

## **H.I.G.H. F.I.V.E.S.**

### **Health**

*Definition:* the condition of being sound in body, mind, or spirit; *especially:* freedom from physical disease or pain. The word health is also used to define the general condition of the body.

*Ways it relates to OTA:*

Health directly relates to Overtime Athletics, as it is our goal to educate kids at a young age how to lead a healthy lifestyle, by focusing on their body, mind and spirit.

1. **Body:** Overtime Athletics directly relates to health by engaging kids in physical activity. Through sports and games, children are taught how to keep their bodies healthy. If kids are excited about fitness, they will be more likely to make physical activity a priority in their lives. With the increasing rate of child obesity in our nation, it is more important than ever to encourage kids to be physically active and teach them how fitness can affect their health not only now, but in the future.
2. **Mind:** Sports and games are a great way for kids to practice reasoning skills outside of a traditional classroom setting. Being able to listen and follow directions, taking constructive coaching advice and implementing it, and having to interact with other kids are all ways that kids use their minds during Overtime Athletics programs.
3. **Spirit:** The concept of working together as a part of a team is introduced to kids through sports. A child's spirit is brought out through encouragement, cheering on teammates, and being a leader. Sports are a fun activity and Overtime Athletics makes sure that kids are laughing and smiling during their programs to boost a child's confidence, happiness and spirit. This promotes a healthy emotional development.

### **Involvement**

*Definition:* to engage as a participant.

*Ways it relates to OTA:*

1. The OTA programs get kids involved in physical activity and therefore also involved in their own health. We are helping them take an active role in their health through encouraging participation in sports and games. They will learn that sports and games are a great way to stay physically fit and healthy and hopefully it will be a path for them to start engaging in other healthy lifestyle changes (eating right, etc).
2. By having an active role in the neighborhood schools, Overtime Athletics is involved in the community. OTA encourages volunteering, participating in community outreach programs and coaching in other avenues, which are all ways to participate and contribute to the community.

3. Having after-school programs allows kids to be involved with their peers in an activity outside of the classroom. This allows them to work on different developmental skills, such as teamwork and sportsmanship. Having kids engage in sports activities with their peers allows them to feel more connected, as they can relate and share a passion for sports.

## **Growth**

*Definition:* a stage in the process of growing; progressive development.

*Ways it relates to OTA:*

1. The programs we provide help kids develop not only sports skills, but also their personal growth. OTA's after school programs helps kids with the growth of their social skills, reasoning skills and motor development. The National Association of Sports and Physical Education did a study that said children need at least 60 minutes of physical activity daily, to reap health benefits such as weight-management, cardio-respiratory function, as well as cognitive and emotional benefits. OTA is helping children reach the goal of 60 minutes of activity a day, which in turn will help them have strong, healthy bodies.
2. OTA also works on the company's own growth and development. We are expanding to new locations, developing new programs and further enriching the curriculum and the value of the services we offer.
3. Participation in sports activities is a safe venue for kids to grow and develop necessary skills including coping with success and failure, working with other people, communicating thoughts, ideas, and emotions, and understanding their role in the learning process.

## **Happiness**

*Definition:* a state of well-being and contentment; a pleasurable or satisfying experience.

*Ways it relates to OTA:*

1. Every OTA program is focused on the kids having a good experience. They should be laughing, having fun and leave the program smiling, excited to come back next week. We accomplish this through games, giving each kid one-on-one attention and encouraging High Fives! If the kids are happy with the program and have fun exercising, they will be more likely to continue with sports and make fitness a priority in their lives.
2. Every OTA program should also be a positive experience for the parents and PTA coordinator. Parents get an extra hour of free time after school – and as long as their kids are having fun, they are happy. We also do everything we can to make it easy on the PTA coordinator by providing our own trained instructors, equipment and marketing/registration materials for the school.
3. Every OTA instructor should be able to provide a happy, positive experience for the kids. OTA management ensures that instructors are able to achieve that by providing them with games and curriculum. In addition OTA management

provides motivation to instructors to put on an excellent class by giving staff incentives, raffles, and hosting staff events.

## **Fun**

*Definition:* what provides amusement or enjoyment; specifically: playful often boisterous action or speech.

