



Inspiring Kids Academy Program Description

Welcome to Inspiring Kids Academy, Inc. a non profit organization founded May 31, 2005. We support children and youth in the DeKalb County region of Georgia. Below is a brief description of our program and who we serve. Our mission is to provide the tools for students in the Southwest DeKalb County Georgia with a focus of building a better life for themselves and future generations through education, physical fitness, and athletics while connecting with them with a broader community.

Inspiring Kids Academy program provides a year round after school program to children and youth ages 5 – 16.

Our program is comprised of four key components:

1. Education - Homework Assistance, Math, Science, Social Studies Tutorial, Summer Bridge Packet, SAT Prep, Georgia High School Exit Exam Preparation. Expected Results- to improve overall academic achievement for each participant

2. Fitness, Health, Nutrition, Wellness & Athletics - Baseball/Softball Speed, Power, Agility, Reaction, and Quickness--this program is designed to improve speed, acceleration and first step speed, bat speed and power, overall athleticism, and injury prevention.

Expected **results** include **increased speed** in the 20/30 yard dash; **increased core strength, bat Speed, quickness, agility, change of direction**; and **shoulder stability**. A major focus of this program is to decrease injury risk to the **knee, low back, shoulder, and elbow**. To assist in preventing health issues such as childhood obesity, childhood diabetes and other health related issues regarding children. One of our goals is to educate children as to the importance of eating healthy, having a healthy food choice while encouraging them to remain fit in order to live a healthy lifestyle.

3. Life Skills - A healthy **Self-Concept** which includes the three skills of:

A). Know Yourself **B).** Love Yourself **C).** Be True To Yourself. The Critical Thinking that is needed to work on developing and honing the rest of the skills including: **D).** Having A Personal Value System **E).** Perspective **F).** Have An Open Mind **G).** Sense Of Humor **H).** Resilience **I).** Acceptance. This portion of the program is combined with our focus on prevention child abuse, abstinence and aids awareness. Expected results: to assist in getting 50 or more summer jobs.

4. Teen Workforce Development- Educates and assists students in gaining summer employment through our partnership with the DeKalb County Youth Workforce Department.

The Inspiring Kids Academy has a fall and winter fitness, baseball / softball training runs from August 1 – End of February. This portion of the program allows boys and girls participants ages 5-16 to focus of fitness, health and wellness and baseball and softball instructions. This service is provided to over 65 participants every weekend with the exception of holidays.

The summer enrichment and fitness camp provides a Summer Bridge Booklet to over 200 boys and girls participants ages 5-12 and we provide SAT and the Georgia High School Exit Testing exam preparation to teens ages 13-16. We promote healthy eating, fitness, child abuse prevention, abstinence awareness, teen summer workforce (we are a summer workforce site and we provide over 50 summer jobs to teens and young adults ages 14-24) and baseball & softball fundamentals. It is designed to teach boys and girls ages 5-16 the importance of education, living healthy lifestyles, getting and remaining fit and learn the game of baseball. This camp will afford the campers the opportunity to explore a new way of spending a productive summer.

Summer Camp Begins: June 1st & Ends July 31st
Fall & Winter Program Begins Mid Aug- End of February

Youth Ages 5 yrs - 16yrs

Monday - Friday 7:00 am – 6:00 pm

Daily Healthy & Nutritious Breakfast, Lunch & Snack

Promoting & Advocating

Education, Fitness, Health, Life Skills, Abstinence, Child Abuse Prevention, Sports Mentoring.

Summer Daily Activities

Every Friday- Field Trips

Monday- Thursday

7:00am- 8:00am: Nutritious Breakfast USDA Food Provider (Bright from the Start)

8am- 8:30 am-Food digestion period

8:30am- 9:00 am- On field stretching exercises

9:00 am-9:30am-Structured Group Jogging with Fitness Coach

9:30 am -9:40 am- Hydration Break

9:40 am- 10:00 am- Group Agility Drills

10:00 am- 10:15 am- Hydration Break

10:15 am- 10:45 am- Group Hill Drills

10:45 am- 11:00 am – Hydration Break

11:00 am –11:45 am- Group leg strengthening drills (ie. Duck walks, crab walks, frog leaps, skipping, jogging, hurdles, ladders, medicine balls 40 yard dash timing, 60 yard dash timing, cone drills, core building etc.)

11:45 am- 12:00 pm- Hydration break/ Prepare for lunch

12:00 pm-1:00 pm – Lunch Break

1:00pm-3:00 pm- On field Baseball and Softball Scrimmage

3:00 pm- 3:15 pm – Proceed to Classroom for tutorials, summer bridge, abstinence, child abuse prevention, life skills, nutritional and wellness classes: All Classes are held at Salem Middle School in Lithonia, Georgia

3:15 pm- 5:00pm – Tutorial

5:00pm- 6:00pm- Drop everything and read!

Camp Site 1: Brownsmill Baseball Complex 5101 Browns Mill Rd Lithonia, GA 30038

Camp Site 2: Bethune Middle School 5200 Covington Highway Decatur, GA 30035

Key Staff:

Licensed Educator- Dr. Jose Helena Doctrine in Education

Certified and Licensed Fitness Trainers- Sgt. Shawn Scott and Former NFL Player Carl Lane

Baseball and Softball Certified Instructor - Anthony Wainwright

Life Skills Coach - Alvin Wimberly Masters in Psychology



Partners:

DeKalb Initiative for Children & Families, Inc.

DeKalb County DFACS

DeKalb County Workforce

DeKalb County Board of Education

Salem Middle School

Bethune Middle School

Exchange Park

DeKalb County Parks and Rec

DeKalb County Board of Health

4-H Council

Bright from the Start

Browns Mill Parks & Recreation

Sponsors:

Florence H. Maxwell Foundation

Atlanta Braves Foundation

Build A Bear Workshop Foundation

Banfield Charitable Foundation

Wal Mart

Coldwell Banker
Chou Lee's Restaurant

New Dimension Church

Kroger
Nestles Corporation

Air Tran Airways
Jim Ellis Porsche
U.S. Army