



## **-FOR IMMEDIATE RELEASE-**

### **TEAM FUZE™ – A FREE NEW DONATION PROGRAM FOR LOCAL SPORTS PROGRAMS & LEAGUES**

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**FUZE Fit For A Kid™** ("FUZE") is pleased to announce **TEAM FUZE™**, an *ongoing donation program* to benefit not-for-profit sports and recreational organizations such as yours on behalf of K-8th graders.

Commencing September 1<sup>st</sup>, each and every time a player from a participating league or team enrolls in a FUZE qualifying program – *After-School Classes, P.E. Field Trips, Personal or Sports Team Training Session* – **FUZE will donate \$35.00 to your organization in your name!!!**

Should you desire further assistance with your communication efforts regarding TEAM FUZE, please do not hesitate to contact us directly for web, print and other materials available up to and including FUZE FAQs for our curricula, programs, facilities, and organization and coaching staff. We would be pleased to host any fundraising events, sponsored races or other suitable activities to kick-off the program with success. **Intelligent Sports Conditioning™** (ISC) at FUZE offers your child or teen the benefits of an *integrated* approach to fitness through experienced athletic trainers – typically NCAA athletes, coaches and multi-sport athletes experienced in youth conditioning – building a confident player's mind and a competent young body physically fit to perform. **Please call us for registration materials today.**

### **FUZE BENEFITS**

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Our **Intelligent Sports Conditioning™** (ISC) are sports-development instruction and preparatory classes and are taught by certified youth fitness instructors and caring coaches who are typically former collegiate or professional athletes themselves whose purpose will be to build the physical tools That **SPORTS PARTICIPATION, FUNCTIONAL MOVEMENT**, and **PERSONAL PERFORMANCE** draw upon, including:

- **MOVEMENT, STRENGTH AND BALANCE**
- **REDUCE THE PROPENSITY AND SEVERITY OF INJURY**
- **STRENGTHEN THE MENTAL CAPACITY OF EACH CHILD TO PERFORM**
- **IMPROVE ATHLETICISM THROUGH AGED-BASED MOTOR DEVELOPMENT DRILLS**
- **INCREASE SPEED AND AGILITY THROUGH LATERAL, LINEAR, AND ANGULAR ACCELERATION AND DECELERATION TECHNIQUES**
- **PRE-SEASON BUILDING BLOCKS FOR SPORTS**
- **PROVIDE CROSS-SPORTS TRAINING COMPETENCIES**
- **UPGRADE THE SPORTS EXPERIENCE FOR EVERY CHILD**
- **TEACH LIFE SKILLS TIED TO PHYSICAL EDUCATION AND SPORTS CONDITIONING**
- **HELP LIMIT "BURNOUT" AND INCREASE MENTAL TOUGHNESS**
- **REINFORCE SPORTSMANSHIP, NON-INTIMIDATION AND FAIR PLAY**
- **INCREASE SELF-ESTEEM AND BUILD CONFIDENCE**

We couple proven conditioning, exercise science, and motor development techniques with additive benefits of interactive fitness - which not only keeps kids intrigued - but in itself teaches improved neuromuscular growth and development such as: **HAND/FOOT-EYE COORDINATION, KINESTHETIC AWARENESS, COORDINATION, FOCUS, DISCIPLINE, AND ENJOYMENT**. Specifically, ISC addresses 4 core components which contribute to developing foundational skills for virtually all sports through our proprietary program: the development of an *inter-connected system* – **STRENGTH, ROTARY POWER, SPORT CORE, AND PURE STAMINA**. At the heart of this linked system is a *foundation* of fitness. The fit child will out-hustle, out-last, and simply out-achieve the less fit child, and have more fun doing so!

## ABOUT FUZE FIT FOR A KID!

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FUZE strengthens the health and fitness of kids in K-8<sup>th</sup> grade through intelligent sports conditioning a state-of-the-art club designed just for their needs with *age-based* group exercise **CLASSES** like yoga, cardio-kickboxing, rebounding, hip-hop and zumba dance, martial arts as well as with high-tech circuit classes including interactive fitness technology, exergaming, plyometrics and **SAFE**, age-appropriate strength training and **COACHING** services. Our primary goal is to provide a constructive and fun ultimate **CROSS-TRAINING** experience for kids, be they aspiring young athletes, need a little extra focus and motivation that comes from a non-threatening kid-friendly environment, or are seeking to truly adopt a healthy lifestyle for the first time in their young lives. We offer a safe, **NON-INTIMIDATING** place while providing the means for enduring fitness for all levels of socialization, athleticism, health, and individual fitness. At FUZE, fitness and sports coaches, teachers, and trainers are **YOUTH CONDITIONING SPECIALISTS** dedicated to helping kids **GO, PLAY, and ACHIEVE™**. Plus, we also offer *free* **HOMEWORK CLUB** so kids can train their brain pre- or post-workout!

FUZE has provided hundreds of hours in sports development and school-based P.E. programs. We are double-goal certified by the *Positive Coaching Alliance*, a DOJ Live Scan-certified, fully-insured, and TB-

negative facility. We carry \$3 million in liability insurance and are pleased to name your non-profit organization as an additional insured to our master policy.

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**COMMITMENT**

**CHARACTER**

**RESPECT**

**ACHIEVEMENT**

**RECOGNITION**

**TEAMWORK**

