

## Life Ready Game Ready - MSS

### Opportunity to learn through sport!



MSS via the Siwal Si'wes Aboriginal Department has just been offered the following opportunity from Life Ready Game Ready!!

Life ready Game Ready offers an opportunity for ALL youth to have a safe, positive, consistent place to develop self-confidence, a sense of belonging, a sense of family, and a sense of team through programs that can engage all youth regardless of ability, gender, ethnicity or socio-economic status.

This 2 hour program is designed to engage youth by working out together, learning together and challenging each youth to be leaders. The program includes a workbook to guide progress and build confidence in the classroom.

**Professional and Olympic athletes** assist in coaching and mentoring the youth in a manner that maximizes encouragement while laying a foundation of constant challenge and high expectations.

**Dino Geremia is the Technical Director for Football BC**, the governing body for amateur football in British Columbia. Dino has a Master's degree in Educational Leadership, and has been a high-level coach for more than 20 years. He is a certified Strength and Conditioning Coach, and coordinates many of our program basics.

Dino is partnering with Xyolhemeylh (Aboriginal Ministry for Children) to offer 20 students – not Aboriginal exclusive – the opportunity to engage in life learning through sport.

[www.gamereadyfitness.ca](http://www.gamereadyfitness.ca)