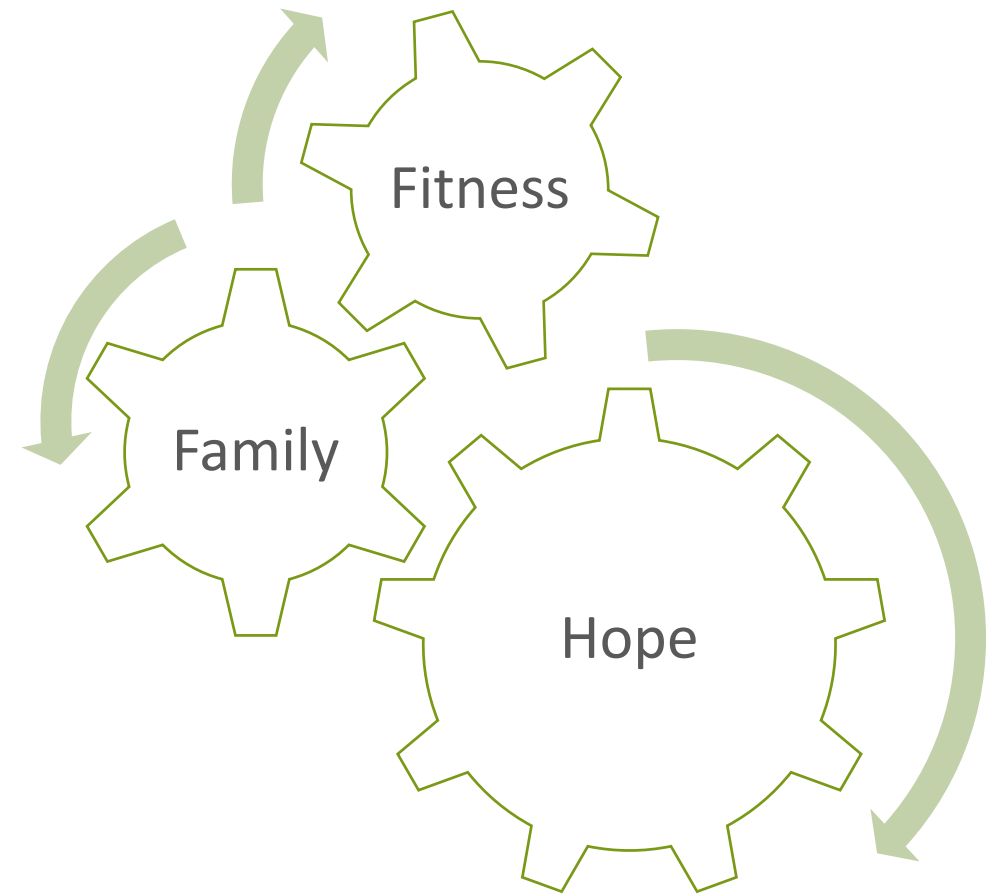


PJ Morton



PURPOSE OF COMBINING HOPE, FAMILY AND FITNESS

- Building blocks that are missing from kids today.
 - Hope (verb) – to cherish a desire with anticipation to want something to happen
 - Family (noun) - A fundamental social group in society typically consisting of one or two parents and their children.
 - Fitness (noun) - Good health, especially good physical condition resulting from exercise and proper nutrition.
- All three are combined into a workout routine for students



BENEFITS TO THE SCHOOL

- Percentage of the earnings go back to the school depending on participation
- Innovative, one-of-a-kind program in the Greater New Orleans area
- Students will be trained by a renowned, trained professional
- 5-week program, twice per week for 90 minute session each
- Provide students a safe, anti-bullying environment where they can thrive on their own efforts, form everlasting bonds and start a healthy lifestyle.
- Convenient for parents. All training is done at school after school
- Family party at the end of the 5-weeks. Family and friends are invited to celebrate the students accomplishments.
 - Special Speaker
 - Kid's family get to meet their fitness family

BENEFITS TO US

- The opportunity to impact 1st through 7th grade boys and girls to gain confidence in themselves at a young age
- Spread **HOPE** to students that may not have **HOPE**
- Show students that **FAMILY** is not always made up of blood relatives
- Show students that **FITNESS** can be a part of their everyday lives
- Gratification of impacting one child in a positive light through our mentorship program
- Share our program with the community
- Show parents how their children can bloom



HOPE

“NO MATTER HOW DARK THE MOMENT, LOVE AND HOPE ARE ALWAYS POSSIBLE.”

