



# FAMILY NEWS

## COMMUNITY CONNECTION

On behalf of the volunteer Coaches, Mentors, Tutors (CMTs) and staff of InnerCity Tennis, we would like to take the opportunity through this periodic newsletter to share with you information about our mission, organization and programs.

### History/Mission

For those of you who are new to our programs, InnerCity Tennis (ICT) was founded in 1952 by a group who believed that young people could benefit from the opportunity to participate in sport as a way to develop character and to become in turn, young adults who would make a positive contribution to their community. Their vision continues through our longest running continuous community collaboration with Minneapolis Parks and Recreation each summer.

### Community Partnerships



InnerCity Tennis Staff and volunteers at the Head Start - McKnight location.

As a parent or guardian, you may be receiving this newsletter through a partnership ICT has with a Head Start program (Fraser or McKnight), a Charter School (WISE, Learning for Leadership, Hmong International School) or a community after-school program partner (Urban Ventures, Golden Eagle). Since 1998, community partnerships have increased the reach of our programming. Each week day during the school year, ICT program staff, Nancy, Paul, and Chris, along with volunteer



CMT Roger Montgomery volunteering at Level I with a young child.

CMTs, bring our outreach program directly to your child in the community.

### Our Program - Kidspeed



Kidspeed has been specially designed to be developmentally and age appropriate for children as young as age 3 and up to age 8. Kidspeed consists of specially designed activity stations that help kids develop skills such as eye-hand coordination and balance, as well as, self-confidence, following directions and through the encouragement and the example of the program staff and CMTs the values of respect, responsibility, integrity, enthusiasm, perseverance, teamwork, and service.

## FREE Saturday Winter Program



On Saturdays from September through April, ICT runs four levels of programming free of charge to kids and youth ages 3-17 at the Reed-Sweatt Family Tennis Center in MLK Park in the Kingfield neighborhood.

In addition to the Level I -Kidspeed program, kids participate in beginning, intermediate and advanced tennis. All levels incorporate skill and character development principles along with the nutrition and healthy food choices education that we consider so very important for children and youth today.

As we enter the New Year, please plan on joining us for the remainder of the Saturday Winter Program season.

### Remaining Schedule

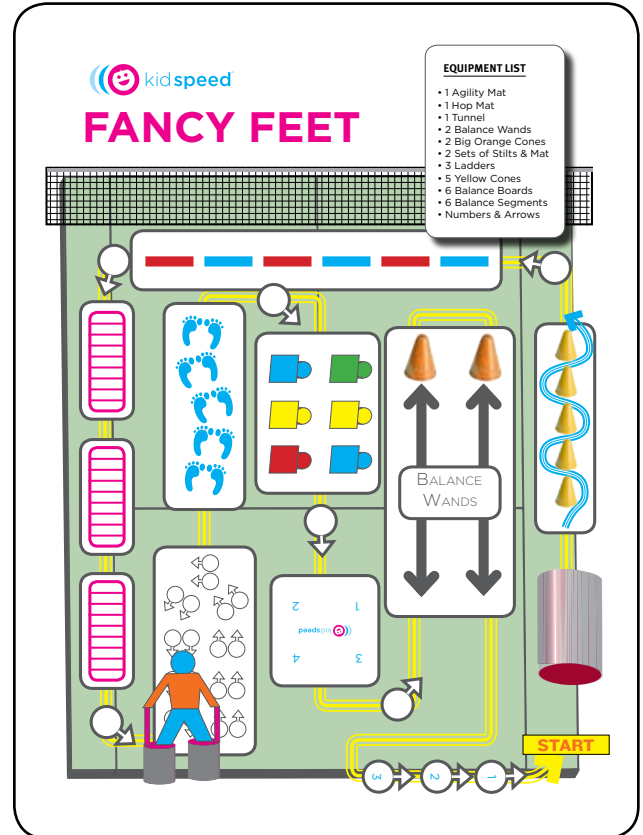
January .....8, 15, 22, 29  
February .....Break  
March .....5, 12, 19, 26  
April .....2, 9, 16

### Level Start Times and Age Groups

- **Level I Kidspeed**  
1:30 – 3:00 pm, age 3-6
- **Level II Beginner Tennis**  
3:00 – 4:30 pm, age 7-11
- **Level III Intermediate Tennis**  
3:00 – 4:30 pm, Jr High
- **Level IV Advanced Tennis**  
4:30 – 6:00 pm, Sr High

## Not just Tennis Skills Developed

This is just one of over 22 Kidspeed Activity Stations. Each station was created to develop a specific set of skills.



The Fancy Feet activity station is all about developing balance. The activities challenge improvement in gross motor skills: the large muscles - walking and throwing, fine motor skills - dexterity, and locomotor skills - walking hopping, jumping, skipping, leaping.

The balance wands are the newest addition to this station. Locomotor skills are combined with fine motor skills, requiring a child to walk a distance while holding a ball in place on the wand and not allowing it to fall. (Think holding an egg on a spoon!)

The overall balance theme also incorporates development of **coordination, flexibility, speed, and most importantly, confidence.**

## Developing Life-long Healthy Eating Habits

Out of school time during the holidays is a great opportunity for children and adults to spend time together in the kitchen. One way to have fun is to prepare a healthy snack or meal to share. Here is an easy and healthy recipe to enjoy!

### FRUIT AND PEANUTTY POCKETS

This protein packed pouch will keep you running!

#### Ingredients

- White or wheat pita pocket bread rounds, cut in half.
- Peanut butter - chunky or smooth, your choice.
- Raisins (optional)
- Cut up fruit, try apples, bananas, or fresh berries.
- Nuts - try sun flower seeds, peanuts, walnuts, or almonds.

#### Directions

- 1) Cut each pita pocket in half and carefully open without breaking to form the pocket.
- 2) Spread peanut butter inside each pocket.
- 3) Divide the raisins, cut-up fruit and nuts among each pocket.
- 4) Enjoy with a glass of milk!

This is a quick and easy hand-held meal or snack that can be “taken along” as you complete your holiday errands or travel to celebrate the season with family and friends!



Photo and adapted recipe from Better Homes and Gardens, Snack Attack: Return of the Munchies.

## Volunteers are the of this organization

It takes over 100 volunteers each week to make our programs successful! **If you or a group you belong to would like to volunteer, please contact us. Call us today at 612-824-6099 for more information.**

- No previous experience or tennis skills are necessary.
- You will be teamed-up with one or more experienced volunteers.
- Participate as your schedule permits, no minimum commitment.
- Have fun sharing the enthusiasm of the children!



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## Our 7 Character Values

### ● Perseverance

I will try one more time...forever.

### ● Responsibility

I will do what is promised. I will make no excuses.

### ● Integrity

I will follow the rules...even when no one else is watching.

### ● Service

I will look for ways to help others...before they ask.

### ● Enthusiasm

I will do things with eagerness and joy.

### ● Respect

I will listen to others. I will share & take turns. I will be courteous.

### ● Teamwork

I will put we before me.

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## InnerCity Tennis Mission

ICT uses the fun of tennis and other sports to help young people build character, competence, and personal and community improvement.

