



Press Release/Public Service Announcement

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FOR IMMEDIATE RELEASE
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SPAR ANNOUNCES YOUTH FIT

SHREVEPORT, LA, March 13, 2010: Shreveport Public Assembly & Recreation (SPAR) announces YOUTH Fit Program scheduled on Tuesdays and Thursdays 6:00pm to 7:30pm from June 1 to July 29, 2010. The mission of YOUTH Fit is to provide youth with skill and fitness instruction for successful Cross Country (e.g. long distance) running. In order to provide quality instruction for the program, only 40 slots will be available on a first come, first served basis. Registration is required.

YOUTH Fit believes that teaching the foundations and strategies for health and fitness associated with running is an integral part of a healthy lifestyle. YOUTH Fit focuses on males and females ages 7 - 17. Fundamental knowledge, skill development, proper progression, lead-up games and seminars provide YOUTH Fit participants with an opportunity to emphasize development of Cross

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Country running skills and healthy lifestyles in a fun and stimulating environment. A special Thursday Fun Run Series will involve 1-3 miles runs each Thursday for participants at locations around the city.

An orientation meeting is scheduled for Tuesday, May 25, 2010 at 6:00pm at the Stoner Marina Boat Launch, Clyde Fant Parkway under the pavilion. The program site is the Stoner Marina Boat Launch.

The registration fee of \$20.00 includes membership to USA Track & Field Cross Country Organization. Registration can be made online at www.usatf.org by clicking on "Product/Services" then "Individual Membership". Complete the registration and print the assigned membership number. Then bring the printed membership number and registration to the program site.

Dr. Shelly Armstrong, Assistant Professor and Chair of the Department of Health & Exercise Science and Head Cross Country Coach at Centenary College will coach the participants. For more information on YOUTH Fit, contact Dr. Armstrong at 318.869.5277.