



Dear Parents of Coach Rozy's Movement Skills for Life Jr. Program:

I wanted to share with you our philosophy of our Jr. Program, and really what the **MOVEMENT SKILLS FOR LIFE PROGRAM** IS REALLY ABOUT. The reason I wanted to share was that I got this feedback on our program in December:

"Step up the program because the feedback I'm getting from my kids wouldn't warrant me signing them up during the school year. They can be pushed harder."

First, I want to thank everyone who shared your feedback, comments, ideas and suggestions with myself and our staff at Coach Rozy Performance. We ALWAYS want to hear what you have to share with us. That's how we get better, keep pushing the envelope and looking to make our programs we offer the highest quality we can. So thanks for the insight and comment - I really mean that.

Second, I want to say, YES! I know for a fact we could "Step Up" the program, make it harder, make it where the kids are crawling out of the gym (if some of you have kids in our Performance Program for the 7th - 12th grade; you might have seen that side effect from some of the workouts this summer!). That isn't the goal of the MOVEMENT SKILLS FOR LIFE program.

Please let me explain. Our focus for the program is to teach our young boys and girls in the program how to move correctly. We also want to develop the movement skills that they will use, not just for sports, but also for life; running, sprinting, kicking, throwing, hopping, skipping, jumping and the other components that we teach as part of our program.

With all the factors that are leading to earlier training for younger athletes, we are seeing a major impact on the youth of America. We are having lower and lower levels of fitness. We have lower levels of motor skill development which actually leads to LESS athleticism. In turn, we are also taking young boys and girls and getting them "ready for sport", but haven't taken the time to build a base, develop proper movement

skills and allow the boys and girls to become successful - not only in their sport, but in how they move, how they feel and how they are able to maintain health, wellness and performance at all stages of development and age levels.

Movement skills are the foundation of physical development. Movement skill development is the most important aspect of developing fitness potential. Movement skills are the building blocks of fitness and the foundation of sport. Proper movement skill development will also protect young boys and girls by decreasing their chance of physical injury. We also know for a child to get to the highest level of fitness and performing at elite levels in sport - **THEY MUST FIRST ACQUIRE MOVEMENT SKILLS.**

Most programs, even for youth, have their emphasis on components of performance such as strength, power, mobility and agility. However, they largely neglect skill development. We cannot appreciate and excel at performance until we first learn how to move properly. Most importantly, it is imperative to understand that a young boy or girl that is not competent in movement patterns will most likely lag in other fitness, performance and sport parameters as well.

Our goal for the Coach Rozy MOVEMENT SKILLS FOR LIFE Jr. Program is to teach these movement patterns to give each child the greatest advantage to reach their top level of fitness, performance, and if they desire, their best chance to excel at sport.

Though we might not have your child being pushed to their limits each session in term of conditioning and reaching their fatigue factor - we do strive to make sure that when they walk out the doors, they have taken a step closer to developing the movement skills necessary to lead a life where they can maintain health, wellness, fitness and a level of performance they want for the rest of their lives.

If you would have questions about our program - other insight, comments or suggestions - I would love to speak with you whenever you have a free moment. I appreciate your time and allowing myself and my staff to work with your child(ren). The greatest reward it is to help a child succeed - and the greatest complement you can give us is to allow us to work with your most precious gift - **YOUR KIDS!**

Sincerely,
"Coach Rozy"
Mark Rozen