GEORGE CHAKIRIS

WHY HOPE?

- By giving students hope, we hope they embody to be one of the 3 types of people we all want in our lives. People who...
 - **Inspire us**
 - We want to give students the inspiration to inspire others. Inspiring students gives them a sense of worth.
 - **Excite us**
 - We want to excite students to believe in themselves. We want to continually keep them motivated to be the best they can be every day.
 - **Grateful for**
 - There are always people we are grateful for in life. We want to impact students positively so they can look back after the 5 weeks and be grateful for this opportunity.
- Make students leaders out of followers
- Encourage students to make better choices
- Give them the faith they need in themselves to strive for a better life



FAMILY

“FAMILY ISN'T AN IMPORTANT THING. IT'S EVERYTHING”

MICHAEL J. FOX

WHY FAMILY?

- Family is the most important and informal socializing agent that molds the child in society and the future of the child depends upon it. The family structure is extremely important these days. If they don't have a solid family structure at home, they will find one with their fitness family.
- Trainers will serve as mentors beyond fitness aspect of the program.
- Students will learn to lean on each other. They will form strong, everlasting bonds with one another.
- Students will learn to turn challenges into opportunities with the support of their fitness family.



FITNESS

YOUR HEALTH IS AN INVESTMENT, NOT AN EXPENSE

WHY FITNESS?

- Fitness is great for mental health, especially those dealing with AD&D, ADHD.
- Fitness is scientifically proven to
 - Strengthen muscles and bones. Increases lung capacity, which helps the lungs and brain
 - Lowers the risk of type 2 diabetes, cancer, obesity, and high blood pressure affecting young people today due to lack of physical activity
 - Increases energy, concentration and focus
- We hope to empower students to be more confident in themselves and what they can accomplish not only physically but what they can do in the classroom
- Incorporate nutritional goals as well as fitness goals
- Keeps students off of their phones and focus on their health
- Affordable training for students who may not be able to afford it with the most recognized and renowned trainer in the GNO.

INITIAL ASSESSMENT, TESTING & ENROLLMENT

- Allow us one full day of assessments and testing during PE
 - Students will meet Duke and workout with him. This will give the students a feel of what to expect during the workout sessions.
 - Students will be assessed on
 - 40 yard dash
 - Standing broad jump
 - Crunches
 - Push-ups
- Students will go home with the results of their assessments to bring home to parents.
- Parents should review the assessment and return the form to us. Cost is \$250 for a 5-week, 90-minute session twice per week. (Training will be performed 2 days a week for 90 minutes each session)
- Sessions start dates will be provided to students once the size of the session is determined
- 5-week sessions require a minimum enrollment of 20 students.
 - If we have an overwhelming response, we can provide two (2), two (2) week sessions per week to include all students; i.e. Monday & Wednesday sessions for one set of students AND Tuesday & Thursday sessions for another set of students exclusively at your school.
- Fall and Spring sessions available depending on interest in the program

The HOPE, FAMILY AND FITNESS Program brought to you by TDA Performance Training

We'd like to invite you to join our innovative, one-of-a kind program in the Greater New Orleans area. It's a **fitness** program incorporating **hope** themed workouts with your fitness **family**. This is a 5-week program conducted twice a week for 90-minute sessions each. The cost is only \$250 for the entire 5-week session with the highly renowned Duke Rousse from TDA.

Empower your child with confidence, agility and speed in this 5-week program. ***Space is limited so act now!***

All training is done after school on school premises so it's easy and convenient.