*Ways it relates to OTA:*

1. Every Overtime Athletics program is focused on FUNdamentals. We teach kids the basic skills to a sport, but do it in a way that emphasizes fun. To accomplish this, each class features several games where playful, silly behavior is encouraged.
2. OTA instructors should also have fun during each class. Instructors should not only enjoy working with kids, but also know ways to keep energy levels high and fun at a maximum. Facilitating ties, asking kids silly questions, and participating in games are all ways for instructors to have fun, and make sure fun is being had, during class.
3. The OTA curriculum is the basis of how to incorporate fun during class. All OTA staff should participate in developing new game ideas and give feedback on what games kids have the most fun playing. We are able to maintain high levels of fun by having a variation of games at our disposal that meet the needs of a variety of kids.

## **Instruction**

*Definition:* a direction calling for compliance; an outline or manual of technical procedure.

*Ways it relates to OTA:*

1. Overtime Athletics is able to provide a safe environment for kids by having instructors repeat 5 rules at the beginning of each class. Those rules (1. No talking when the Instructor is talking, 2. No touching equipment without the instructor's permission, 3. No touching any other person, 4. No leaving the area without an instructor's permission, and 5. No bullying) enables the class to be run in a safe and efficient manner and reduced the number of incidents during class.
2. Overtime Athletics provides each instructor with a curriculum. This curriculum provides detailed instructions on how to teach sports skills to elementary aged students. Also included with the curriculum is a programming day card that allows instructors to set a schedule for each class. By having a procedure for each class (warm-up, skill, drill, games) we are instilling an easy way for kids to follow instructions.
3. Overtime Athletics provides kids with a basic instruction on how to lead healthy lives. By instilling the importance of daily physical activity, kids are shown how to keep their bodies healthy. Teaching kids the importance of working as a team,

sportsmanship and fair play are all lessons and guidelines that they can use in other aspects of their lives as well.

**Value**

*Definition:* relative worth, utility, or importance.

*Ways it relates to OTA:*

1. Overtime Athletics provides the highest quality programs to schools. The value of each program is contingent on quality instructors, quality curriculum, and quality customer service. OTA accomplishes this by hiring professional, energetic instructors, providing them with a variety of drills and games and being willing and available to assist the client in any matter. OTA strives to provide affordable programs with a high level of service so that customers are satisfied with what they have paid for.
2. By providing children with a way to incorporate physical activity in their lives in a fun manner, Overtime Athletics is helping instill the value of fitness. When a child is learning new skills, overcoming obstacles, and working as a team they are gaining values such as sharing and leading, that will stick with them throughout their lives.
3. Overtime Athletics management recognizes that the value of its instructors and staff members directly relates to the success of the company. OTA knows that by keeping its staff members excited and energized about their jobs, they will be more energized and excited to run a great program. OTA conducts instructor evaluations to make sure each instructor is performing their best. OTA offers instructors competitive pay, monthly incentives and events to keep motivation high, and therefore the value of the programs at a maximum.

**Enrichment**

*Definition:* to make rich or richer especially by the addition or increase of some desirable quality, attribute, or ingredient.

*Ways it relates to OTA:*

1. Overtime Athletics provides after school programs to enhance and enrich each student's school experience. In addition to giving students another outlet for physical activity, the school is providing a positive experience for its students. They are exposed to a sport or game that they might not have gotten the chance to learn in a regular physical education class.
2. The Overtime Athletics is constantly looking for ways to enrich each after school program. Instructors are encouraged to find new games and drills that will excite and inspire kids to learn and have fun. OTA Management constantly evaluates its staff to ensure that they are providing a fun experience during each program.
3. Overtime Athletics is expanding to new locations and territories, therefore enriching the experience and knowledge of the Company. By developing partnerships with schools in several regions of the Country, OTA has familiarity

working with a variety of schools and situations. Expanding to new territories also means the staff is increasing, bringing a range of background and knowledge to the Company.

**Safety**

*Definition:* the condition of being safe from undergoing or causing hurt, injury, or loss.

*Ways it relates to OTA:*

1. Safety is the highest priority for Overtime Athletics. Parents feel comfortable having their kids participate in OTA programs because they know that it is a safe environment. Instructors are required to arrive to programs 15 minutes early and stay until everyone is picked up, so that kids are never unsupervised.
2. Every child should also feel safe at Overtime Athletics programs. Instructors repeat 5 safety rules at the beginning of each class to ensure a controlled environment. Instructors are encouraged to create a one-on-one moment with each child to connect with them and make them feel more comfortable during the program.
3. Overtime Athletics hires a professional staff that can uphold the Company's standards to provide safe programs. OTA conducts a background check on every Instructor. Instructors go through a training session that outlines what to do in an emergency situation. They are also trained on how to keep a safe environment throughout the program.