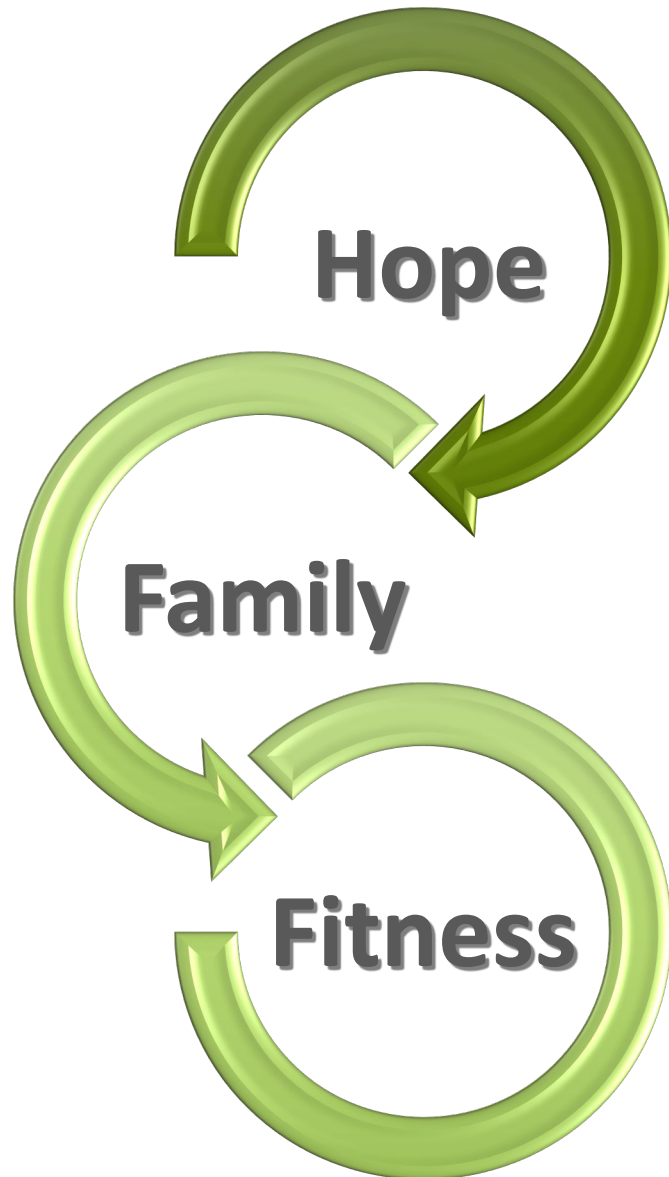
See your child's confidence, fitness and health choices improve at the end of the 5th week. Celebrate your child's accomplishments by joining us of the end of session party. Guest speaker will be present. Don't miss it!

Form and payment must be returned within a week.

Make checks payable to TDA.

PARENT FORM

Briefly describes the program and cost.



PROGRAM ITINERARY

- **First 10-15 minutes** – Discuss the **HOPE** themed workout
- **60 minute workout** – Incorporate the **HOPE** theme throughout the workout while working out as a **FITNESS** family. Duke and 1 or 2 trained professional will assist with the training
- **Last 10-15 minutes** – Recover, meditate and encourage students to take what they learned into their daily lives

EXPECTED RESULTS

- School will receive a portion of the proceeds based on the number of students that enroll in the program. Need a minimum of 20 students for each 5-week session.
- Sessions will be challenging and **FUN!**
- Students would have built comradery with other students they may not otherwise engage with at school
- Students should improve 1% at each session. After the 5-week period, the students should see a 10% or more improvements in
 - Speed
 - Agility
 - Endurance
 - Confidence
 - Teamwork
- At the end of the 5-weeks, we will give the students and their families a party to celebrate accomplishments.

THANK YOU FOR YOUR TIME

THINGS DON'T HAPPEN TO YOU. THINGS HAPPEN FOR YOU.

YOU CAN ONLY CONTROL WHAT YOU CAN CONTROL

DUKE ROUSSE